

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. 17,546 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

2756

KCAL

PROTEIN

275 g

40%

CARBOHYDRATES

273 g

40%

FATS

59 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 1062 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	130 g	493	17.1	88.0	8.5
Cheese	100 g	173	24.4	1.9	7.0
Blueberries	140 g	80	1.0	20.4	0.4
MEAL TOTAL		1062	71.0	113.1	35.9
2 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
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 491 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	310 g	214	47.3	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		491	53.1	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

2506

KCAL

PROTEIN

249 g

40%

CARBOHYDRATES

249 g

40%

FATS

54 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 817 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	4 large eggs	298	24.9	1.9	20.0
Whole-wheat bread	150 g	381	18.5	64.7	5.3
Cheese	80 g	138	19.5	1.5	5.6
MEAL TOTAL		817	62.9	68.1	31.0

2 LUNCH 01:30 PM 401 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Pacific cod - raw	180 g	124	27.5	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		401	33.3	50.4	6.8

3 SNACK 1 04:30 PM 324 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	390 g	238	40.2	14.2	1.4
Blueberries	150 g	86	1.1	21.9	0.5
MEAL TOTAL		324	41.2	36.1	1.9

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 774 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	450 g	505	101.4	0.0	8.7
Potato - raw	230 g	177	4.7	40.2	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		774	108.3	50.5	14.5

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

CALORIES

2258

KCAL

PROTEIN

225 g

40%

CARBOHYDRATES

224 g

40%

FATS

49 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 744 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	60 g	104	14.6	1.1	4.2
MEAL TOTAL		744	53.7	71.9	25.8
2 LUNCH 01:30 PM 759 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	430 g	482	96.9	0.0	8.3
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		759	102.6	50.4	14.4
3 SNACK 1 04:30 PM 152 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	250 g	152	25.8	9.1	0.9
MEAL TOTAL		152	25.8	9.1	0.9
4 SNACK 2 06:30 PM 177 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Potato - raw	230 g	177	4.7	40.2	0.2
MEAL TOTAL		177	4.7	40.2	0.2
5 DINNER 09:00 PM 426 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	170 g	153	32.3	0.1	1.6
Sweet potato - raw	210 g	181	3.3	42.3	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		426	37.9	52.7	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.