

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

2202

KCAL

PROTEIN

163 g

30%

CARBOHYDRATES

277 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 659 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	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		659	43.4	79.1	18.2
2 MORNING SNACK 10:30 AM 237 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	200 g	122	20.6	7.3	0.7
Chickpeas - cooked & drained	70 g	115	6.2	19.2	1.8
MEAL TOTAL		237	26.8	26.5	2.6
3 LUNCH 01:30 PM 680 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	200 g	224	45.0	0.0	3.9
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	9 g	80	0.0	0.0	9.0
MEAL TOTAL		680	54.7	80.3	14.3
4 AFTERNOON SNACK 05:00 PM 244 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	190 g	106	7.0	16.7	1.5
Sweet potato - raw	160 g	138	2.5	32.2	0.1
MEAL TOTAL		244	9.5	48.9	1.6
5 DINNER 09:00 PM 383 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	110 g	99	22.0	0.0	1.7
Potato - raw	150 g	116	3.1	26.2	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		383	29.1	42.2	12.4

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

1988

KCAL

PROTEIN

149 g

30%

CARBOHYDRATES

248 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 513 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	60 g	152	7.4	25.9	2.1
Cheese	40 g	69	9.7	0.8	2.8
Low-fat milk	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		513	45.3	41.7	17.4
2 MORNING SNACK 10:30 AM 337 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	180 g	110	18.5	6.6	0.7
Oats - dry	60 g	227	7.9	40.6	3.9
MEAL TOTAL		337	26.4	47.2	4.6
3 LUNCH 01:30 PM 345 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean beef 5% fat - raw	80 g	110	17.1	0.0	4.0
White rice - dry	30 g	111	2.1	24.1	0.3
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		345	23.2	40.1	9.9
4 AFTERNOON SNACK 05:00 PM 337 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	280 g	157	10.4	24.6	2.2
Chickpeas - cooked & drained	110 g	180	9.7	30.2	2.8
MEAL TOTAL		337	20.1	54.8	5.1
5 DINNER 09:00 PM 456 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	110 g	125	26.0	0.0	1.6
Sweet potato - raw	240 g	206	3.8	48.3	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		456	33.8	64.3	7.3

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
1800

KCAL

PROTEIN
134 g

30%

CARBOHYDRATES
227 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

481 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
Low-fat milk	250 ml	105	8.4	12.5	2.4
MEAL TOTAL		481	34.8	48.9	15.7

2 MORNING SNACK 10:30 AM

307 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Cheese	40 g	69	9.7	0.8	2.8
Whole-wheat bread	60 g	152	7.4	25.9	2.1
Greek yogurt, plain, nonfat	140 g	85	14.4	5.1	0.5
MEAL TOTAL		307	31.5	31.7	5.4

3 LUNCH 01:30 PM

353 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	90 g	81	17.1	0.1	0.8
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		353	23.9	48.2	6.9

4 AFTERNOON SNACK 05:00 PM

249 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chickpeas - cooked & drained	80 g	131	7.1	21.9	2.1
Lentil soup - prepared	210 g	118	7.8	18.5	1.7
MEAL TOTAL		249	14.9	40.4	3.8

5 DINNER 09:00 PM

410 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	90 g	101	20.3	0.0	1.7
Potato - raw	240 g	185	4.9	42.0	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		410	29.2	58.0	7.6

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. Tuna weight is drained weight.

