

# MEAL PLAN

## SAMPLE — TRAINING DAY

by Rositsa Kracheva · SmartShape AI

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

Protein: **30 gr**  
Fat: **7 gr**  
Carbs: **63 gr**  
**TOTAL: 420 KCAL**

#### MACROS

Protein: **30 gr**  
Fat: **7 gr**  
Carbs: **58 gr**  
**TOTAL: 430 KCAL**

### LUNCH OPTIONS

#### Option A

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

#### Option B

Sweet Potato (150 gr)  
Tuna-Doze (150 gr)  
Cherry Tomatoes  
Avocado (40 gr)  
Salt

#### 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 (30 gr)

#### Protein Snack

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

#### MACROS

Protein: **25 gr**  
Fat: **2 gr**  
Carbs: **3 gr**  
**TOTAL: 130 KCAL**

### DINNER

#### Option A

Broccoli (40 gr)  
Cauliflower (200 gr)  
Cherry Tomatoes  
Cottage-Low (150 gr)  
Turkey (150 gr)

#### Option B

Broccoli (40 gr)  
Edamame (100 gr)  
Cherry Tomatoes  
Cottage-Low (150 gr)  
Turkey (150 gr)

#### MACROS

Protein: **43 gr**  
Fat: **4 gr**  
Carbs: **23 gr**  
**TOTAL: 320 KCAL**

DAILY TOTAL — TRAINING DAY

1.720 KCAL

# MEAL PLAN

## SAMPLE — REST DAY

by Rositsa Kracheva · SmartShape AI

Month

02/2026

Target kcal / per day

1.240 kcal

### BREAKFAST

#### Protein Bowl A

Whey Protein (30 gr)  
Skyr High Pro (150 gr)  
Blueberries (50 gr)  
Cinnamon

#### Protein Bowl B

Whey Protein (35 gr)  
Cream Rice (20 gr)  
Blueberries (80 gr)  
Cinnamon

#### MACROS

Protein: **40 gr**  
Fat: **2 gr**  
Carbs: **15 gr**  
**TOTAL: 230 KCAL**

### LUNCH OPTIONS

#### Option A

Mixed Salad Greens  
Tuna-Doze (150 gr)  
Cherry Tomatoes  
Avocado (40 gr)  
Salt

#### Option B

Mixed Salad Greens  
Turkey (150 gr)  
Cherry Tomatoes  
Avocado (40 gr)  
Salt

#### MACROS

Protein: **35 gr**  
Fat: **12 gr**  
Carbs: **10 gr**  
**TOTAL: 300 KCAL**

### SNACK OPTIONS

#### Protein Shake

Whey Protein Shake (35 gr)

#### Protein Snack

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

#### 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

#### Option A

Broccoli (40 gr)  
Cauliflower (200 gr)  
Cherry Tomatoes  
Cottage-Low (150 gr)  
Turkey (150 gr)

#### Option B

Broccoli (40 gr)  
Edamame (100 gr)  
Cherry Tomatoes  
Cottage-Low (150 gr)  
Turkey (150 gr)

#### MACROS

Protein: **43 gr**  
Fat: **4 gr**  
Carbs: **23 gr**  
**TOTAL: 320 KCAL**

DAILY TOTAL — REST DAY

1.240 KCAL

