

Diet Plan - Cutting Phase

Goal: Body fat reduction with muscle mass preservation

Daily Calories: 2000 kcal

Daily Protein: 150g

Daily Carbs: 200g

Daily Fat: 70g

Breakfast (08:00)

- Option 1: 2 eggs + 2 slices whole grain bread + 1 banana

Lunch (12:00)

- Option 1: 150g chicken breast + 100g rice + salad

Dinner (19:00)

- Option 1: 150g fish + vegetables + sweet potato

Notes: Drink at least 2L of water per day.