

2500 KCAL AVERAGE WEEKLY CALORIE CYCLING

2 HIGH | 3 MODERATE | 2 LOW / REST DAYS

WEEKLY CALORIE STRUCTURE

HIGH x2

2750

Sat + Tue

MODERATE x3

2500

Sun + Mon + Wed

LOW / REST x2

2250

Thu + Fri



WEEKLY TARGET: 17,500 KCAL | MEAL PLAN: APPROX. 17,500 KCAL

AVERAGE TARGET: 2,500 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

2771

KCAL

PROTEIN

207 g

30%

CARBOHYDRATES

347 g

50%

FATS

61 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 837 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	70 g	265	9.2	47.4	4.6
Whole-wheat bread	80 g	203	9.8	34.5	2.8
Low-fat milk	300 ml	126	10.1	15.0	2.9
MEAL TOTAL		837	51.5	99.1	25.3
2 MORNING SNACK 10:30 AM 300 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	250 g	152	25.8	9.1	0.9
Chickpeas - cooked & drained	90 g	148	8.0	24.7	2.3
MEAL TOTAL		300	33.7	33.8	3.3
3 LUNCH 01:30 PM 819 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	250 g	280	56.3	0.0	4.8
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	10 g	88	0.0	0.0	10.0
MEAL TOTAL		819	67.4	96.3	16.5
4 AFTERNOON SNACK 05:00 PM 324 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	240 g	134	8.9	21.1	1.9
Sweet potato - raw	220 g	189	3.5	44.3	0.1
MEAL TOTAL		324	12.3	65.4	2.0
5 DINNER 09:00 PM 492 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lean white fish fillet - raw	170 g	153	34.0	0.0	2.5
Potato - raw	210 g	162	4.3	36.7	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		492	42.3	52.7	14.3

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.

MODERATE DAY - SUNDAY, MONDAY & WEDNESDAY

CALORIES
2481

KCAL

PROTEIN
187 g

30%

CARBOHYDRATES
308 g

50%

FATS
55 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

632 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Whole-wheat bread	70 g	178	8.6	30.2	2.5
Cheese	50 g	86	12.2	1.0	3.5
Low-fat milk	300 ml	126	10.1	15.0	2.9
MEAL TOTAL		632	53.2	48.4	23.9

2 MORNING SNACK 10:30 AM

450 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	240 g	146	24.7	8.7	0.9
Oats - dry	80 g	303	10.5	54.2	5.2
MEAL TOTAL		450	35.2	62.9	6.1

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

481 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	390 g	218	14.4	34.3	3.1
Chickpeas - cooked & drained	160 g	262	14.2	43.9	4.1
MEAL TOTAL		481	28.6	78.2	7.3

5 DINNER 09:00 PM

573 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	160 g	182	37.9	0.0	2.4
Sweet potato - raw	310 g	267	4.9	62.4	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		573	46.7	78.4	8.1

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
2234

KCAL

PROTEIN
168 g

30%

CARBOHYDRATES
278 g

50%

FATS
50 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

633 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Whole eggs	3 large eggs	223	18.7	1.4	15.0
Egg whites	1 large white	19	3.6	0.8	0.0
Oats - dry	70 g	265	9.2	47.4	4.6
Low-fat milk	300 ml	126	10.1	15.0	2.9
MEAL TOTAL		633	41.7	64.6	22.5

2 MORNING SNACK 10:30 AM

380 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Cheese	50 g	86	12.2	1.0	3.5
Whole-wheat bread	70 g	178	8.6	30.2	2.5
Greek yogurt, plain, nonfat	190 g	116	19.6	6.9	0.7
MEAL TOTAL		380	40.4	38.0	6.7

3 LUNCH 01:30 PM

371 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	110 g	99	20.9	0.1	1.0
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		371	27.7	48.2	7.0

4 AFTERNOON SNACK 05:00 PM

359 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chickpeas - cooked & drained	120 g	197	10.6	32.9	3.1
Lentil soup - prepared	290 g	162	10.7	25.5	2.3
MEAL TOTAL		359	21.4	58.4	5.4

5 DINNER 09:00 PM

490 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	120 g	135	27.0	0.0	2.3
Potato - raw	300 g	231	6.1	52.5	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		490	37.2	68.5	8.2

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.

