

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. 14,010 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

2210

KCAL

PROTEIN

220 g

40%

CARBOHYDRATES

219 g

40%

FATS

47 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 670 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	60 g	227	7.9	40.6	3.9
Cheese	40 g	69	9.7	0.8	2.8
Blueberries	100 g	57	0.7	14.6	0.3
MEAL TOTAL		670	46.9	58.7	27.1
2 LUNCH 01:30 PM 614 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	300 g	337	67.6	0.0	5.8
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		614	73.4	50.4	11.9
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 189 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Sweet potato - raw	220 g	189	3.5	44.3	0.1
MEAL TOTAL		189	3.5	44.3	0.1
5 DINNER 09:00 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

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

1998

KCAL

PROTEIN

196 g

40%

CARBOHYDRATES

198 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		527 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	4 large eggs	298	24.9	1.9	20.0	
Whole-wheat bread	70 g	178	8.6	30.2	2.5	
Cheese	30 g	52	7.3	0.6	2.1	
MEAL TOTAL		527	40.9	32.7	24.6	

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		301 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Greek yogurt, plain, nonfat	400 g	244	41.2	14.6	1.5	
Blueberries	100 g	57	0.7	14.6	0.3	
MEAL TOTAL		301	41.9	29.1	1.8	

4 SNACK 2 06:30 PM		172 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Sweet potato - raw	200 g	172	3.1	40.2	0.1	
MEAL TOTAL		172	3.1	40.2	0.1	

5 DINNER 09:00 PM		583 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	300 g	337	67.6	0.0	5.8	
Potato - raw	200 g	154	4.1	35.0	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		583	73.9	45.2	11.5	

COACH'S NOTE
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LOW / REST DAY - THURSDAY & FRIDAY

CALORIES

1798

KCAL

PROTEIN

178 g

40%

CARBOHYDRATES

177 g

40%

FATS

39 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 464 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	40 g	152	5.3	27.1	2.6
Cheese	30 g	52	7.3	0.6	2.1
MEAL TOTAL		464	38.6	30.7	19.7
2 LUNCH 01:30 PM 557 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	250 g	280	56.3	0.0	4.8
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		557	62.1	50.4	10.9
3 SNACK 1 04:30 PM 214 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	350 g	214	36.1	12.7	1.3
MEAL TOTAL		214	36.1	12.7	1.3
4 SNACK 2 06:30 PM 154 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Potato - raw	200 g	154	4.1	35.0	0.2
MEAL TOTAL		154	4.1	35.0	0.2
5 DINNER 09:00 PM 408 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	170 g	153	32.3	0.1	1.6
Sweet potato - raw	190 g	163	3.0	38.2	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		408	37.5	48.6	7.3

COACH'S NOTE

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