



Here's a sample 2300 calorie non-vegetarian maintenance diet plan with macro values:

**Breakfast:**

- Scrambled eggs (3 eggs) cooked with spinach and mushrooms: 300 calories, 21g protein, 12g fat, 6g carbs
- Whole grain toast (2 slices) with avocado: 250 calories, 5g protein, 14g fat, 28g carbs
- Total: 550 calories, 26g protein, 26g fat, 34g carbs

**Mid-Morning Snack:**

- Greek yogurt (1 cup) with mixed berries: 200 calories, 20g protein, 0g fat, 30g carbs

**Lunch:**

- Grilled chicken breast (6 oz): 300 calories, 55g protein, 7g fat, 0g carbs
- Quinoa (1 cup) with mixed vegetables: 350 calories, 12g protein, 6g fat, 60g carbs
- Total: 650 calories, 67g protein, 13g fat, 60g carbs

**Afternoon Snack:**

- Cottage cheese (1/2 cup) with sliced cucumber: 150 calories, 15g protein, 2g fat, 8g carbs

**Dinner:**

- Salmon fillet (6 oz) with roasted sweet potatoes: 400 calories, 30g protein, 15g fat, 30g carbs
- Steamed broccoli (1 cup): 50 calories, 3g protein, 0g fat, 10g carbs
- Total: 450 calories, 33g protein, 15g fat, 40g carbs

**Evening Snack:**

- Mixed nuts (1/4 cup): 200 calories, 5g protein, 18g fat, 7g carbs

**Total for the Day:**

- Calories: 2300
- Protein: 156g
- Fat: 74g
- Carbs: 179g

Adjust portions or substitute foods as needed based on personal preferences and dietary requirements. Remember to drink plenty of water throughout the day and consult with a healthcare professional or nutritionist before making significant changes to your diet.