

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

3290

KCAL

PROTEIN

246 g

30%

CARBOHYDRATES

413 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		1080 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	100 g	254	12.3	43.1	3.5	
Low-fat milk	400 ml	168	13.5	20.0	3.9	
MEAL TOTAL		1080	66.2	126.8	33.3	
2 MORNING SNACK		10:30 AM		351 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Greek yogurt, plain, nonfat	280 g	171	28.8	10.2	1.0	
Chickpeas - cooked & drained	110 g	180	9.7	30.2	2.8	
MEAL TOTAL		351	38.6	40.4	3.9	
3 LUNCH		01:30 PM		898 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Chicken breast - raw	280 g	314	63.1	0.0	5.4	
White rice - dry	110 g	407	7.7	88.3	1.1	
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		898	74.8	104.3	18.2	
4 AFTERNOON SNACK		05:00 PM		395 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Lentil soup - prepared	290 g	162	10.7	25.5	2.3	
Sweet potato - raw	270 g	232	4.2	54.3	0.1	
MEAL TOTAL		395	15.0	79.8	2.5	
5 DINNER		09:00 PM		566 KCAL		
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT	
Lean white fish fillet - raw	210 g	189	42.0	0.0	3.2	
Potato - raw	260 g	200	5.3	45.5	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		566	51.3	61.5	15.0	

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

3026

KCAL

PROTEIN

227 g

30%

CARBOHYDRATES

378 g

50%

FATS

67 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 817 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	90 g	229	11.1	38.8	3.2
Cheese	60 g	104	14.6	1.1	4.2
Low-fat milk	400 ml	168	13.5	20.0	3.9
MEAL TOTAL		817	67.7	62.7	31.3
2 MORNING SNACK 10:30 AM 556 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Greek yogurt, plain, nonfat	290 g	177	29.9	10.6	1.1
Oats - dry	100 g	379	13.2	67.7	6.5
MEAL TOTAL		556	43.0	78.3	7.6
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 641 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Lentil soup - prepared	500 g	280	18.5	44.0	4.0
Chickpeas - cooked & drained	220 g	361	19.5	60.3	5.7
MEAL TOTAL		641	38.0	104.3	9.7
5 DINNER 09:00 PM 668 KCAL					
FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Turkey breast - raw	190 g	217	45.0	0.0	2.8
Sweet potato - raw	380 g	327	6.0	76.5	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		668	54.9	92.5	8.6

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.

LOW / REST DAY - THURSDAY & FRIDAY

CALORIES
2701

KCAL

PROTEIN
202 g

30%

CARBOHYDRATES
338 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

826 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
Low-fat milk	400 ml	168	13.5	20.0	3.9
MEAL TOTAL		826	53.9	83.7	29.8

2 MORNING SNACK 10:30 AM

449 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Cheese	50 g	86	12.2	1.0	3.5
Whole-wheat bread	90 g	229	11.1	38.8	3.2
Greek yogurt, plain, nonfat	220 g	134	22.7	8.0	0.8
MEAL TOTAL		449	45.9	47.8	7.5

3 LUNCH 01:30 PM

389 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Tuna in water - drained	130 g	117	24.7	0.1	1.2
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		389	31.5	48.2	7.2

4 AFTERNOON SNACK 05:00 PM

448 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chickpeas - cooked & drained	150 g	246	13.3	41.1	3.9
Lentil soup - prepared	360 g	202	13.3	31.7	2.9
MEAL TOTAL		448	26.6	72.8	6.8

5 DINNER 09:00 PM

589 KCAL

FOOD	AMOUNT	KCAL	PROTEIN	CARBS	FAT
Chicken breast - raw	140 g	157	31.5	0.0	2.7
Potato - raw	400 g	308	8.2	70.0	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		589	43.7	86.0	8.7

COACH'S NOTE

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