

2500 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

2750

Sat + Tue

MODERATE x3

2500

Sun + Mon + Wed

LOW / REST x2

2250

Thu + Fri



WEEKLY TARGET: 17,500 KCAL | MEAL PLAN: APPROX. 17,500 KCAL

AVERAGE TARGET: 2,500 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

SALEM HASSAN

INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

2746

KCAL

PROTEIN

275 g

40%

CARBOHYDRATES

275 g

40%

FATS

61 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 1029 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	100 g	379	13.2	67.7	6.5
Cheese	110 g	190	26.8	2.1	7.7
Blueberries	250 g	143	1.8	36.4	0.8
MEAL TOTAL		1029	70.3	109.0	35.0
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 714 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	390 g	438	87.8	0.0	7.5
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		714	93.6	50.4	13.6
4 POST-WORKOUT AFTER EXERCISE 364 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	180 g	155	2.8	36.2	0.1
MEAL TOTAL		364	27.9	62.1	2.4
5 DINNER 09:00 PM 518 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	350 g	242	53.4	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		518	59.2	50.4	7.5

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

2507

KCAL

PROTEIN

252 g

40%

CARBOHYDRATES

250 g

40%

FATS

55 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 1006 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	4 large eggs	298	24.9	1.9	20.0
Whole-wheat bread	120 g	305	14.8	51.7	4.3
Cheese	110 g	190	26.8	2.1	7.7
Greek yogurt, plain, nonfat	350 g	214	36.1	12.7	1.3
MEAL TOTAL		1006	102.5	68.5	33.3
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 387 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	160 g	110	24.4	0.0	0.7
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		387	30.2	50.4	6.7
4 POST-WORKOUT AFTER EXERCISE 355 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	170 g	146	2.7	34.2	0.1
MEAL TOTAL		355	27.8	60.0	2.4
5 DINNER 09:00 PM 638 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	260 g	292	58.6	0.0	5.0
Potato - raw	330 g	254	6.8	57.7	0.3
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		638	67.6	68.0	10.9

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
2251

KCAL

PROTEIN
225 g

40%

CARBOHYDRATES
226 g

40%

FATS
50 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

839 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	100 g	379	13.2	67.7	6.5
Cheese	80 g	138	19.5	1.5	5.6
Greek yogurt, plain, nonfat	100 g	61	10.3	3.6	0.4
MEAL TOTAL		839	68.9	75.9	27.5

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

490 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	190 g	213	42.8	0.0	3.7
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		490	48.6	50.4	9.8

4 AFTERNOON SNACK 03:30 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

593 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	270 g	243	51.3	0.2	2.5
Sweet potato - raw	300 g	258	4.7	60.4	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		593	58.3	70.8	8.3

COACH'S NOTE

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