

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. 20,986 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

3292

KCAL

PROTEIN

333 g

40%

CARBOHYDRATES

332 g

40%

FATS

66 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 1176 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	5 large eggs	372	31.2	2.4	25.0
Oats - dry	130 g	493	17.1	88.0	8.5
Cheese	100 g	173	24.4	1.9	7.0
Blueberries	240 g	138	1.7	35.0	0.7
MEAL TOTAL		1176	74.3	127.3	41.3
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 506 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Almarai high-protein milk - plain	1 bottle (400 ml)	232	40.0	15.2	0.8
Greek yogurt, plain, nonfat	450 g	274	46.4	16.4	1.7
MEAL TOTAL		506	86.3	31.6	2.5
4 SNACK 2 06:30 PM 310 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Sweet potato - raw	360 g	310	5.7	72.4	0.2
MEAL TOTAL		310	5.7	72.4	0.2
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
Values use the documented USDA FDC record. For packaged foods, the actual product label takes priority.

Moderate Day - Sunday, Monday & Wednesday

CALORIES

2996

KCAL

PROTEIN

303 g

40%

CARBOHYDRATES

301 g

40%

FATS

62 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		926 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	5 large eggs	372	31.2	2.4	25.0	
Whole-wheat bread	150 g	381	18.5	64.7	5.3	
Cheese	100 g	173	24.4	1.9	7.0	
MEAL TOTAL		926	74.0	69.0	37.4	

2 LUNCH 01:30 PM		374 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Pacific cod - raw	140 g	97	21.4	0.0	0.6	
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		374	27.2	50.4	6.7	

3 SNACK 1 04:30 PM		627 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Greek yogurt, plain, nonfat	450 g	274	46.4	16.4	1.7	
Blueberries	210 g	120	1.5	30.6	0.6	
Almarai high-protein milk - plain	1 bottle (400 ml)	232	40.0	15.2	0.8	
MEAL TOTAL		627	87.8	62.2	3.1	

4 SNACK 2 06:30 PM		249 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Sweet potato - raw	290 g	249	4.6	58.3	0.1	
MEAL TOTAL		249	4.6	58.3	0.1	

5 DINNER 09:00 PM		820 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	450 g	505	101.4	0.0	8.7	
Potato - raw	290 g	223	5.9	50.7	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		820	109.6	61.0	14.5	

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

CALORIES

2706

KCAL

PROTEIN

269 g

40%

CARBOHYDRATES

270 g

40%

FATS

58 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 965 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	90 g	156	21.9	1.7	6.3
MEAL TOTAL		965	67.6	92.5	34.8
2 LUNCH 01:30 PM 771 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	440 g	494	99.1	0.0	8.5
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		771	104.9	50.4	14.6
3 SNACK 1 04:30 PM 330 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	160 g	98	16.5	5.8	0.6
Almarai high-protein milk - plain	1 bottle (400 ml)	232	40.0	15.2	0.8
MEAL TOTAL		330	56.5	21.0	1.4
4 SNACK 2 06:30 PM 208 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Potato - raw	270 g	208	5.5	47.2	0.2
MEAL TOTAL		208	5.5	47.2	0.2
5 DINNER 09:00 PM 433 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	150 g	135	28.5	0.1	1.4
Sweet potato - raw	240 g	206	3.8	48.3	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		433	34.5	58.7	7.1

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