

Cutting Meal Plan

2200-Calorie Cutting Meal Plan (35/40/25 P/C/F)

Macronutrient Breakdown:

Protein: ~193g

Carbohydrates: ~220g

Fats: ~61g

Meal Breakdown:

Breakfast:

3 egg whites

1 whole egg

1 slice whole grain English muffin

1/2 medium avocado

1 small orange

Calories: 380 | Protein: 26g | Carbs: 30g | Fat: 20g

Morning Snack:

1 cup non-fat Greek yogurt

1 scoop whey protein

1/2 cup strawberries

Calories: 300 | Protein: 40g | Carbs: 20g | Fat: 3g

Lunch:

6 oz grilled lean beef (sirloin)

1 cup steamed asparagus

1/2 cup cooked barley

1 tsp olive oil

Calories: 500 | Protein: 55g | Carbs: 30g | Fat: 20g

Afternoon Snack:

1 cup edamame (steamed)

1 small apple

Calories: 250 | Protein: 20g | Carbs: 25g | Fat: 10g

Dinner:

7 oz baked tilapia

1 cup lentils (cooked)

1 cup roasted Brussels sprouts

Calories: 520 | Protein: 60g | Carbs: 45g | Fat: 20g

Evening Snack:

1/2 cup low-fat cottage cheese

1 tbsp chia seeds

1/4 cup blueberries

Cutting Meal Plan

Calories: 250 | Protein: 22g | Carbs: 15g | Fat: 8g

Total Daily Intake:

Calories: ~2200

Protein: ~193g

Carbohydrates: ~220g

Fats: ~61g