

1500 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

1650

Sat + Tue

MODERATE x3

1500

Sun + Mon + Wed

LOW / REST x2

1350

Thu + Fri



WEEKLY TARGET: 10,500 KCAL | MEAL PLAN: APPROX. 10,500 KCAL

AVERAGE TARGET: 1,500 KCAL/DAY | FAT LOSS FORMULA: APPROX. 40% P / 40% C / 20% F



PROFESSIONAL DIPLOMA IN SPORTS NUTRITION



ISSA SPECIALIST IN SPORTS NUTRITION

PROGRAM PREPARED BY

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INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

1655

KCAL

PROTEIN

165 g

40%

CARBOHYDRATES

167 g

40%

FATS

37 g

20%

RAW WEIGHT RULE Meat, fish and potatoes: raw weight. Rice and oats: dry weight. Eggs: count and size.

1 BREAKFAST 07:30 AM 452 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	2 large eggs	149	12.5	1.0	10.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	40 g	152	5.3	27.1	2.6
Cheese	60 g	104	14.6	1.1	4.2
Blueberries	50 g	29	0.4	7.3	0.2
MEAL TOTAL		452	36.3	37.3	17.0
2 MORNING SNACK 10:00 AM 120 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
MEAL TOTAL		120	24.0	3.0	2.0
3 LUNCH 01:30 PM 412 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	120 g	135	27.0	0.0	2.3
White rice - dry	50 g	185	3.5	40.2	0.5
Cucumber	150 g	21	0.9	4.4	0.3
Tomato	150 g	27	1.3	5.8	0.3
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		412	32.8	50.4	8.4
4 POST-WORKOUT AFTER EXERCISE 209 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Banana	100 g	89	1.1	22.8	0.3
MEAL TOTAL		209	25.1	25.8	2.3
5 DINNER 09:00 PM 463 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	270 g	186	41.2	0.0	1.1
White rice - dry	50 g	185	3.5	40.2	0.5
Cucumber	150 g	21	0.9	4.4	0.3
Tomato	150 g	27	1.3	5.8	0.3
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		463	47.0	50.4	7.2

COACH'S NOTE
Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority.

MODERATE DAY - SUNDAY, MONDAY & WEDNESDAY

CALORIES

1490

KCAL

PROTEIN

150 g

40%

CARBOHYDRATES

152 g

40%

FATS

33 g

20%

RAW WEIGHT RULE Meat, fish and potatoes: raw weight. Rice and oats: dry weight. Eggs: count and size.

1 BREAKFAST 07:30 AM		422 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	2 large eggs	149	12.5	1.0	10.0	
Egg whites	1 large white	19	3.6	0.8	0.0	
Whole-wheat bread	100 g	254	12.3	43.1	3.5	
MEAL TOTAL		422	28.4	44.9	13.6	

2 MORNING SNACK 10:00 AM		120 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whey protein	1 scoop	120	24.0	3.0	2.0	
MEAL TOTAL		120	24.0	3.0	2.0	

3 LUNCH 01:30 PM		436 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Pacific cod - raw	230 g	159	35.1	0.0	0.9	
White rice - dry	50 g	185	3.5	40.2	0.5	
Cucumber	150 g	21	0.9	4.4	0.3	
Tomato	150 g	27	1.3	5.8	0.3	
Olive oil	5 g	44	0.0	0.0	5.0	
MEAL TOTAL		436	40.9	50.4	7.0	

4 POST-WORKOUT AFTER EXERCISE		209 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whey protein	1 scoop	120	24.0	3.0	2.0	
Banana	100 g	89	1.1	22.8	0.3	
MEAL TOTAL		209	25.1	25.8	2.3	

5 DINNER 09:00 PM		304 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	120 g	135	27.0	0.0	2.3	
Potato - raw	100 g	77	2.0	17.5	0.1	
Cucumber	150 g	21	0.9	4.4	0.3	
Tomato	150 g	27	1.3	5.8	0.3	
Olive oil	5 g	44	0.0	0.0	5.0	
MEAL TOTAL		304	31.3	27.8	8.0	

COACH'S NOTE
Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority.

LOW / REST DAY - THURSDAY & FRIDAY

CALORIES
1366

KCAL

PROTEIN
135 g

40%

CARBOHYDRATES
137 g

40%

FATS
31 g

20%

REST-DAY RULE

Use this menu on both weekly low/rest days - tuna is one serving per day (2 servings/week).

1 BREAKFAST 07:30 AM

281 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	2 large eggs	149	12.5	1.0	10.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	30 g	114	3.9	20.3	2.0
MEAL TOTAL		281	20.1	22.1	12.0

2 MORNING SNACK 10:00 AM

120 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
MEAL TOTAL		120	24.0	3.0	2.0

3 LUNCH 01:30 PM

412 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	120 g	135	27.0	0.0	2.3
White rice - dry	50 g	185	3.5	40.2	0.5
Cucumber	150 g	21	0.9	4.4	0.3
Tomato	150 g	27	1.3	5.8	0.3
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		412	32.8	50.4	8.4

4 AFTERNOON SNACK 04:00 PM

120 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
MEAL TOTAL		120	24.0	3.0	2.0

5 DINNER 09:00 PM

433 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	150 g	135	28.5	0.1	1.4
Sweet potato - raw	240 g	206	3.8	48.3	0.1
Cucumber	150 g	21	0.9	4.4	0.3
Tomato	150 g	27	1.3	5.8	0.3
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		433	34.5	58.7	7.1

COACH'S NOTE

Whey calculation per scoop: 120 kcal and 24 g protein. The actual product label takes priority. Tuna weight is drained weight.

