



NIKOLOV
EATING PLAN

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The journey of a thousand miles begins with a single step. Take that step today and enjoy the process of becoming a better person than yesterday.

Nikolov eating plan

The Nikolov team welcomes you on the path to successful healthier diet!

Before you start using your eating plan, we would like to guide you through the process, in which we have addressed the following important questions:

1. *How many calories should you consume on a daily basis?*
2. *Which macronutrients should you intake through your diet?*
3. *How many meals per day should you have?*
4. *When during the day should you introduce certain macronutrients?*

Once we go through these questions together, step by step, you will better understand everything that interests you about the proper diet.

So, let's get started! :)

How many calories should be consumed on a daily basis?

For weight loss:

A 300 calorie deficit is recommended, why 300?

A 300 calorie deficit allows you to lose weight in a sustainable pace and is considered safe, without the risk of muscle loss, or if you want go more aggressive, 600 calorie deficit, but it will be harder to maintain for most people and potentially cause more side effects.

Example: If you are usually consuming 3000 calories a day, 300 less is 2700 calories a day.

For weight gain:

A 300 calorie surplus is recommended, why 300 you might ask again?

A surplus of 300 calories per day can lead to a healthy rate of weight gain. It's crucial to focus on nutrient-rich foods, or if you want to go more aggressive, 600 calorie surplus can lead to faster gains, it also carries a higher risk of gaining excess fat.

The ideal calorie deficit or surplus can vary based on individual factors like starting weight, activity level, lifestyle and overall health, that kind of plan you can get in our 1 on 1 coaching, where I personally will follow your journey and results with an individual eating plan.

Which macronutrients should you consume through your diet?

In this step we have determined which macronutrients and in what ratio you should consume through your daily diet.

There are 4 important macronutrients, and they are:

- Proteins
- Carbohydrates
- Fats
- Water

PROTEINS are a building macronutrient and have a significant impact on the development of muscles in your body.

CARBOHYDRATES are an energy macronutrient, meaning they serve as fuel for quality training and other physical activities throughout the day.

FATS are also an energy macronutrient, but unlike carbohydrates, they provide a slow and long-lasting source of energy.

WATER is a key macronutrient for energy production in the body and the only fluid you should consume during the weight loss process.

We suggest you calculate the required daily water intake using the following formula:

$$\text{Daily water intake (l)} = \text{Body weight (kg)} \times 3.37 / 100$$

This means that if your weight is 50kg, you should consume at least 1.7 liters.

On training days you should increase water intake to make up for the fluids lost through sweat.

A common recommendation is + 0.5 to 1 liter per hour of exercise

If you train for 1h add 0.5 to 1 liter depending on sweat and intensity

1.7+0.5=2.2 L (light to moderate training)

1.7+1=2.7 L (intense or sweaty training)

How much protein, carbohydrates, and fats should you consume throughout the day?

Understanding your daily macronutrient needs is key to reaching your fitness goals. Here's how to estimate your protein, carbs, and fat intake based on your goal.

For weight loss: Focus on keeping protein high to preserve muscle, moderate fats, and controlled carbs to create a calorie deficit.

Per kg of body weight:

- Protein: 2.0 – 2.5 g/kg
- Carbs: 1.5 – 3 g/kg
- Fats: 0.8 – 1 g/kg

☞ *Higher protein = better satiety & muscle retention.*

For weight gain: Aim for a calorie surplus, with enough protein to build muscle and high carbs for energy and recovery.

Per kg of body weight:

- Protein: 2.0 – 2.4 g/kg
- Carbs: 4 – 6 g/kg
- Fats: 0.8 – 1.2 g/kg

☞ *Carbs are your best friend here — fuel the gains.*

Tip: Focus on Consistency, Not Perfection

You won't hit your macros 100% every day. Life happens: work stress, family events, unexpected cravings, celebrations... But don't overdo it. Aim for 80–90% consistency over time, you will get something out of it.

How many meals per day should you have?

In your meal plan, we have scheduled 5 meals per day.

Five is the optimal number of meals, allowing you to maintain balanced nutrition and a healthy metabolism.

You can divide the meals in the traditional sense into: breakfast, mid-morning snack, lunch, afternoon snack, and dinner.

Ultimately, it doesn't matter what you call your meals, what matters most is to include the correct amount of prescribed food in each of them.

1. Breakfast
2. Snack
3. Lunch
4. Snack
5. Dinner

The idea behind this meal plan is to ensure that you have a balanced and consistent intake of nutrients throughout the day to support both weight loss and overall health.

By spreading your meals out into five smaller portions, rather than eating only three larger meals, you can help keep your metabolism active and prevent overeating or excessive hunger.

When should you consume certain macronutrients?

Protein- Spread Evenly Throughout the Day

Include a source of protein in every meal and snack. This supports muscle repair, keeps you feeling full longer, and provides steady energy. Protein is especially important **after training** to help with recovery and muscle growth.

Carbohydrates- Around Training & Active Hours

Eat complex carbs like oats, rice, and potatoes earlier in the day or around your workouts to provide sustained energy. Simple carbs, such as fruits or rice cakes, are perfect **before or after exercise** to quickly fuel or refuel your body.

If you're not very active late in the day, try to reduce heavy carb intake at night.

Fats- Earlier in the Day or With Balanced Meals

Healthy fats (avocados, nuts, olive oil, etc.) help regulate hormones and keep you feeling satisfied longer. It's best to consume fats in moderate amounts, especially in **meals that don't surround your workout**. Avoid high-fat meals right before training, as fats slow down digestion.

If you decide to train at the beginning or end of the day, it would be convenient to shift the intake of fats to one of the other meals, meaning during the period when you won't be working out.

Food acts like fuel for the body, just as gasoline powers a car. Without fuel, a car won't run; without proper food, the body can't function efficiently.

Your Top Form Diet Plan for Weight Loss is ready!

Now that you have all the necessary information about how much food you need to eat, when to eat it, and which macronutrients to include, take a look at the eating plan. We have prepared a weekly intake plan for you, designed to help you stay on track and achieve your fitness goals.

Stick to the plan, listen to your body, and make adjustments as needed to fit your personal schedule and progress.

Next to each meal, you will find its total caloric value (kCal) per 100g of food, as well as the amounts of protein, carbohydrates, and fats contained in that meal, and you can adjust it by your needs to gain or lose weight.

You will see a „Calories,, column in the table, it will be empty, if you decide to hop on our 1 on 1 option, we will edit it with the amount you should have in a meal.

You can repeat this eating plan as long as you wish for, follow it, stay consistent and you will see results.

Some meals include multiple plates, separated by a line like this:

Whole egg
Egg whites

Pork ham
Mushrooms

This line indicates that the food items above and below it should be eaten separately, not all mixed on one plate.

Plate 1 = Whole Egg + Egg Whites

Plate 2 = Pork Ham + Mushrooms

If you want a custom tailored plan just for you, with exactly how much grams to eat so that you can be in a caloric deficit or surplus, you can get that with the 1 on 1 coaching.

The only bad workout is the one that didn't happen. And when it comes to movement, even your slowest pace beats the person lying on the couch.

MONDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARBS (g)	FATS (g)	CALORIES (g)
Breakfast	Whole Egg	13	1	11	/
	Egg Whites	11	1	0.2	
	-----	-----	-----	-----	
	Pork Ham	17	1	15	
	Mushrooms	3	3	0.3	
Snack 1	Low-fat yogurt	5	4	12	/
	-----	-----	-----	-----	
	Berries (mix)	0.5	12	0.3	
	Walnuts	15	14	65	
Lunch	Beef meet	26	0	10	/
	White Rice	2.7	28	0.3	
	-----	-----	-----	-----	
	Broccoli (boiled)	3	7	0.3	
	Cucumber	0.6	3.6	0.1	
Snack 2	Ella Cheese	12	4	1	/
	Frozen Berries	0.8	12	0.3	
	-----	-----	-----	-----	
	Almonds	21	2	49	
Diner	Chicken Breast	31	0	3.6	/
	-----	-----	-----	-----	
	White Rice	2.7	28	0.3	
	Cauliflower	2	4.5	0.3	
	Broccoli	3	7	0.3	

Welcome to Day 1 of your journey. Monday sets the tone for the week, so this meal plan is designed to be simple, effective, and rich in nutrients that fuel your body right from the start, without unnecessary complexity.

This day is built around lean proteins, complex carbohydrates, healthy fats, and vegetables that support digestion and fullness. You'll be eating 5 times: 3 main meals and 2 strategic snacks. The goal? No energy crashes, no mindless snacking, and no feeling hungry two hours after a meal.

TUESDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARBS (g)	FATS (g)	CALORIES (g)
Breakfast	Whole egg	13	1.1	10	143
	Egg whites	11	0.7	0.2	52
	-----	-----	-----	-----	-----
	Pork ham	20	1	7	145
	Lettuce	1.4	2.9	0.2	15
Snack 1	Peanut Butter	25	20	50	588
	Rice Cake	8	83	3	387
Lunch	Turkey breasts	30	0	1	135
	-----	-----	-----	-----	-----
	Peas	5.4	15	0.4	84
	Cucumber	0.7	3.6	0.1	16
Snack 2	Greek Yogurt	10	3.6	0.4	59
	Honey	0.3	82.4	0	304
Diner	Chicken breasts	31	0	3.6	165
	Chickpeas	8.9	27.4	2.6	164
	-----	-----	-----	-----	-----
	Walnuts	15	14	65	654
	Green olives	1	3.8	15.3	145

Alright, let's talk about Tuesday's game plan for eating. We're keeping things smart and steady, making sure you've got all the good stuff flowing through your day.

Basically, Tuesday is built around a balance of solid protein, good carbs, and healthy fats. We're kicking things off in the morning with a strong protein start, then working in some balanced snacks to keep your energy up, a mix of quick energy and some lasting power. Lunch is all about lean protein and some smart carbs. Then, as the day winds down, we're making sure dinner is super satisfying with more quality protein, complex carbs, and those essential healthy fats to keep you feeling great and nourished right through the night.

WEDNESDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARB (g)	FATS (g)	CALORIES (g)
Breakfast	Whole egg	13	1.1	11	143
	Egg whites	11	1	0.2	52
	-----	-----	-----	-----	-----
	Dry bacon	37	1.4	42	541
	Tomato	0.9	3.9	0.2	18
Snack 1	Trout	20	0	6	141
	White potatoes	2	17	0.1	77
	-----	-----	-----	-----	-----
	Spinach	2.9	3.6	0.4	23
	Cucumber	0.7	3.6	0.1	16
Lunch	Chicken breasts	31	0	3.6	165
	-----	-----	-----	-----	-----
	Mexican veg. mix	1.5	7	0.5	45
	Swiss chard	1.8	4.1	0.2	19
Snack 2	Ella cheese	14	3.5	0.5	90
	Frozen berries	0.6	12	0.3	50
	-----	-----	-----	-----	-----
	Avocado	2	9	15	160
Diner	White fish	20	0	1.5	105
	-----	-----	-----	-----	-----
	White rice	2.7	28	0.3	130
	Broccoli	2.8	7	0.4	34

This day is designed to keep things simple, clean, and effective high in protein for muscle recovery, moderate carbs for steady energy, and healthy fats to keep you full and support your hormones. Each meal includes whole foods and vegetables to cover your vitamins, fiber, and digestion. It's an easy-to-follow structure that fuels your body right and helps you stay consistent.

-Mexican vegetable mix prefers to a mix of corn, green beans, carrots, peas, etc

-White fish is a general term referring to a variety of fish species with pale, mild-flavored flesh, such as: cod, haddock, pollock, hake, and tilapia

THURSDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARB (g)	FATS (g)	CALORIES (g)
Breakfast	Whole egg	13	1.1	11	143
	Egg whites	11	1	0.2	52
	-----	-----	-----	-----	-----
	Avocado	2	9	15	160
	Green zucchini	1.2	3.1	0.3	17
Snack 1	White rice	2.7	28	0.3	130
	-----	-----	-----	-----	-----
	Carrot	0.8	8.2	0	35
	Lettuce	1.4	2.9	0.2	15
Lunch	White fish	20	0	1	90
	-----	-----	-----	-----	-----
	Mixed vegetables	1.5	6	0.3	35
	Cabbage	1.3	6	0.1	25
	Olive oil	0	0	100	884
Snack 2	Ella cheese	14	3.5	0.5	90
	Raspberry	1.5	12	0.6	52
	-----	-----	-----	-----	-----
	Hazelnuts	15	17	61	628
Diner	Chicken breasts	31	0	3.6	165
	-----	-----	-----	-----	-----
	Sweet potatoes	1.6	20	0	86
	Green zucchini	1.2	3.1	0.3	17

This day is focused on lean proteins, healthy fats, and balanced carbs to support muscle maintenance, energy levels, and digestion. Starting the day with eggs and healthy fats like avocado boosts satiety and brain function. Midday meals provide clean fuel through fish, rice, and fiber-rich vegetables.

Snack choices like Ella cheese, nuts, and fruit help keep blood sugar stable and curb cravings. The dinner finishes strong with high-protein chicken and slow-digesting sweet potatoes, ideal for recovery and muscle repair overnight.

Vegetable mix prefers to a mix of broccoli, bell pepper, zucchini

FRIDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARB (g)	FATS (g)	CALORIES (g)
Breakfast	Whole egg	13	1.1	11	143
	Egg whites	11	1	0.2	52
	-----	-----	-----	-----	-----
	Cow milk	3.2	4.8	3.3	62
	Spinach	2.9	3.6	0.4	23
Snack 1	Rice Cakes	7.9	81.5	3.2	387
	Cottage Cheese	11	3.4	2.3	82
	Cucumber	0.7	3.6	0.1	15
Lunch	Chicken breasts	31	0	3.6	165
	-----	-----	-----	-----	-----
	Peas	5.4	14.5	0.4	81
	Lettuce	1.4	2.9	0.2	15
Snack 2	Greek Yogurt	10	3.6	0.4	59
	Honey	0.3	82.4	0	304
	Walnuts	15.2	13.7	65.2	654
Diner	Turkey breast	30	0	1.5	135
	-----	-----	-----	-----	-----
	Blueberries	0.7	14	0.3	57
	Almonds	21	22	50	579

Consistency is key, sticking to balanced meals like this will keep your energy stable throughout the day. Notice how each meal combines lean proteins, healthy fats, and nutrient-dense carbs to support recovery, muscle growth, and overall health.

Pro tip: Drink water with every meal, it will help you go through meals more easily and also support you in reaching your daily water intake goal.

SATURDAY

MEAL	FOOD 100(g)	PROTEIN (g)	CARB (g)	FATS (g)	CALORIES (g)
Breakfast	Whole egg	13	1.1	11	143
	Egg whites	11	1	0.2	52
	-----	-----	-----	-----	-----
	Flaxseed	18.3	28.9	42.2	534
	Cauliflower	1.9	5.0	0.3	25
Snack 1	Canned tuna	28	0	1.3	132
	Lentils	9	20.1	0.4	116
	-----	-----	-----	-----	-----
	Nutmeg	5.8	49.3	36.3	525
Lunch	Beef	26	0	17	250
	Broccoli	2.8	6.6	0.4	34
	-----	-----	-----	-----	-----
	Cauliflower	1.9	5	0.3	25
	Red onion	1.1	9.3	0.1	40
Snack 2	Apple	0.3	14	0.2	52
	Strawberries	0.7	7.7	0.3	32
	Banana	1.1	22.8	0.3	89
	Cinnamon	4	81	1.2	247
Diner	Chicken breasts	31	0	3.6	165
	-----	-----	-----	-----	-----
	White potatoes	2	17.5	0.1	77
	Broccoli	2.8	6.6	0.4	34

This day balances lean proteins like tuna, chicken, and beef with complex carbs from lentils, potatoes, and fruit. The mix of fiber-rich vegetables and healthy fats (like flaxseed) will keep digestion smooth and energy levels steady.

Saturday is also a great day to refuel from a tough week of work and responsibilities.

SUNDAY

MEAL	FOOD (100g)	PROTEIN (g)	CARB (g)	FATS (g)	CALORIES (g)
Breakfast	Oats	13	66	7	389
	Whey protein	80	8	4	400
	Banana	1	23	0.3	89
	Almonds	21	22	50	579
Snack 1	Greek Yogurt	10	3.6	0.4	59
	Honey	0.3	82	0	304
	Walnuts	15	14	65	654
Lunch	Chicken Breast	31	0	0	165
	Rice	2.7	28	28	130
	Broccoli	2.8	7	7	34
Snack 2	Rice Cake	7.9	81	2.8	387
	Peanut Butter	25	20	50	588
Dinner	Salmon	20	0	13	206
	Sweet Potato	1.6	20	0.1	86

This day is centered on high-quality protein, complex carbs, and healthy fats to fuel workouts, aid muscle recovery, and maintain steady energy. Breakfast combines oats, whey, and almonds for lasting satiety and sustained energy, while snacks like Greek yogurt with honey and nuts or rice cakes with peanut butter keep blood sugar stable and cravings in check.

Lunch provides lean chicken, rice, and fiber-rich broccoli for clean fuel, and dinner wraps up with nutrient-dense salmon and slow-digesting sweet potatoes, supporting overnight recovery and muscle repair.

Notes and Tips

- A balanced diet is not about perfection, it's about consistency. Aim to make most of your meals nutrient-dense while leaving room for flexibility.
- Protein supports muscle growth and recovery. Try to include a source of lean protein in every meal.
- Carbohydrates are your body's main energy source. Choose complex carbs (like oats, rice, potatoes, or fruit) over processed ones for long-lasting energy.
- Healthy fats are essential for hormone balance and brain health. Include sources like nuts, seeds, avocado, or olive oil.
- Vegetables and fruits provide vitamins, minerals, and fiber- don't skip them!
- Hydrate smartly, drink water with every meal. Staying hydrated helps with digestion, energy, and appetite control.
- Stay flexible, if you don't have one ingredient, swap it with a similar food (e.g., chicken for turkey, rice for potatoes).
Don't immediately go online and order a pizza. ☹️

Why does my eating plan include many food items and meat?

Calories are necessary for the normal function of the body, fulfilling basic physiological needs of the heart, brain, internal organs, and skin. The number of calories your body needs for normal functioning is referred to as BMR (Basal Metabolic Rate).

This is why your eating plan serves as a starting point to calculate the number of calories that correspond to your basal metabolism.

Accordingly, your eating plan includes a large variety of foods because you need calories to perform daily activities such as studying, walking, working, and other tasks.

Complete proteins found in meat are the reason the diet includes meat. Unlike other macronutrients such as carbohydrates and fats, proteins are building blocks that satisfy the body and help build various tissues like muscles, organs, hair, skin, and nails.

We will make it easy for you, like your mom made a shopping list.

To make it easier for you to plan your grocery shopping for your eating plan, we've created a shopping list of all the necessary food items on a weekly basis.

Just like our parents made one for us to follow. You should also plan ahead to purchase all the groceries for the entire week.

Make sure to check what you already have at home and only buy what's missing. A well-planned shopping list also helps avoid unnecessary purchases.

Weekly Diet Plan List

Whole Chicken Egg

Egg Whites

Pork Ham

Champignon Mushrooms

Beef (Veal)

Rice

Broccoli

Cucumber

Chicken Breasts

Red Kidney Beans

Green Zucchini

Lettuce

White Rice

Cauliflower

Ella Cheese

Frozen Berries

Almonds

Roast Pork

Pork Tenderloin

Spinach

Turkey

Peas

White Potatoes

Chickpeas

Walnuts

Green Olives



Dry Bacon
Tomato
Trout
Mexican Vegetable Mix
Swiss Chard
Hake
Avocado
Vegetable Mix
Fruit Mix (Eat when you decide)
Green Cabbage
Sweet Potatoes
Raspberry
Hazelnut
Milk
Red Potatoes
Blueberries
Flaxseed
Red Onion
Oatmeal
Green Beans
Tuna
Lentils
Cashews
Sweet Red Pepper
White Beans
Olive Oil
Garlic



What should we do if we have foods in the diet that we don't like?

If you happen to be offered food in your diet that you don't like, look in the table calorie chart for suitable food that meets the same requirements and preferences.

It is very important to take into account the calorie content of the food you are replacing and adjust the amount of new foods you want to include in your plan, so that the total daily calorie intake remains unchanged.

Guide to Preparing Healthy Food.

Due to the number of obligations and the accelerated pace of life today, many people find it increasingly difficult to allocate time for the proper preparation of enough daily healthy meals.

Traffic jams, studying for an important exam, or working overtime at the office are typical examples of situations that further reduce the already limited time available for preparing healthy food.

The good news is that there is a solution to this problem:
And you already are half way to that solution just by reading this and dedicating your time to gather knowledge and learn something new.

Although you might think that meal preparation is simple, there is a significant difference between knowing what you should eat and understanding how to prepare it in the best possible way.

4 Key Tips for Preparation

The famous motto "Live fast and eat easy," along with those who follow it, often face difficulties in ensuring three healthy meals a day, let alone five meals.

Even if you don't live fast, your days vary, and preparing meals "for today, today" does not yield good long-term results.

On the contrary, the obligation to prepare food daily seems to create a sense of helplessness and lack of organization.

To make meal preparation a pleasure rather than a source of stress, only two prerequisites are necessary: planning and organization

With this in mind, here are 4 key tips for preparing healthy meals:

1. Plan your meals a few days in advance.
2. Set aside dedicated time for meal preparation.
3. Measure your food carefully.
4. Avoid preparing an unnecessarily large variety of dishes.

Tip 1- Planning meals a few days in advance will reduce stress and help you achieve goals effectively.

Tip 2- Set aside time for meal preparation according to your preferences. This will save you valuable hours that you can use for socializing and going out with friends.

Tip 3- Carefully measuring your food is directly related to the number of calories you consume, as well as the way your body will look in a swimsuit, favorite jeans, or shirt.

Tip 4- Preparing bulk meals will reduce dish accumulation in the kitchen and save even more of your precious time.

Because your health depends on proper nutrition, we encourage you to consistently apply the tips we've provided for easy healthy meal preparation. To further assist you, we will provide additional useful information on food shopping and equipment for food preparation and measurement later in this guide.



Guidelines for Buying Healthy Food.

Buying food may not be the first topic that comes to mind when you're with company or friends, but know that your health and appearance depend on the food you consume.

This eating plan contains all the necessary macros (proteins, carbohydrates, and fats) and micronutrients (vitamins and minerals) that guide you to your goal of keeping your body healthy.

At the same time, the plan is not based on exotic or expensive foods, but on easily accessible food that anyone can afford.

You can purchase food at your local hypermarket, health food stores, grocery stores, or markets.

It is crucial to buy food regularly in advance so that you don't run out of the food products recommended in your plan.

There's nothing worse than wanting to eat a specific food immediately but not having it on hand.

If this happens, do not allow yourself to consume processed foods and sweets, as this will significantly disrupt the number of calories you consume and hinder the effectiveness of your weight loss diet plan.

To keep the taste of the food in line with the diet, certain foods (such as spices) that are not listed in your plan can be used every day as desired.

The foods that you can freely use as additions to your dishes include:

- Various teas
- Soy sauce
- Tomato juice
- Salsa
- Garlic
- Onion
- Vanilla or other extracts
- Seasonal spices
- Vinegar
- Cocoa powder
- Ginger
- Pepper
- Lemon juice

You can also add other spices that do not contain carbohydrates.
The composition of packaged foods varies, so be sure to read the nutritional value on the packaging.

When shopping, pay special attention to canned and packaged foods.
Just because you buy food at a health food store doesn't necessarily mean the food is healthy.

That's why we repeat, read the nutritional values on the back of the packaging!
We also advise you to buy fresh food items.

Essential Equipment for Meal Preparation

If you're a beginner in the kitchen, meal preparation may seem like a tedious and difficult task.

That's why we've specially prepared a list of essential equipment for meal preparation.

If you wish, you can buy luxurious, high-tech equipment, but keep in mind that basic and inexpensive tools will work just as well.

To prepare food from your plan, you will need the following equipment:

1. Cooking Set:

-Cookware Set

- Ceramic frying pan with a diameter of 30 cm or larger, with a non-stick coating.

- Cast iron skillet, 23 cm in diameter or larger.

2. Knife Set:

- Small knife for peeling fruits and vegetables.

- Bread knife.

- Large knife for cutting meat.

- Optional a sharpener for knives and saws.

3. The rest:

- Digital scale for measuring food.
- Measuring cup set.
- Mixing bowls (metal or plastic) with a spatula

A reliable set of mixing bowls is an essential part of any kitchen, especially when preparing healthy meals. Whether you choose metal or plastic bowls, both options are lightweight, durable, and versatile for mixing, marinating, or serving.

Pair your bowls with a sturdy spatula to ensure you can scrape every last bit of your ingredients. This is not only helpful for reducing food waste but also for maintaining accurate portions.

Investing in quality tools like these makes it easier to stick to your dietary goals while keeping meal prep efficient and enjoyable.

4. Plastic food containers:

Practical for storage, reheating, and food transfer.

5. Baking tray:

You can get two to avoid constantly washing dishes.

6. Blender:

Practical for making smoothies and shakes.

7. Heat-resistant cooking bowl.

8. Wooden cutting boards

The listed equipment forms the foundation for quality meal preparation according to our plan.

If your budget for new equipment is limited, we recommend checking out used items in advertisements, at markets, or online.

Instructions for easy food measurement.

If you want to lose weight and look better, know that the key to your success lies in what you eat and how much you eat.

It doesn't matter whether you have a faster or slower metabolism. We emphasize the most important points in the following tips:

"Don't forget to measure and record everything you eat"

This means you need to measure and record what and how much you eat, including how many calories, proteins, carbohydrates, and fats each food contains.

Use a food scale to measure ingredients at home, and remember what and how many portions you eat outside of home.

Bonus instructions for smart meal preparation.

Preparing five meals a day, seven days a week, sounds like an impossible mission.

If you prepare each meal separately, it truly is a tough task. That's why we suggest planning your meal prep in advance.

Meals from your plan will be easier to prepare with the following practical tips:

1. Prepare meals in advance and in bulk- Always keep in mind that the cooking time for one piece of chicken breast is the same as for six. By preparing meals in bulk, you reduce your electricity bills and save time. You can pack ready meals for takeout or freeze them for future use.

2. Pre-chop vegetables and use frozen vegetables and fruits- Large vegetables like broccoli and cauliflower should be chopped in advance and packed in zip bags.

Don't hesitate to buy frozen vegetables and fruits, as both are great alternatives when fresh ones are not available.

Fresh seasonal vegetables and fruits contain many nutrients.

On the other hand, keep in mind that out-of-season products are often delivered from far away and stored for long periods, during which significant micronutrients are lost.

3. Use a blender- For preparing quick, liquid meals that have been frozen in your fridge and freezer, such as berries, which are perfect for making a delicious homemade smoothie. Add protein powder and nuts from your plan to the smoothie, and you'll have a complete meal/ snack in a minute.

With a little practice, you will reduce the number of trips to the store while also getting into the habit of planning your meals 3-4 days in advance.

We've made sure you have a diverse meal plan and that you don't need to eat the same foods every day.

Suggestions for using food outside the home.

We spend a large part of our time outside the home: at work, in school, in the city, with family, partners, or friends.

Considering that you want to achieve your goal, it's very important that your nutrition is integrated into your lifestyle.

This means you can choose between:

- Preparing and bringing food from home
- Eating in cafes and restaurants

By storing food at home with the help of a reliable guide, you will achieve your goal by consistently sticking to your own journey.

You will also improve your culinary skills.

Once you do this, you will no longer need to rely on ready-made meals or parents to cook for you.

An additional benefit is that you will always have something in the fridge, ready to take, while preparing meals in advance.

Eating in cafes and restaurants might be a little easier, but it can be harder due to lack of nutritional labeling and information of the meals you eat outside.

One advantage is that you won't need to store food.

However as we said, the insurmountable obstacle is that you won't be able to measure food precisely or assess what and how much you are eating.

This directly contrasts with your goal, which is why we recommend eating homemade meals.

Final recommendations for sleep and recovery.

Timely recovery is a necessary condition for a good physique. The magic ingredient of recovery is regular and quality sleep.

With quality sleep, you will reduce stress and accelerate the fitness process.

Keep in mind that you need to go through five full sleep cycles for this.

Also, know that each sleep cycle lasts about ninety (90) minutes.

Research shows that lack of sleep:

- Shortens lifespan
- Reduces insulin resistance
- Encourages overeating, especially foods rich in sugar
- Slows down metabolism and the function of the leptin hormone
- Increases blood pressure and blood sugar
- Activates the sympathetic nervous system and raises cortisol hormone levels
- Allows the accumulation of body fat by promoting the action of the ghrelin hormone
- Negatively impacts performance in the gym and workouts

So, do everything you can to sleep regularly and with quality. This way, not only will you achieve your goals easily, but you will also benefit from better sleep, feeling happier and more satisfied.

When can you expect the first visible results?

If you follow the instructions prescribed in your meal plan, after a few weeks (a month), you can see the first results, but don't stop there, make this your lifestyle, not just a phase.

That's why we encourage you to track your progress and regularly measure your weight and changes.



How to help others?

We want you to persevere on the path to a healthy physical transformation. This will change your life for the better.

If you want to motivate others to eat healthy and look good, we invite you to recommend your plan to your partner, friends, and family members so they can start their journey like you.

Below, we provide a quick and easy 4-day-per-week gym plan.

This e-book provides general eating and training framework designed for people who want structure without complexity.

For those who want a fully personalized approach- including individual goals, lifestyle, schedule, and body type, **1 on 1 coaching is available.**

Below you can find a breakdown of what can you expect if you decide to work along with me, and for any additional questions, feel free to DM me.

You get:

-Custom workout plan based on:

- Fitness level (beginner / intermediate)
- Goals (fat loss, gain weight, performance, general health)
- Available equipment (gym / home / outdoor)
- Weekly schedule based on your lifestyle

-Tailored meal plan based on:

- Body stats
- Activity level
- Food preferences & allergies
- Lifestyle (work, travel, social life)

-Weekly Check-Ins & Progress Tracking

- Weekly progress review (weight, measurements, photos, performance)
- Plan adjustments based on results
- Accountability
- Honest feedback and direction

-Long-Term Sustainability Focus

- No extreme diets
- No overtraining
- Focus on consistency and health
- Learning how to train and stay consistent in a fast-paced lifestyle

Can you do most of these things alone?

Absolutely, you don't need me to check on you every week, you can see if you are getting results by yourself by stepping on the scale and looking at the mirror.

You have access to the internet, that means you can figure out for free by yourself what to eat and how to properly do an exercise, and with that said, open your browser and do the research.

For the people who are focused on other things in life and would like a helping hand, or just feel safer having someone to back them up on this journey, I would be glad to work with you, as I genuinely enjoy helping people improve their health and lifestyle.

Send me a **DM**, and we can figure it out from there, see you soon.

Workout Plan:

Here's a 4 day GYM Workout:

This Push-Pull-Legs + Cardio plan balances strength, muscle growth, and endurance with an extra day dedicated to cardiovascular conditioning.

Day 1: Push (Chest, Shoulders, Triceps)

Focus: **Upper-body pushing movements for strength and muscle growth.**

Workout:

- **Barbell Bench Press** – 4 sets x 5-8 reps
- **Overhead Shoulder Press** – 3 sets x 6-10 reps
- **Incline Dumbbell Press** – 3 sets x 8-12 reps
- **Dips** – 3 sets x 8-12 reps
- **Lateral Raises** – 3 sets x 12-15 reps
- **Triceps Rope Pushdowns** – 3 sets x 12-15 reps

Day 2: Pull (Back, Biceps)

Focus: **Upper-body pulling movements for back thickness and arm strength.**

Workout:

- **Pull-Ups** – 4 sets x 6-10 reps
- **Straight Back Seated Row** – 4 sets x 4-6 reps
- **Bent-over Barbell Rows** – 3 sets x 8-12 reps
- **Face Pulls** – 3 sets x 12-15 reps
- **Dumbbell Curls** – 3 sets x 10-12 reps
- **Hamer Curls** – 3 sets x 12 reps

Day 3: Legs and core (Quads, Hamstrings, Glutes, Calves)

Focus: **Lower-body strength and explosiveness.**

Workout:

- **Any type of Squats** (Barbell, Smith machine, Hack) – 4 sets x 5-8 reps
- **Leg Press** – 3 sets x 12 reps
- **Romanian Deadlifts** – 3 sets x 8-12 reps
- **Leg Extension** – 3 sets x 10-12 reps per leg
- **Seated Calf Raises** – 3 sets x 10-12 reps
- **Decline Crunch** – 3 sets x 15 reps
- **Hanging Leg Raises** – 3 sets x 10 reps

Day 4: Cardio & Active Recovery

Day 4 is your **cardio and conditioning day**, giving your muscles time to recover while keeping your heart and endurance strong. The choice is yours, **run in the park, hit the treadmill, swim, play football, cycle, or do any sport you enjoy**. This day isn't about lifting weights but about staying active, improving cardiovascular health, and boosting overall fitness. Whether it's high-intensity sprints or a relaxed jog, pick what works best for you and keep moving!

Conclusion:

Here, we reach the goal of our shared journey toward your health and weight regulation.

We believe that the eating plan and workout plan will greatly help you on your path to a better physical appearance and improved health.

Now, you have all the prerequisites to move decisively toward your goal and become the most attractive version of yourself!

For healthy life, Nikolov plan :)

Disclaimer:

Nikolov plan encourages you to undergo a medical check-up by a doctor before using products or services that result in weight changes.

By purchasing a meal and workout plan, you agree to voluntarily purchase products or services, participate in recommended activities, and assume all nutritional risks of injury, illness, or death through the purchase of the meal plan.

By purchasing the plan, you confirm that you have carefully read this "Disclaimer" and fully understand that the disclaimer is your own choice.