

3000 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

3300

Sat + Tue

MODERATE x3

3000

Sun + Mon + Wed

LOW / REST x2

2700

Thu + Fri



WEEKLY TARGET: 21,000 KCAL | MEAL PLAN: APPROX. 21,000 KCAL

AVERAGE TARGET: 3,000 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

3304

KCAL

PROTEIN

330 g

40%

CARBOHYDRATES

330 g

40%

FATS

73 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 1701 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	5 large eggs	372	31.2	2.4	25.0
Oats - dry	170 g	644	22.4	115.1	11.1
Cheese	120 g	208	29.2	2.3	8.4
Blueberries	300 g	172	2.1	43.7	0.9
Greek yogurt, plain, nonfat	500 g	305	51.5	18.2	1.9
MEAL TOTAL		1701	136.4	181.7	47.3
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 782 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	450 g	505	101.4	0.0	8.7
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		782	107.1	50.4	14.8
4 POST-WORKOUT AFTER EXERCISE 286 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	90 g	77	1.4	18.1	0.0
MEAL TOTAL		286	26.5	43.9	2.4
5 DINNER 09:00 PM 415 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	200 g	138	30.5	0.0	0.8
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		415	36.3	50.4	6.9

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

2994

KCAL

PROTEIN

297 g

40%

CARBOHYDRATES

300 g

40%

FATS

67 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 1023 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	5 large eggs	372	31.2	2.4	25.0
Whole-wheat bread	130 g	330	16.0	56.0	4.6
Cheese	150 g	260	36.5	2.9	10.5
Greek yogurt, plain, nonfat	100 g	61	10.3	3.6	0.4
MEAL TOTAL		1023	94.0	65.0	40.5

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 415 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	200 g	138	30.5	0.0	0.8
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		415	36.3	50.4	6.9

4 POST-WORKOUT AFTER EXERCISE 493 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	330 g	284	5.2	66.4	0.2
MEAL TOTAL		493	30.3	92.2	2.5

5 DINNER 09:00 PM 943 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	450 g	505	101.4	0.0	8.7
Potato - raw	450 g	346	9.2	78.7	0.4
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		943	112.8	89.0	14.7

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

2705

KCAL

PROTEIN

270 g

40%

CARBOHYDRATES

270 g

40%

FATS

60 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		1414 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	200 g	758	26.3	135.4	13.0	
Cheese	20 g	35	4.9	0.4	1.4	
Greek yogurt, plain, nonfat	500 g	305	51.5	18.2	1.9	
MEAL TOTAL		1414	111.3	156.7	36.3	

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		658 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	340 g	381	76.6	0.0	6.6	
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		658	82.4	50.4	12.7	

4 AFTERNOON SNACK				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		303 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Tuna in water - drained	120 g	108	22.8	0.1	1.1	
Sweet potato - raw	120 g	103	1.9	24.1	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		303	26.9	34.5	6.8	

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