

# STRUCTURED NUTRITION



*by Rositsa Kracheva*

# MEAL PLAN TRAINING DAY

EXAMPLE

Month 02/2026

Target kcal /  
per day 1.720 kcal

## BREAKFAST

### PRE WORKOUT

Whey Protein (30 gr)  
Cream Rice (50 gr)  
Peanut Butter (5 gr)  
Banana (100 gr)  
Cinnamon

### POST WORKOUT

Whey Protein (30 gr)  
Cream Rice (50 gr)  
Peanut Butter (1 tsp)  
Blueberries (100 gr)  
Cinnamon

### MACROS /PRE

Protein (30 gr)  
Fat (7 gr)  
Carbs (63 gr)

**TOTAL: 420 KCAL**

### MACROS /POST

Protein (30 gr)  
Fat (7 gr)  
Carbs (58 gr)

**TOTAL: 430 KCAL**

## LUNCH OPTIONS

### A

Rice-Basmati (60 gr)  
Tuna-Doze(150 gr)  
Cherry Tomatoes  
Avocado (40gr)  
Sault

### B

Sweet Potato (150 gr)  
Tuna-Doze(150 gr)  
Cherry Tomatos  
Avocado (40 gr)  
Sault

### MACROS

Protein (35 gr)  
Fat (10 gr)  
Carbs (32 gr)

**TOTAL: 360 KCAL**

## SNACK OPTIONS

### PROTEIN SHAKE

Whey Protein Shake  
(35 gr)

### PROTEIN SNACK

Skyr High Protein  
(150 gr) +  
Whey (20 gr) +  
Blueberries (30gr)

### PROTEIN SNACK

Smartshape Protein  
Snack (My "Cook with  
me" Book)

### MACROS

Protein (25 gr)  
Fat (2 gr)  
Carbs (3 gr)

**TOTAL: 130 KCAL**

## DINNER

### A

Broccokoli (40 gr)  
Cauliflower(200 gr)  
Cherry Tomatos  
Cottage-Low(150 gr)  
Turkey (150 gr)

### A

Broccokoli (40 gr)  
Edamame (100 gr)  
Cherry Tomatos  
Cottage-Low (150gr)  
Turkey (150 gr)

### MACROS

Protein (43 gr)  
Fat (4 gr)  
Carbs (23 gr)

**TOTAL: 320 KCAL**

# MEAL PLAN

REST DAY

EXAMPLE

Month 02/2026

Target kcal / per day 1.240 kcal

## BREAKFAST

### PROTEIN BOWL

Whey Protein (30 gr)	Whey Protein (35 gr)
Skyr High Pro (150 gr)	Cream Rice (20 gr)
Blueberries (50 gr)	Blueberries (80 gr)
Cinnamon	Cinnamon

### MACROS /POST

Protein (40 gr)
Fat (2 gr)
Carbs (15 gr)

**TOTAL: 230 KCAL**

## LUNCH OPTIONS

### A

Mixed salat Greens  
Tuna-Doze (150 gr)  
Cherry Tomatoes  
Avocado (40gr)  
Sault

### B

Mixed salat Greens  
Turkey (150 gr)  
Cherry Tomatoes  
Avocado (40 gr)  
Sault

### MACROS

Protein (35 gr)
Fat (12 gr)
Carbs (10gr)

**TOTAL: 300 KCAL**

## SNACK OPTIONS

### PROTEIN SHAKE

Whey Protein Shake  
(35 gr)

### PROTEIN SNACK

Skyr High Protein  
(150 gr) +  
Whey (20 gr) +  
Blueberries (30gr)

### PROTEIN SNACK

Smartshape High  
Protein Snack (My  
"Cook with me" Book)

### MACROS

Protein (25 gr)
Fat (2 gr)
Carbs (3 gr)

**TOTAL: 130 KCAL**

## DINNER

### A

Broccokoli (40 gr)  
Cauliflower(200 gr)  
Cherry Tomatos  
Cottage-Low(150 gr)  
Turkey (150 gr)

### A

Broccokoli (40 gr)  
Edamame (100 gr)  
Cherry Tomatos  
Cottage-Low (150gr)  
Turkey (150 gr)

### MACROS

Protein (43 gr)
Fat (4 gr)
Carbs (23 gr)

**TOTAL: 320 KCAL**

THANK YOU  
FOR JOINING  
SMARTSHAPE.



QUIET STRENGTH  
OVER  
TIME

*by Rositsa Kracheva*