

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

SALEM HASSAN

INTERNATIONAL SPORTS NUTRITION SPECIALIST

HIGH DAY - SATURDAY & TUESDAY

CALORIES

1650

KCAL

PROTEIN

125 g

30%

CARBOHYDRATES

205 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 420 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	1 large egg	74	6.2	0.5	5.0
Egg whites	2 large whites	37	7.3	1.6	0.0
Oats - dry	20 g	76	2.6	13.5	1.3
Whole-wheat bread	50 g	127	6.2	21.6	1.8
Low-fat milk	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		420	30.7	49.7	10.5
2 MORNING SNACK 10:30 AM 163 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	160 g	98	16.5	5.8	0.6
Chickpeas - cooked & drained	40 g	66	3.5	11.0	1.0
MEAL TOTAL		163	20.0	16.8	1.6
3 LUNCH 01:30 PM 589 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	160 g	180	36.0	0.0	3.1
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	8 g	71	0.0	0.0	8.0
MEAL TOTAL		589	45.0	72.2	12.4
4 AFTERNOON SNACK 05:00 PM 170 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	150 g	84	5.6	13.2	1.2
Sweet potato - raw	100 g	86	1.6	20.1	0.1
MEAL TOTAL		170	7.1	33.3	1.3
5 DINNER 09:00 PM 309 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	80 g	72	16.0	0.0	1.2
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		309	22.1	33.5	10.9

COACH'S NOTE

Whole-food muscle-gain plan with no supplements. For packaged foods and prepared lentil soup, the actual label or recipe takes priority.

MODERATE DAY - SUNDAY, MONDAY & WEDNESDAY

CALORIES

1499

KCAL

PROTEIN

111 g

30%

CARBOHYDRATES

190 g

50%

FATS

33 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 353 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	1 large egg	74	6.2	0.5	5.0
Egg whites	2 large whites	37	7.3	1.6	0.0
Whole-wheat bread	40 g	102	4.9	17.2	1.4
Cheese	20 g	35	4.9	0.4	1.4
Low-fat milk	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		353	31.7	32.2	10.3
2 MORNING SNACK 10:30 AM 193 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	130 g	79	13.4	4.7	0.5
Oats - dry	30 g	114	3.9	20.3	2.0
MEAL TOTAL		193	17.3	25.0	2.4
3 LUNCH 01:30 PM 382 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean beef 5% fat - raw	80 g	110	17.1	0.0	4.0
White rice - dry	40 g	148	2.8	32.1	0.4
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		382	23.9	48.1	10.0
4 AFTERNOON SNACK 05:00 PM 210 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	170 g	95	6.3	15.0	1.4
Chickpeas - cooked & drained	70 g	115	6.2	19.2	1.8
MEAL TOTAL		210	12.5	34.2	3.2
5 DINNER 09:00 PM 362 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	80 g	91	18.9	0.0	1.2
Sweet potato - raw	170 g	146	2.7	34.2	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		362	25.6	50.2	6.9

COACH'S NOTE Whole-food muscle-gain plan with no supplements. For packaged foods and prepared lentil soup, the actual label or recipe takes priority.

LOW / REST DAY - THURSDAY & FRIDAY

CALORIES
1364

KCAL

PROTEIN
101 g

30%

CARBOHYDRATES
173 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

331 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	1 large egg	74	6.2	0.5	5.0
Egg whites	2 large whites	37	7.3	1.6	0.0
Oats - dry	30 g	114	3.9	20.3	2.0
Low-fat milk	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		331	25.9	34.9	9.4

2 MORNING SNACK 10:30 AM

172 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Cheese	20 g	35	4.9	0.4	1.4
Whole-wheat bread	30 g	76	3.7	12.9	1.1
Greek yogurt, plain, nonfat	100 g	61	10.3	3.6	0.4
MEAL TOTAL		172	18.9	17.0	2.8

3 LUNCH 01:30 PM

381 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	80 g	72	15.2	0.1	0.8
White rice - dry	50 g	185	3.5	40.2	0.5
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		381	22.7	56.2	6.9

4 AFTERNOON SNACK 05:00 PM

150 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chickpeas - cooked & drained	40 g	66	3.5	11.0	1.0
Lentil soup - prepared	150 g	84	5.6	13.2	1.2
MEAL TOTAL		150	9.1	24.2	2.2

5 DINNER 09:00 PM

331 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	80 g	90	18.0	0.0	1.5
Potato - raw	140 g	108	2.9	24.5	0.1
Mixed vegetables - raw	200 g	80	4.0	16.0	0.6
Olive oil	6 g	53	0.0	0.0	6.0
MEAL TOTAL		331	24.9	40.5	8.3

COACH'S NOTE

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