

NUTRITION FOUNDATIONS

AN OVERVIEW OF MY APPROACH TO
SMART NUTRITION, MACROS &
SUPPLEMENTATION



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THE PURPOSE OF THIS GUIDE

(foundational Information Page)

A LONG-TERM APPROACH TO NUTRITION AND HEALTH

This guide is designed to provide a clear overview of the core principles behind smart nutrition



- support skeletal muscle maintenance
- align energy intake with activity
- promote long-term metabolic health

THE GOAL IS NOT SHORT-TERM RESTRICTION, BUT RESILIENCE, STRENGTH AND VITALITY OVER TIME.

WHY THIS MATTERS

Many nutrition approaches focus on rapid results, strict rules or temporary interventions.

While these methods may work short term, they often fail to support long-term health, metabolic stability and sustainable habits.

THIS GUIDE TAKES A DIFFERENT APPROACH - FOCUSING ON EDUCATION, STRUCTURE, AND CONSISTENCY.



HOW TO USE THIS GUIDE

(foundational Information Page)



THIS GUIDE IS:

- adaptable to lifestyle and training demands
- focused on nourishment rather than restriction
- designed for long-term use

THIS GUIDE IS NOT:

- a short-term diet
- a rigid meal plan
- a one-size-fits-all solution

HOW TO USE THIS JOURNAL:

Use this guide as a practical reference to better understand nutrition, food choices, and structure.

Focus on consistency, not perfection!



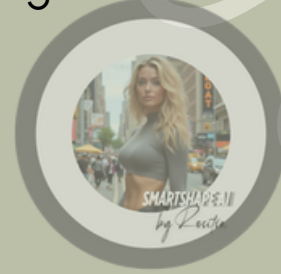
Personalized nutrition protocols are created individually, based on personal needs and goals. *

DAILY FOOD CHOICES

PROTEIN SOURCES

Protein is a foundational building block for muscle, metabolism and recovery.

Choose high-quality sources such as lean meat, fish, eggs, dairy, legumes or plant-based alternatives depending on personal preference and tolerance.



DIFFERENT SOURCES OF FAT

Healthy fats support hormone balance, joint health and nutrient absorption.

Focus on natural fat sources such as olive oil, avocado, nuts, seeds and fatty fish, consumed in appropriate portions.

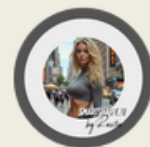


CARBOHYDRATES

Carbohydrates provide energy for training and daily movement.

Choose primarily complex carbohydrate sources such as potatoes, rice, whole grains, fruits and vegetables, adjusting quantity based on activity level and training intensity.





THE GOLDEN RULE

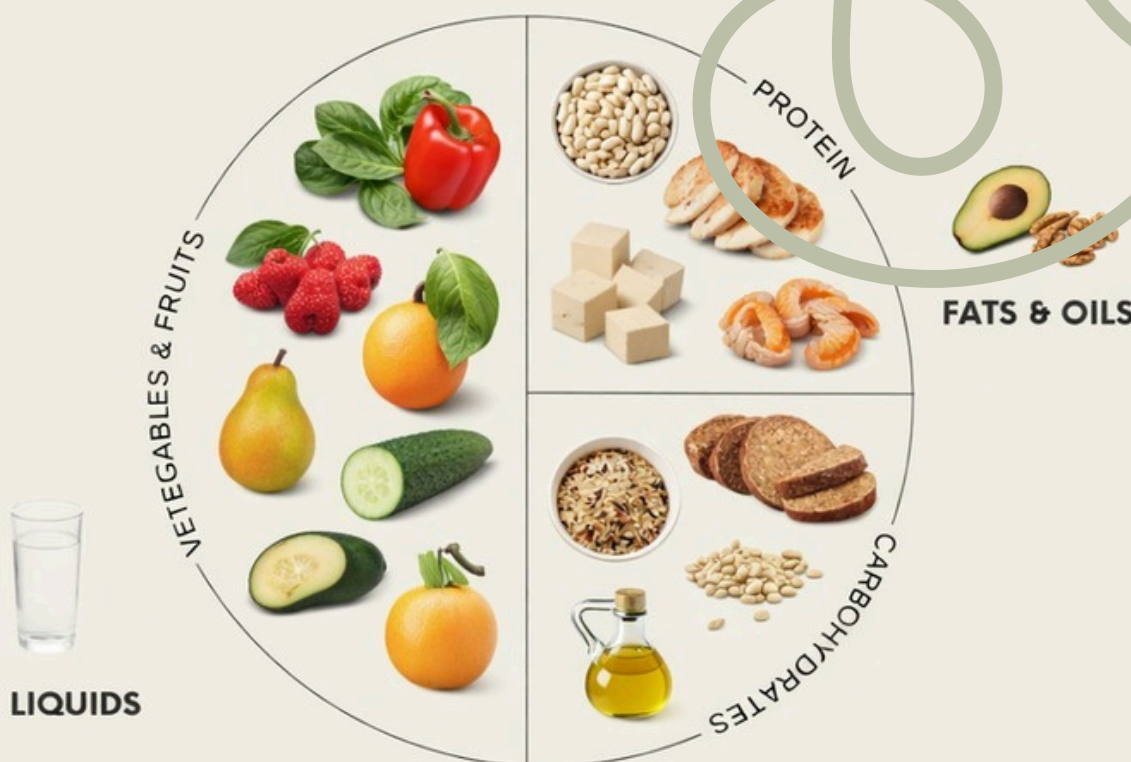
Portions are adjustable to goals & activity level.

VEGETABLES & FRUITS

Base of every meal
Fiber, micronutrients & antioxidants
(Fill freely)

PROTEIN

Structural foundation of muscle
Supports strength & recovery
≈ 1/3 of the plate



CARBOHYDRATES

Energy for training & daily life
Balanced with protein
≈ 1/3 of the plate

FATS & OILS

Hormonal balance & absorption
Use mindfully
(Small portion)

LIQUIDS

Hydration & performance
Drink regularly

REMEMBER THE BASICS

MICRONUTRIENTS

Micronutrients play a crucial role in energy production, immune function and recovery.

A diverse diet ensures consistent intake and reduces the need for excessive supplementation.



VITAMINS

Vitamins support metabolic processes, hormone regulation and overall resilience.

Seasonal variety and whole foods remain the primary source.



FIBER

Fiber supports digestion, gut health and blood sugar stability.

Aim for regular intake through vegetables, fruits, legumes and whole foods.



RECOMMENDED DAILY SUPPLEMENTS

ESSENTIAL AMINO ACIDS (EAAS) / BCAAS

Amino acids are the fundamental building blocks of skeletal muscle. EAAs, and in some cases BCAAs, help stimulate muscle protein synthesis and protect lean tissue.

Especially useful:

- with lower-protein meals
- during calorie deficits
- around training sessions
- for individuals struggling to reach daily protein targets



CREATINE MONOHYDRATE

Creatine plays a key role in cellular energy production by supporting ATP availability. It is one of the most researched supplements and is relevant not only for performance, but also for long-term muscle and brain health.

For skeletal muscle:

- supports strength and training performance
- improves training quality and recovery
- supports muscle preservation over time



For brain function:

- supports cognitive energy demand
- may enhance mental performance and resilience

RECOMMENDED DAILY SUPPLEMENTS

HIGH-QUALITY OMEGA-3 FATTY ACIDS (FISH OIL)

Omega-3 fatty acids are essential for cellular membrane integrity, inflammatory balance and overall metabolic health.

Key benefits:

- support joint and muscle recovery
- contribute to cardiovascular health
- support brain and nervous system function
- enhance muscle sensitivity to anabolic signals



COLLAGEN

Collagen is a structural protein essential for tendons, ligaments, joints, skin and connective tissue. While collagen is not a complete protein for muscle building, it plays a crucial role in structural support, especially in active individuals.

Key benefits:

- supports joint and tendon health
- contributes to tissue resilience
- supports recovery from repetitive training stress



TABLE OF CONTENTS

This nutrition guide is designed to give you clarity, structure, and flexibility. You will learn how to choose foods that support muscle strength, energy, and long-term health - without overthinking or strict rules.



Protein

Builds and maintains skeletal muscle structure



Carbs

Foundation for health & energy



Fat

Hormonal balance & longevity



PROTEIN

Protein is the structural foundation of skeletal muscle, the body's main longevity organ, and should be prioritized in every meal.



Lean poultry

Provides high-quality protein that supports muscle repair, strength, and lean mass maintenance.



Fish (white, salmon)

Delivers complete protein while supporting muscle recovery, metabolic health, and longevity.



Eggs

A highly bioavailable protein source that supports muscle structure and cellular repair.



Skyr

Provides protein that supports muscle recovery while contributing to gut health.



Cottage cheese

A slow-digesting protein that supports muscle maintenance and overnight recovery.



Plant-based protein (legumes, tofu)

Provides protein and fiber that support muscle health and metabolic balance.

VEGETABLES: CARBS FOR HEALTH

Vegetables are the foundation of your nutrition plan. They provide fiber, micronutrients, and antioxidants that support digestion, recovery, and metabolic health.



Broccoli

Supports detoxification, hormonal balance, and provides key nutrients for muscle recovery and long-term health.



Brussels sprouts

Rich in fiber and antioxidants that support metabolic health and reduce inflammation.



Spinach

Packed with micronutrients that support energy levels, muscle function, and cellular health.



Romaine salad

A light, nutrient-dense base that supports digestion, hydration, and daily micronutrient intake.



Asparagus

Supports digestion and fluid balance while providing nutrients important for recovery and longevity.



Avocado

Provides healthy fats that support hormone balance, brain function, and long-lasting energy.

CARBOHYDRATES: CARBS FOR ENERGY

Carbohydrates provide your body with energy for training, recovery, and daily performance. Used strategically, they support muscle strength, metabolic health, and long-term vitality.



Rice (Basmati)

Provides easily digestible energy that supports training performance and muscle recovery.



Potatoes (sweet)

Provides slow-digesting carbs that support stable energy and metabolic health.



Quinoa

A nutrient-dense carbohydrate that provides sustained energy and additional plant-based protein.



Oats

Slow-digesting carbohydrates that support stable energy levels and workout performance.



Edamame

Provide carbohydrates combined with protein and fiber, supporting muscle maintenance and metabolic health.



Fruit (e.g. berries)

Natural carbohydrate sources that support energy availability, recovery, and cellular health.

FATS

Healthy fats are essential for hormonal balance, brain function, and long-term health. Used in the right amount, they support energy stability, recovery, and longevity.



Avocado

Provides healthy monounsaturated fats that support hormone balance, brain function, and long-lasting energy.



Olive oil

Supports heart health and reduces inflammation while improving nutrient absorption.



Nuts (almonds, walnuts)

Provide healthy fats and micronutrients that support satiety, brain health, and recovery.



Seeds (chia, flax)

Rich in omega-3 fats and fiber, supporting digestion, hormonal health, and inflammation control.



Fatty fish (e.g. Salmon)

Provides omega-3 fatty acids that support muscle recovery, brain health, and longevity.



Egg yolk

A nutrient-dense fat source supporting hormone production and cellular health.

MY TRUSTED SUPPLEMENTS

Supplements are not a replacement for real food or training. They are tools - **used strategically** to support **muscle health, recovery, and longevity** when nutrition and lifestyle are already in place. The following supplements are part of my personal routine and are selected for their quality, effectiveness, and practical benefit.



Collagen

Supports connective tissue, joints, skin, and overall structural health.

Best used: daily.



Whey Protein

A high-quality, fast-digesting protein that supports muscle repair, strength, and recovery.

Best used: post-workout or as a protein-rich snack.



BCAA + Glutamin

Supports muscle recovery and helps reduce muscle breakdown during intense training or calorie deficits.

Best used: during or around workouts



Glycin

Supports sleep quality, nervous system balance, and connective tissue health. Glycine also plays a role in collagen synthesis and recovery, making it valuable for long-term structural health.

Best used: evening or before sleep.



Omega 3 (EPA & DHA)

Supports recovery & long-term health, improves triglycerides & vascular function

Best used: daily with meals

\$12.00



Creatine

One of the most researched supplements for strength, muscle performance, and cellular energy. Creatine supports ATP production, muscle power, cognitive function, and healthy aging.

Best used: daily, independent of training days.



Urolithin A

Supports mitochondrial health and cellular renewal.

Best used: daily as a long term longevity support.



Carnitine

Supports fat metabolism and energy production

Best used: daily around training



ZMA

Supports sleep quality, recovery, hormonal balance, and nervous system function.

Best used: in the evening, before sleep.



HMB

Supports muscle preservation, strength, and recovery. HMB helps reduce muscle breakdown and supports lean mass maintenance, making it valuable for long-term muscle health and longevity.

Best used: daily.



Magnesium

Supports muscle relaxation, nervous system balance, and sleep quality.

Best used: evening or before sleep.



Elektrolyte

Support hydration, nerve signaling, and muscle contraction.

Electrolytes are essential for performance, recovery, and preventing fatigue, especially with sweating, training, or low-carb phases.

Best used: during or after training, or on active day.



Vitmaine C

Supports immune function, collagen synthesis, and cellular protection.

Best used: daily, preferably with meals.



Vitamine D3/ K2

Supports bone strength, muscle function, and long-term skeletal health.

Best used: daily, preferably with meals.



Melatonine

Supports sleep quality and circadian rhythm, essential for recovery and longevity.

Best used: before sleep

THANK YOU
FOR JOINING
SMARTSHAPE.



QUIET STRENGTH
OVER
TIME

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