

# 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. 21,000 KCAL**

AVERAGE TARGET: 3,000 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

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INTERNATIONAL SPORTS NUTRITION SPECIALIST

# HIGH DAY - SATURDAY & TUESDAY

CALORIES

3295

KCAL

PROTEIN

249 g

30%

CARBOHYDRATES

411 g

50%

FATS

73 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 1088 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                             | 90 g          | 341  | 11.8    | 60.9  | 5.9  |
| Whole-wheat bread                      | 110 g         | 279  | 13.5    | 47.4  | 3.9  |
| Low-fat milk                           | 360 ml        | 151  | 12.1    | 18.0  | 3.5  |
| MEAL TOTAL                             |               | 1088 | 66.1    | 129.1 | 33.3 |
| 2 MORNING SNACK 10:30 AM 365 KCAL      |               |      |         |       |      |
| FOOD                                   | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Whey protein                           | 1 scoop       | 120  | 24.0    | 3.0   | 2.0  |
| Greek yogurt, plain, nonfat            | 160 g         | 98   | 16.5    | 5.8   | 0.6  |
| Chickpeas - cooked & drained           | 90 g          | 148  | 8.0     | 24.7  | 2.3  |
| MEAL TOTAL                             |               | 365  | 48.5    | 33.5  | 4.9  |
| 3 LUNCH 01:30 PM 953 KCAL              |               |      |         |       |      |
| FOOD                                   | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Chicken breast - raw                   | 230 g         | 258  | 51.8    | 0.0   | 4.4  |
| 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                              | 11 g          | 97   | 0.0     | 0.0   | 11.0 |
| MEAL TOTAL                             |               | 953  | 65.7    | 128.4 | 17.5 |
| 4 POST-WORKOUT AFTER EXERCISE 449 KCAL |               |      |         |       |      |
| FOOD                                   | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Whey protein                           | 1 scoop       | 120  | 24.0    | 3.0   | 2.0  |
| Lentil soup - prepared                 | 250 g         | 140  | 9.2     | 22.0  | 2.0  |
| Sweet potato - raw                     | 220 g         | 189  | 3.5     | 44.3  | 0.1  |
| MEAL TOTAL                             |               | 449  | 36.7    | 69.3  | 4.1  |
| 5 DINNER 09:00 PM 439 KCAL             |               |      |         |       |      |
| FOOD                                   | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Lean white fish fillet - raw           | 120 g         | 108  | 24.0    | 0.0   | 1.8  |
| Potato - raw                           | 200 g         | 154  | 4.1     | 35.0  | 0.2  |
| Mixed vegetables - raw                 | 200 g         | 80   | 4.0     | 16.0  | 0.6  |
| Olive oil                              | 11 g          | 97   | 0.0     | 0.0   | 11.0 |
| MEAL TOTAL                             |               | 439  | 32.1    | 51.0  | 13.6 |

**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

3001

KCAL

PROTEIN

223 g

30%

CARBOHYDRATES

379 g

50%

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

767 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  |
| Whole-wheat bread | 110 g         | 279  | 13.5    | 47.4  | 3.9  |
| Cheese            | 60 g          | 104  | 14.6    | 1.1   | 4.2  |
| Low-fat milk      | 160 ml        | 67   | 5.4     | 8.0   | 1.6  |
| MEAL TOTAL        |               | 767  | 62.1    | 59.3  | 29.7 |

2

MORNING SNACK

10:30 AM

624 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                  | 120 g   | 455  | 15.8    | 81.2  | 7.8  |
| MEAL TOTAL                  |         | 624  | 48.0    | 87.2  | 10.1 |

3

LUNCH

01:30 PM

547 KCAL

| FOOD                   | AMOUNT | KCAL | PROTEIN | CARBS | FAT  |
|------------------------|--------|------|---------|-------|------|
| Lean beef 5% fat - raw | 120 g  | 164  | 25.7    | 0.0   | 6.0  |
| White rice - dry       | 70 g   | 259  | 4.9     | 56.2  | 0.7  |
| 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             |        | 547  | 34.6    | 72.2  | 12.3 |

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POST-WORKOUT

AFTER EXERCISE

446 KCAL

| FOOD                         | AMOUNT  | KCAL | PROTEIN | CARBS | FAT |
|------------------------------|---------|------|---------|-------|-----|
| Whey protein                 | 1 scoop | 120  | 24.0    | 3.0   | 2.0 |
| Lentil soup - prepared       | 290 g   | 162  | 10.7    | 25.5  | 2.3 |
| Chickpeas - cooked & drained | 100 g   | 164  | 8.9     | 27.4  | 2.6 |
| MEAL TOTAL                   |         | 446  | 43.6    | 55.9  | 6.9 |

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DINNER

09:00 PM

617 KCAL

| FOOD                   | AMOUNT | KCAL | PROTEIN | CARBS | FAT |
|------------------------|--------|------|---------|-------|-----|
| Turkey breast - raw    | 100 g  | 114  | 23.7    | 0.0   | 1.5 |
| Sweet potato - raw     | 440 g  | 378  | 6.9     | 88.5  | 0.2 |
| 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             |        | 617  | 34.6    | 104.5 | 7.3 |

**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

2702

KCAL

PROTEIN

204 g

30%

CARBOHYDRATES

337 g

50%

FATS

60 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 838 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                          | 120 g         | 455  | 15.8    | 81.2  | 7.8  |
| Low-fat milk                        | 160 ml        | 67   | 5.4     | 8.0   | 1.6  |
| MEAL TOTAL                          |               | 838  | 49.8    | 92.0  | 29.4 |
| 2 MORNING SNACK 10:30 AM 569 KCAL   |               |      |         |       |      |
| FOOD                                | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Whey protein                        | 1 scoop       | 120  | 24.0    | 3.0   | 2.0  |
| Cheese                              | 70 g          | 121  | 17.0    | 1.3   | 4.9  |
| Whole-wheat bread                   | 110 g         | 279  | 13.5    | 47.4  | 3.9  |
| Greek yogurt, plain, nonfat         | 80 g          | 49   | 8.2     | 2.9   | 0.3  |
| MEAL TOTAL                          |               | 569  | 62.8    | 54.7  | 11.1 |
| 3 LUNCH 01:30 PM 565 KCAL           |               |      |         |       |      |
| FOOD                                | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Tuna in water - drained             | 120 g         | 108  | 22.8    | 0.1   | 1.1  |
| 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                          |               | 565  | 33.1    | 88.4  | 7.7  |
| 4 AFTERNOON SNACK 04:30 PM 341 KCAL |               |      |         |       |      |
| FOOD                                | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Whey protein                        | 1 scoop       | 120  | 24.0    | 3.0   | 2.0  |
| Chickpeas - cooked & drained        | 70 g          | 115  | 6.2     | 19.2  | 1.8  |
| Lentil soup - prepared              | 190 g         | 106  | 7.0     | 16.7  | 1.5  |
| MEAL TOTAL                          |               | 341  | 37.2    | 38.9  | 5.3  |
| 5 DINNER 09:00 PM 388 KCAL          |               |      |         |       |      |
| FOOD                                | AMOUNT        | KCAL | PROTEIN | CARBS | FAT  |
| Chicken breast - raw                | 50 g          | 56   | 11.3    | 0.0   | 1.0  |
| Potato - raw                        | 270 g         | 208  | 5.5     | 47.2  | 0.2  |
| 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                          |               | 388  | 20.8    | 63.2  | 6.8  |

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