

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. 10,500 KCAL

AVERAGE TARGET: 1,500 KCAL/DAY | MUSCLE GAIN FORMULA: APPROX. 50% C / 30% P / 20% F



PROFESSIONAL DIPLOMA IN SPORTS NUTRITION



ISSA SPECIALIST IN SPORTS NUTRITION

PROGRAM PREPARED BY

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INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

1653

KCAL

PROTEIN

125 g

30%

CARBOHYDRATES

208 g

50%

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 234 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	1 large egg	74	6.2	0.5	5.0
Oats - dry	20 g	76	2.6	13.5	1.3
Low-fat milk	200 ml	84	6.7	10.0	1.9
MEAL TOTAL		234	15.6	24.0	8.3
2 MORNING SNACK 10:30 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 741 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	90 g	101	20.3	0.0	1.7
White rice - dry	130 g	481	9.2	104.4	1.3
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	9 g	80	0.0	0.0	9.0
MEAL TOTAL		741	33.4	120.4	12.7
4 POST-WORKOUT AFTER EXERCISE 264 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Lentil soup - prepared	150 g	84	5.6	13.2	1.2
Sweet potato - raw	70 g	60	1.1	14.1	0.0
MEAL TOTAL		264	30.6	30.3	3.2
5 DINNER 09:00 PM 293 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	80 g	72	16.0	0.0	1.2
Potato - raw	80 g	62	1.6	14.0	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	9 g	80	0.0	0.0	9.0
MEAL TOTAL		293	21.6	30.0	10.9

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

1512

KCAL

PROTEIN

114 g

30%

CARBOHYDRATES

190 g

50%

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		285 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whole eggs	1 large egg	74	6.2	0.5	5.0	
Whole-wheat bread	50 g	127	6.2	21.6	1.8	
Low-fat milk	200 ml	84	6.7	10.0	1.9	
MEAL TOTAL		285	19.1	32.0	8.7	
2 MORNING SNACK 10:30 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		580 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Lean beef 5% fat - raw	50 g	68	10.7	0.0	2.5	
White rice - dry	100 g	370	7.0	80.3	1.0	
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6	
Olive oil	7 g	62	0.0	0.0	7.0	
MEAL TOTAL		580	21.7	96.3	11.1	
4 POST-WORKOUT AFTER EXERCISE		242 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Whey protein	1 scoop	120	24.0	3.0	2.0	
Lentil soup - prepared	100 g	56	3.7	8.8	0.8	
Chickpeas - cooked & drained	40 g	66	3.5	11.0	1.0	
MEAL TOTAL		242	31.2	22.8	3.8	
5 DINNER 09:00 PM		285 KCAL				
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Turkey breast - raw	50 g	57	11.8	0.0	0.7	
Sweet potato - raw	100 g	86	1.6	20.1	0.1	
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6	
Olive oil	7 g	62	0.0	0.0	7.0	
MEAL TOTAL		285	17.4	36.1	8.4	

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
1341

KCAL

PROTEIN
103 g

30%

CARBOHYDRATES
169 g

50%

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

194 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Oats - dry	40 g	152	5.3	27.1	2.6
Low-fat milk	100 ml	42	3.4	5.0	1.0
MEAL TOTAL		194	8.6	32.1	3.6

2 MORNING SNACK 10:30 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

509 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	70 g	63	13.3	0.1	0.7
White rice - dry	80 g	296	5.6	64.3	0.8
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	8 g	71	0.0	0.0	8.0
MEAL TOTAL		509	22.9	80.3	10.1

4 AFTERNOON SNACK 04:30 PM

225 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Chickpeas - cooked & drained	30 g	49	2.7	8.2	0.8
Lentil soup - prepared	100 g	56	3.7	8.8	0.8
MEAL TOTAL		225	30.4	20.0	3.6

5 DINNER 09:00 PM

293 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	50 g	56	11.3	0.0	1.0
Potato - raw	100 g	77	2.0	17.5	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	9 g	80	0.0	0.0	9.0
MEAL TOTAL		293	17.3	33.5	10.7

COACH'S NOTE

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