



Here's a sample 1900-calorie non-vegetarian maintenance diet plan with approximate macro values:

Breakfast:

- 2 scrambled eggs cooked with 1 tsp olive oil
- 2 slices whole grain toast
- 1 medium avocado

Macros: Protein: 14g, Carbs: 40g, Fat: 24g

Mid-Morning Snack:

- 1/4 cup mixed nuts (almonds, walnuts, cashews)
- 1 medium apple

Macros: Protein: 6g, Carbs: 30g, Fat: 15g

Lunch:

- Grilled chicken breast (4 oz)
- Quinoa salad with mixed vegetables (1 cup cooked quinoa, mixed veggies, and a light vinaigrette dressing)

Macros: Protein: 30g, Carbs: 40g, Fat: 8g

Afternoon Snack:

- Greek yogurt (1 cup) with honey and berries
- 1 serving of whole grain crackers

Macros: Protein: 20g, Carbs: 30g, Fat: 8g

Dinner:

- Baked salmon fillet (4 oz)
- Steamed broccoli and carrots

- 1 medium sweet potato

Macros: Protein: 30g, Carbs: 40g, Fat: 10g

Evening Snack:

- Cottage cheese (1/2 cup)

- 1 small pear

Macros: Protein: 12g, Carbs: 15g, Fat: 3g

Total Macros for the Day:

- Protein: ~112g

- Carbs: ~195g

- Fat: ~88g

Adjust portion sizes and food choices based on personal preferences and dietary needs. Make sure to stay hydrated and consult with a healthcare professional or registered dietitian for personalized advice.