

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. 10,561 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

SALEM HASSAN

INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

1660

KCAL

PROTEIN

164 g

40%

CARBOHYDRATES

164 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 446 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	20 g	76	2.6	13.5	1.3
Cheese	40 g	69	9.7	0.8	2.8
Blueberries	70 g	40	0.5	10.2	0.2
MEAL TOTAL		446	38.8	27.6	19.3
2 LUNCH 01:30 PM 468 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	170 g	191	38.3	0.0	3.3
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		468	44.1	50.4	9.4
3 SNACK 1 04:30 PM 232 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Almarai high-protein milk - plain	1 bottle (400 ml)	232	40.0	15.2	0.8
MEAL TOTAL		232	40.0	15.2	0.8
4 SNACK 2 06:30 PM 86 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Sweet potato - raw	100 g	86	1.6	20.1	0.1
MEAL TOTAL		86	1.6	20.1	0.1
5 DINNER 09:00 PM 429 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	220 g	152	33.6	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		429	39.4	50.4	7.0

COACH'S NOTE
Values use the documented USDA FDC record. For packaged foods, the actual product label takes priority.

Moderate Day - Sunday, Monday & Wednesday

CALORIES

1509

KCAL

PROTEIN

149 g

40%

CARBOHYDRATES

148 g

40%

FATS

34 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 317 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Whole-wheat bread	30 g	76	3.7	12.9	1.1
Cheese	10 g	17	2.4	0.2	0.7
MEAL TOTAL		317	24.8	14.6	16.8

2 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

3 SNACK 1 04:30 PM 302 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	430 g	262	44.3	15.7	1.6
Blueberries	70 g	40	0.5	10.2	0.2
MEAL TOTAL		302	44.8	25.9	1.8

4 SNACK 2 06:30 PM 103 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Sweet potato - raw	120 g	103	1.9	24.1	0.1
MEAL TOTAL		103	1.9	24.1	0.1

5 DINNER 09:00 PM 372 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	160 g	180	36.0	0.0	3.1
Potato - raw	130 g	100	2.7	22.7	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		372	41.0	33.0	8.8

COACH'S NOTE
Values use the documented USDA FDC record. For packaged foods, the actual product label takes priority.

LOW / REST DAY - THURSDAY & FRIDAY

CALORIES

1357

KCAL

PROTEIN

134 g

40%

CARBOHYDRATES

135 g

40%

FATS

30 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 279 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	2 large eggs	149	12.5	1.0	10.0
Egg whites	2 large whites	37	7.3	1.6	0.0
Oats - dry	20 g	76	2.6	13.5	1.3
Cheese	10 g	17	2.4	0.2	0.7
MEAL TOTAL		279	24.8	16.3	12.0
2 LUNCH 01:30 PM 479 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	180 g	202	40.5	0.0	3.5
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		479	46.3	50.4	9.6
3 SNACK 1 04:30 PM 177 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	290 g	177	29.9	10.6	1.1
MEAL TOTAL		177	29.9	10.6	1.1
4 SNACK 2 06:30 PM 100 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Potato - raw	130 g	100	2.7	22.7	0.1
MEAL TOTAL		100	2.7	22.7	0.1
5 DINNER 09:00 PM 321 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	140 g	126	26.6	0.1	1.3
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		321	30.7	34.5	6.9

COACH'S NOTE

Values use the documented USDA FDC record. For packaged foods, the actual product label takes priority. Tuna weight is drained weight.