

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. 14,000 KCAL

AVERAGE TARGET: 2,000 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

SALEM HASSAN

INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

2199

KCAL

PROTEIN

166 g

30%

CARBOHYDRATES

275 g

50%

FATS

49 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 654 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	50 g	190	6.6	33.9	3.3
Whole-wheat bread	70 g	178	8.6	30.2	2.5
Low-fat milk	240 ml	101	8.1	12.0	2.3
MEAL TOTAL		654	43.0	78.6	18.1
2 MORNING SNACK 10:30 AM 218 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Greek yogurt, plain, nonfat	80 g	49	8.2	2.9	0.3
Chickpeas - cooked & drained	30 g	49	2.7	8.2	0.8
MEAL TOTAL		218	34.9	14.1	3.1
3 LUNCH 01:30 PM 778 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	90 g	101	20.3	0.0	1.7
White rice - dry	140 g	517	9.9	112.4	1.4
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		778	34.1	128.4	12.8
4 POST-WORKOUT AFTER EXERCISE 236 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
Sweet potato - raw	70 g	60	1.1	14.1	0.0
MEAL TOTAL		236	28.8	25.9	2.8
5 DINNER 09:00 PM 312 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	100 g	90	20.0	0.0	1.5
Potato - raw	70 g	54	1.4	12.2	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	10 g	88	0.0	0.0	10.0
MEAL TOTAL		312	25.4	28.2	12.2

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
2003
KCAL

PROTEIN
152 g
30%

CARBOHYDRATES
251 g
50%

FATS
44 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 444 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
Whole-wheat bread	70 g	178	8.6	30.2	2.5
Cheese	10 g	17	2.4	0.2	0.7
Low-fat milk	150 ml	63	5.1	7.5	1.5
MEAL TOTAL		444	35.9	40.4	14.7
2 MORNING SNACK 10:30 AM 662 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Greek yogurt, plain, nonfat	80 g	49	8.2	2.9	0.3
Oats - dry	130 g	493	17.1	88.0	8.5
MEAL TOTAL		662	49.3	93.9	10.8
3 LUNCH 01:30 PM 414 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean beef 5% fat - raw	50 g	68	10.7	0.0	2.5
White rice - dry	60 g	222	4.2	48.2	0.6
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		414	18.9	64.2	8.7
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 241 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	50 g	57	11.8	0.0	0.7
Sweet potato - raw	70 g	60	1.1	14.1	0.0
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		241	16.9	30.1	6.4

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
1802

KCAL

PROTEIN
138 g

30%

CARBOHYDRATES
228 g

50%

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

572 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	2 large eggs	149	12.5	1.0	10.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	90 g	341	11.8	60.9	5.9
Low-fat milk	150 ml	63	5.1	7.5	1.5
MEAL TOTAL		572	33.0	70.2	17.3

2 MORNING SNACK 10:30 AM

237 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Cheese	10 g	17	2.4	0.2	0.7
Whole-wheat bread	20 g	51	2.5	8.6	0.7
Greek yogurt, plain, nonfat	80 g	49	8.2	2.9	0.3
MEAL TOTAL		237	37.1	14.7	3.7

3 LUNCH 01:30 PM

502 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	50 g	45	9.5	0.0	0.5
White rice - dry	90 g	333	6.3	72.3	0.9
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		502	19.8	88.3	7.0

4 AFTERNOON SNACK 04:30 PM

242 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whey protein	1 scoop	120	24.0	3.0	2.0
Chickpeas - cooked & drained	40 g	66	3.5	11.0	1.0
Lentil soup - prepared	100 g	56	3.7	8.8	0.8
MEAL TOTAL		242	31.2	22.8	3.8

5 DINNER 09:00 PM

250 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	50 g	56	11.3	0.0	1.0
Potato - raw	90 g	69	1.8	15.7	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	5 g	44	0.0	0.0	5.0
MEAL TOTAL		250	17.1	31.7	6.6

COACH'S NOTE

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