

2000 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

2200

Sat + Tue

MODERATE x3

2000

Sun + Mon + Wed

LOW / REST x2

1800

Thu + Fri



WEEKLY TARGET: 14,000 KCAL | MEAL PLAN: APPROX. 14,000 KCAL

AVERAGE TARGET: 2,000 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

SALEM HASSAN

INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

2201

KCAL

PROTEIN

220 g

40%

CARBOHYDRATES

221 g

40%

FATS

49 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		600 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	4 large eggs	298	24.9	1.9	20.0	
Egg whites	1 large white	19	3.6	0.8	0.0	
Oats - dry	40 g	152	5.3	27.1	2.6	
Cheese	30 g	52	7.3	0.6	2.1	
Blueberries	140 g	80	1.0	20.4	0.4	
MEAL TOTAL		600	42.1	50.8	25.2	
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		602 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	290 g	325	65.3	0.0	5.6	
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		602	71.1	50.4	11.7	
4 POST-WORKOUT		AFTER EXERCISE		381 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	
Sweet potato - raw	200 g	172	3.1	40.2	0.1	
MEAL TOTAL		381	28.2	66.1	2.4	
5 DINNER		09:00 PM		498 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Pacific cod - raw	320 g	221	48.9	0.0	1.3	
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		498	54.6	50.4	7.4	

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

1998

KCAL

PROTEIN

200 g

40%

CARBOHYDRATES

200 g

40%

FATS

45 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		587 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	4 large eggs	298	24.9	1.9	20.0	
Whole-wheat bread	90 g	229	11.1	38.8	3.2	
Greek yogurt, plain, nonfat	100 g	61	10.3	3.6	0.4	
MEAL TOTAL		587	46.3	44.4	23.6	
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		505 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Pacific cod - raw	330 g	228	50.4	0.0	1.4	
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		505	56.2	50.4	7.4	
4 POST-WORKOUT		AFTER EXERCISE		415 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	
Sweet potato - raw	240 g	206	3.8	48.3	0.1	
MEAL TOTAL		415	28.9	74.1	2.5	
5 DINNER		09:00 PM		371 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	180 g	202	40.5	0.0	3.5	
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		371	44.9	27.8	9.1	

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
1801

KCAL

PROTEIN
181 g

40%

CARBOHYDRATES
180 g

40%

FATS
40 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

426 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	2 large whites	37	7.3	1.6	0.0
Oats - dry	30 g	114	3.9	20.3	2.0
Cheese	30 g	52	7.3	0.6	2.1
MEAL TOTAL		426	37.2	23.9	19.1

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

445 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	150 g	168	33.8	0.0	2.9
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		445	39.6	50.4	9.0

4 AFTERNOON SNACK 03:00 PM

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

601 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	250 g	225	47.5	0.2	2.3
Sweet potato - raw	330 g	284	5.2	66.4	0.2
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		601	54.9	76.9	8.1

COACH'S NOTE

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