



By: APU FITNESS HUB

4-Week Nutrition Guide Meal Plan

General Guidelines

- **Balanced Macronutrients:** Each day is designed to provide a balance of complex carbohydrates, lean protein, and healthy fats.
- **Whole Foods Focus:** Emphasize seasonal produce, whole grains, legumes, lean meats/fish, nuts, seeds, and dairy (or plant alternatives).
- **Hydration & Portion Control:** Aim for 8–10 glasses of water daily. Adjust portion sizes according to your energy needs.
- **Flexibility & Modifications:** Feel free to swap similar meals or adjust snacks based on your hunger and nutritional requirements.
- **Meal Prep Tips:** Batch-cook proteins, grains, and roasted vegetables early in the week to simplify daily cooking.

(Inspiration for structured meal planning was drawn from resources such as the “Four Weeks of Healthy Menus” guide

professionals.wrha.mb.ca

and other evidence-based meal plans.)

Week 1: Building the Foundation

Daily Structure (Sample Day)

- **Breakfast:** Overnight oats with rolled oats, chia seeds, unsweetened almond milk, and mixed berries.
- **Morning Snack:** One apple paired with 1–2 tablespoons of almond or peanut butter.
- **Lunch:** Mixed greens salad with grilled chicken breast, quinoa, avocado, cherry tomatoes, cucumber, and a lemon–tahini dressing.
- **Afternoon Snack:** Plain Greek yogurt (or dairy-free alternative) with a drizzle of honey and a sprinkle of walnuts.
- **Dinner:** Baked salmon seasoned with herbs served alongside steamed broccoli and a side of brown rice.

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Other days in Week 1 might include:

- **Vegetable Omelet & Whole Grain Toast** (for breakfast) with spinach, tomatoes, and mushrooms.
 - **Hearty Lentil Soup** with a side salad and a whole-grain roll for lunch.
 - **Stir-Fried Tofu & Mixed Veggies** over quinoa as a plant-based dinner option.
 - **Snack Variations:** Carrot or celery sticks with hummus, a small handful of unsalted almonds, or seasonal fruit.
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Week 2: Emphasizing Plant-Based & Variety

Daily Structure (Sample Day)

- **Breakfast:** Avocado toast on whole-grain bread topped with a poached egg and a side of sliced tomatoes.
- **Morning Snack:** A fresh pear or banana.
- **Lunch:** Chickpea and spinach salad with red bell peppers, cucumber, red onion, and a light vinaigrette.
- **Afternoon Snack:** A small serving of low-fat cottage cheese with pineapple chunks.
- **Dinner:** Vegetable and bean stew (using kidney beans, lentils, carrots, and zucchini) served with a side of millet or brown rice.

Additional ideas for Week 2:

- A smoothie bowl made with blended spinach, frozen berries, a scoop of protein powder, and topped with nuts and seeds.
 - Whole-wheat pita stuffed with falafel, mixed greens, and a drizzle of tzatziki.
 - Light soups (e.g., tomato basil or minestrone) paired with a slice of whole-grain bread.
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Week 3: International Flavors & Culinary Creativity

Daily Structure (Sample Day)

- **Breakfast:** Greek yogurt parfait layered with granola, honey, and seasonal fruit (such as kiwi, berries, or pomegranate).
- **Morning Snack:** Sliced cucumbers and baby carrots with a side of hummus.
- **Lunch:** Mediterranean quinoa salad with diced cucumbers, tomatoes, olives, feta cheese, and a drizzle of extra-virgin olive oil with lemon.
- **Afternoon Snack:** A small portion of mixed nuts (unsalted) and dried fruit.
- **Dinner:** Japanese-inspired grilled teriyaki salmon with steamed edamame, a side of soba noodles, and lightly sautéed bok choy.

Other international twists:

- Indian spiced lentil dal with brown basmati rice and a side of steamed greens.
 - Mexican chicken fajitas with bell peppers and onions served with whole-grain tortillas, avocado, and salsa.
 - Italian vegetable minestrone loaded with seasonal produce and whole-grain pasta.
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Week 4: Seasonal & Local Inspirations

Daily Structure (Sample Day)

- **Breakfast:** Buckwheat pancakes drizzled with local honey and topped with fresh seasonal fruit (such as banana or apple slices).
- **Morning Snack:** A small bowl of mixed berries or a piece of fruit native to your region.
- **Lunch:** Traditional vegetable curry (using local seasonal veggies like spinach, cauliflower, and carrots) served with a small portion of brown rice or millet.
- **Afternoon Snack:** Roasted chickpeas seasoned with local spices.
- **Dinner:** Grilled paneer (or tofu) skewers with roasted seasonal vegetables (e.g., eggplant, bell peppers) and a side mixed salad with a light vinaigrette.

Additional ideas for Week 4:

- A fusion dish such as Nepali-inspired “dal bhat” featuring lentils, rice, and a variety of stir-fried vegetables.
- A warm bowl of soup using seasonal squash and root vegetables, finished with a dollop of yogurt.
- For dessert or snack, a homemade fruit compote with a sprinkle of nuts.