

Cutting Meal Plan

2000-Calorie Cutting Meal Plan (35/40/25 P/C/F)

Macronutrient Breakdown:

Protein: ~175g

Carbohydrates: ~200g

Fats: ~55g

Meal Breakdown:

Breakfast:

3 egg whites

1 whole egg

1 slice sprouted grain toast

1/2 cup cooked oatmeal

1/4 cup mixed berries

Calories: 350 | Protein: 25g | Carbs: 35g | Fat: 14g

Morning Snack:

1/2 cup low-fat cottage cheese

1/2 scoop whey protein

1 small pear

Calories: 220 | Protein: 30g | Carbs: 20g | Fat: 5g

Lunch:

6 oz grilled turkey breast

1 cup roasted Brussels sprouts

1/2 cup brown rice

1 tsp olive oil

Calories: 450 | Protein: 50g | Carbs: 30g | Fat: 15g

Afternoon Snack:

1 rice cake

1 tbsp peanut butter

1 cup cucumber slices

Calories: 180 | Protein: 8g | Carbs: 15g | Fat: 12g

Dinner:

6 oz grilled shrimp

1 cup farro

1 cup roasted zucchini

Calories: 500 | Protein: 55g | Carbs: 45g | Fat: 20g

Evening Snack:

1 cup non-fat Greek yogurt

1 tbsp ground flaxseeds

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1/4 cup raspberries

Calories: 300 | Protein: 30g | Carbs: 15g | Fat: 9g

Total Daily Intake:

Calories: ~2000

Protein: ~175g

Carbohydrates: ~200g

Fats: ~55g