



HOME OF GAINS MEAL PLANNER

THE CUTTING PLAN

MIX AND MATCH LOW CALORIE MEALS AND SNACKS WITH THIS MAXIMUSCLE CUTTING MEAL BUILDER, TAILORED TO HELP YOU ACHIEVE A DEFINED PHYSIQUE*.

Before you start planning your diet, first calculate your required total daily energy intake by using the nutrition calculator overleaf. You may need to adjust some of your meal choices to attain the calculated calorie intake.

BREAKFAST

PICK ANY ONE

1 PROTEIN BERRY SMOOTHIE
2 tspb oats, 80 g frozen berries, 300 ml semi-skimmed milk, 1 large banana, 1 serve Maximuscule strawberry Promax Lean powder, 1 tsp honey, 2 tspb l low fat yoghurt
566 KCAL - 76 g CARBS - 48 g PROTEIN - 9g FAT

2 BRAN FLAKES, YOGHURT & BANANA
75 g bran flakes, 200 ml skimmed milk, 1 pot high protein yoghurt, 1 large banana
529 KCAL - 101 g CARBS - 29 g PROTEIN - 2 g FAT

3 POACHED EGGS ON WHOLEGRAIN TOAST
2 eggs, 2 slices wholegrain bread, 1/2 avocado, 10 cherry tomatoes, 3 tspb sweetcorn, hot sauce to taste
530 KCAL - 47 g CARBS - 25 g PROTEIN - 28 g FAT

4 PEANUT BUTTER OVERNIGHT OATS
60 g oats, 250 ml skimmed milk, 1 tspb chia seeds, 1 tspb peanut butter, 1 tsp maple syrup, 1 apple
559 KCAL - 72 g CARBS - 22 g PROTEIN - 18 g FAT

5 PROTEIN PORRIDGE
65 g oats, 250 ml semi-skimmed milk, 1 serve Maximuscule chocolate Promax Lean powder, 1 handful blueberries, 1 handful raspberries
543KCAL - 67 g CARBS - 46 g PROTEIN - 11g FAT

LUNCH

PICK ANY ONE

1 GREEN FRITTERS & CHICKEN
1 cup grated broccoli, 3 heaped tspb sweetcorn, 1 grated courgette, 1 egg, 1 chicken breast, 1 tspb low fat yoghurt.
524 KCAL - 45g CARBS - 50g PROTEIN - 9g FAT

2 SWEET BAKED POTATO WITH TUNA
1 can tuna, 1 sweet potato, 1 tspb light mayonnaise, side salad
529 KCAL - 81g CARBS - 38g PROTEIN - 7g FAT

3 QUINOA & SALMON SALAD
70 g dry quinoa, 1 salmon portion, 10 cherry tomatoes, 2 handfuls spinach, 1/2 tspb soy sauce
528 KCAL - 44 g CARBS - 43 g PROTEIN - 21 g FAT

4 CHUNKY CHICKEN WRAP
1 small chicken breast, 1 wholemeal wrap, 1 tspb pesto, 1 handful rocket, 1/2 mozzarella ball
586 KCAL - 31 g CARBS - 46 g PROTEIN - 30 g FAT

5 FISH CAKES WITH CRISPY SALAD
2 fish cakes, 2 handfuls mixed salad
455 KCAL - 50 g CARBS - 29 g PROTEIN - 14 g FAT

DINNER

PICK ANY ONE

1 GREEN FRITTERS & CHICKEN
1 cup grated broccoli, 3 heaped tspb sweetcorn, 1 grated courgette, 1 egg, 1 chicken breast, 1 tspb low fat yoghurt.
524 KCAL - 45g CARBS - 50g PROTEIN - 9g FAT

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1 can tuna, 1 sweet potato, 1 tspb light mayonnaise, side salad
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5 FISH CAKES WITH CRISPY SALAD
2 fish cakes, 2 handfuls mixed salad
455 KCAL - 50 g CARBS - 29 g PROTEIN - 14 g FAT

SNACKS

PICK ANY ONE

1 SWEET POTATO & CHICKEPEA STEW
1/2 can chick peas, 1/2 can tinned tomatoes, 1/2 can coconut milk, 1 small sweet potato, 2 tspb kidney beans, 2 spears broccoli, 1 handful spinach, 1 tsp cumin, 1 tsp paprika
497 KCAL - 66g CARBS - 19g PROTEIN - 18g FAT

2 CHICKEN & VEG STIR FRY
1 chicken breast, 65 g dry brown rice, 1/2 red pepper, 1/2 yellow pepper, 1/2 aubergine, 1/2 red chilli, 1/2 tspb soy sauce, 2 tspb oyster sauce
493 KCAL - 75g CARBS - 45g PROTEIN - 3g FAT

3 POACHED EGG HASH
2 eggs, 6 new potatoes, 1 handful rocket, 1 small red onion, 30 g mushrooms, 6 cherry tomatoes, 1 carrot, 1 parsnip, 1 garlic clove
489 KCAL - 54g CARBS - 24g PROTEIN - 20g FAT

4 CREAMY STEAK & SPINACH
1 medium sirloin steak, 2 handfuls spinach, 4 mushrooms, 100 ml single cream
548 KCAL - 3g CARBS - 41g PROTEIN - 41g FAT

5 SALMON & RATATOUILLE
1 large salmon portion, 1 small red onion, 1/2 courgette, 1/2 aubergine, 1 small sweet potato, 1 tspb tomato puree
582 KCAL - 38g CARBS - 41g PROTEIN - 29g FAT



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A calorie restricted diet looks very different from person to person, depending on an individual's body weight and training intensity. Make sure you're eating the right amount of calories per day to keep up with training, whilst achieving a sustainable calorie deficit over the week.

KEY PRODUCTS

The following Maximuscle products are featured in this cutting plan. Visit maxinutrition.com to view the full Maximuscle Lean range for additional support to achieve your goals of a defined physique.



PROMAX LEAN

- ✓ 25 g protein
- ✓ 400 mg L-Carnitine
- ✓ Low fat & sugar
- ✓ Added caffeine



PROMAX LEAN BAR - CHOCOLATE MINT

- ✓ 20 g protein[§]
- ✓ No added sugar[°]
- ✓ High in fibre
- ✓ Contains L-Carnitine and green tea extract



WHEY PROTEIN CONCENTRATE

- ✓ 90 - 96% Whey Protein Concentration**
- ✓ Available in chocolate, strawberry, raspberry

[§] Products have been formulated to meet an average of 20 g protein per bar

[°] Contains naturally occurring sugars

**Varies depending on flavour

CALCULATIONS

FOLLOW THE STEP BY STEP GUIDE BELOW TO CALCULATE YOUR DAILY ENERGY REQUIREMENTS:

The example below is based on a man who is 80 kg, 180 cm tall, 27 years old & training 5 days/week.

STEP 1 - First you need to calculate your Basal Metabolic Rate

MEN: $BMR = 66.5 + (13.75 \times \text{WEIGHT [kg]}) + (5.0 \times \text{HEIGHT [cm]}) - (6.76 \times \text{AGE [years]})$

WOMEN: $BMR = 655.1 + (9.56 \times \text{WEIGHT [kg]}) + (1.85 \times \text{HEIGHT [cm]}) - (4.68 \times \text{AGE [years]})$

EXAMPLE: $66.5 + (13.75 \times 80 \text{ kg}) + (5 \times 180 \text{ cm}) - (6.76 \times 27 \text{ years}) = 1883.9 \text{ kcal}$

YOU:

STEP 2 - Multiply your BMR by 1.55, the activity factor for exercising 3 - 5 times per week

EXAMPLE: $1883.9 \times 1.55 = 2920 \text{ kcal}$

YOU:

STEP 3 - In order to create a calorie deficit now subtract 500 calories from the total.

EXAMPLE: $2920 - 500 = 2420 \text{ kcal}$

YOU:

SUPPORT YOUR CUTTING GOALS

- ✓ GIVE IT TIME: For cutting to be sustainable don't aim to lose too much too quickly. A maximum of 500 calories per day equates to a loss of 0.5 kg per week.
- ✓ POWER OF PROTEIN: Balance protein intake with calorie restriction to help maintain muscle mass whilst cutting.
- ✓ SNACK: By reducing meal size & adding snacks you're less likely to binge & overindulge when hunger strikes.
- ✓ FRUIT & VEG: Loading up with fruit & veg is a great way to add bulk to your diet whilst getting in the vital micronutrients you need to stay healthy during cutting.
- ✓ ALTERNATIVES: Swap out calorie dense foods for nutrient dense, low calorie choices e.g. sorbet loaded with mixed berries Vs ice-cream.

*The meal and snack options included in this cutting diet are based on an individual requiring an average of 2420 calories per day. Nutritional values may vary depending on food and brand choices.