

Male 91-100kg Maintain (Lean) Diet Plan

Weight Class: 91-100kg

Goal: Maintain

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 3200 kcal
 - **Protein:** 256g
 - **Carbohydrates:** 344g
 - **Fats:** 88g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 11 Whole Eggs + 142g Egg Whites
- 144g Oats *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 2: Greek Yogurt Power Bowl

- 284g Non-fat Greek Yogurt
- 96g Berries
- 48g Almonds *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 3: Halal Chicken Keema

- 284g Chicken Mince
 - 96g Whole Wheat Roti *Macros: 884 kcal | 71g P | 96g C | 24g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 284g Halal Chicken Breast
- 144g Basmati Rice
- Large Salad *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 2: Baked Fish & Potato

- 355g Halal White Fish
- 192g Boiled Potato
- Steamed Broccoli *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 3: Lean Beef Stir-fry

- 284g Halal Lean Beef
 - 384g Mixed Peppers/Onions
 - 48g Olive Oil *Macros: 884 kcal | 71g P | 96g C | 24g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 506 kcal | 40g P | 55g C | 14g F*

Option 2: Cottage Cheese

- 160g Low-fat Cottage Cheese
- Cucumber slices *Macros: 506 kcal | 40g P | 55g C | 14g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 80g Egg Whites *Macros: 506 kcal | 40g P | 55g C | 14g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 284g Halal Lean Steak
- Large bunch of Asparagus
- 48g Butter/Oil *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 2: Salmon & Greens

- 355g Salmon
- 384g Spinach/Kale *Macros: 884 kcal | 71g P | 96g C | 24g F*

Option 3: Chicken Soup

- 284g Shredded Chicken
 - Clear Veggie Soup
 - 96g Small Bun/Roti *Macros: 884 kcal | 71g P | 96g C | 24g F*
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