



4 - WEEKS HEALTHY MEAL PLAN



FEED RIGHT TO FUEL RIGHT

Whether you are a recreational athlete, a physically active person, or a competitive athlete, it is important to recognize the impact nutrition has on health and performance. Proper daily nutrition will improve exercise performance, prevent injuries due to fatigue, provide energy during endurance training, facilitate maintenance of an optimal body weight, and enhance overall health.

What does proper nutrition entail? According to the [Canadian Food Guide](#), it is eating a variety of healthy foods each day which includes plenty of vegetables and fruits, protein foods, whole grains, and choosing water as the drink of choice. So what should this look like in terms of macronutrient breakdown and meal composition? Let us tell you!

CARBOHYDRATE

HOW MUCH? It has been well documented that endurance athletes need a diet rich in carbohydrates to increase both endurance and intermittent high-intensity performance. Indeed, carbs are the most efficiently broken down and metabolized form of energy for the body. For those engaged in a general fitness program, macronutrient needs can typically consist of 45-55% carbohydrates (3-5g/kg/day), 10-15% proteins (0.81g/kg/day), and 25-35% fat (0.5-1.5g/kg/day). However, for ultra athletes involved in moderate and high volume training, a diet consisting of 5-8g/kg/day of carbs is necessary.

WHY ? The majority of dietary carbohydrates should come from complex carbohydrates with a low to moderate glycemic index, which includes foods such as whole grains, fruits, vegetables, and legumes. It is important to ensure carbohydrate intake one to two hours before and after training. Eating carbohydrates before exercise keeps you from feeling hungry and sustains optimal levels of energy for the exercising muscles while consuming a carbohydrate snack after training will allow the body to start replenishing glycogen stores in the body which is critical for prolonged periods of exercise.



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PROTEIN

HOW MUCH? Adequate protein intake is especially important for athletes as it helps repair and strengthen muscle tissue. An insufficient amount of protein leads to increased protein catabolism and can slow post-workout recovery, overtime leading to muscle wasting, training intolerance, and overtraining. So how much protein do you need to consume? The general rule of thumb is 1.2-1.4 g/kg/day for endurance athletes and 1.2-1.7 g/kg/day for strength and power athletes. Even more protein may be needed for higher intensity training at longer periods.

WHY ? Your diet should consist of **high quality proteins**. High quality protein sources are ones that have a high biological value, include all the essential amino acids, and are digestible. It is interesting to note that one of the best dietary sources of low fat, high quality protein is **cricket powder!** A protein source should be included in every meal; it is especially important after a workout for greater training adaptations and protein synthesis. The use of nutrient dense protein bars, like **Näak bars**, provide a convenient way for athletes to supplement their diet.



LIPIDS

HOW MUCH? The dietary recommendations of fat intake for athletes are similar to or only slightly greater than those recommended for non-athletes. Approximately 30% of your daily caloric intake should be fats. However, for athletes trying to decrease body fat, 0.51g/kg/day is recommended.

WHY? Intake of **healthy fats** is very important for good physiological functioning of every organism. In particular, consumption of essential fatty acids, especially polyunsaturated fatty acids, are of great importance among athletes. The best sources of essential fatty acids are flaxseeds, walnuts, olive oil, and pumpkin seeds. A good source of fat should be provided at every meal to help the body absorb nutrients, support cell growth, and provide long lasting energy.





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FLUIDS

HOW MUCH? Athletes generally undergo higher water needs, but given the extreme variability in water needs, there is not an established level of optimal water intake for athletes. Usually, >3.7 liters/day of water for males and >2.7 liters/day of water for females is considered adequate intake.

WHY ? Although often overlooked, fluid intake is important to maintain hydration and electrolyte balance. Water is the drink of choice over any juices as it is essential for cell homeostasis. Although whole fruits are highly recommended for their fiber and antioxidant content, fruit juices should be overlooked due to the high sugar and low fiber content. The use of sports drinks, which contain electrolytes, should be used on an individual basis depending on the environment and conditioning level of the person

CONCLUSION

Keep in mind that the first component to optimize training and performance through nutrition is to ensure that enough calories are being consumed to offset energy expenditure. Caloric needs are specific to each individual and are dependent on age, sex, height, weight, and physical activity level. You can roughly calculate your total daily energy expenditure using the Harris-Benedict Equation or a TDEE calculator.





4-WEEK HEALTHY MEAL PLAN

WEEK 1

BREAKFAST

LUNCH

POST-WORKOUT SNACK

DINNER

DESSERT

MON

Peanut butter & jelly
overnight oats

Tofu scramble wrap
(make extra portions)

Näak energy
bar

Cricket powder Thai
curry soup
(make extra portions)

Cricket powder
brownie

TUE

Tofu scramble
wrap

Cricket powder Thai
curry soup

Peanut butter
banana smoothie

Creamy mushroom
pasta
(make extra portions)

Vegan chocolate
pudding

WED

Cricket powder
pancakes

Creamy
mushroom pasta

Näak energy
bar Choco Banana

Coconut red lentil
daal & rice
(make extra portions)

Cricket powder
brownie

THU

Cocoa granola
and berry parfait

Coconut red lentil
daal & rice

Green protein
shake

Tomato lentil pasta
(make extra portions)

Cricket powder
oatmeal-raisin
cookie

FRI

Cricket powder
blueberry smoothie
bowl

Tomato lentil
pasta

Peanut butter
banana smoothie

Vegan chili
(make extra portions)

Cricket powder
brownie

SAT

Peanut butter & jelly
overnight oats

Vegan chili

Näak energy
bar Mocha Hazelnut

Cricket powder bean
burger
(make extra portions)

Vegan chocolate
pudding

SUN

Tofu scramble
wrap

Cricket powder bean
burger

Green warrior
protein
smoothie

Tomato lentil
pasta

Cricket powder
oatmeal-raisin
cookie

CRICKET & PLANT-BASED POWERED



4-WEEK HEALTHY MEAL PLAN

WEEK 2

BREAKFAST

LUNCH

POST-WORKOUT SNACK

DINNER

DESSERT

MON

Oatmeal pancakes

Cricket powder
chickpea & black
bean salad

Näak energy
bar

Kale & black-eyed
pea stew

Baked fruit crumble

TUE

Coconut yogurt with
cricket powder
granola

Kale & black-eyed
pea stew

Peanut butter
banana chickpea
shake

Spicy sesame noodles

Chocolate hazelnut
cricket protein cookie

WED

Oatmeal pancakes

Cricket powder
chickpea & black
bean salad

Näak energy
bar Choco Banana

Vegetable lentil soup

Fudgy chocolate cake
bite

THU

Coconut chia berry
parfait

Spicy sesame noodles

Cricket powder
granola

Cricket powder
chipotle chili

Baked fruit crumble

FRI

Tofu scramble with
toast

Cricket powder
chipotle chili

Peanut butter
banana chickpea
shake

Vegetable lentil soup

Fudgy chocolate cake
bite

SAT

Coconut yogurt with
cricket powder
granola

Tofu scramble
wrap

Näak energy
bar Mocha Hazelnut

Creamy rosé pasta

Baked fruit crumble

SUN

Coconut chia berry
parfait

Vegetable lentil soup

Näak energy
bar Choco Banana

Creamy rosé pasta

Chocolate hazelnut
cricket protein cookie



4-WEEK HEALTHY MEAL PLAN

WEEK 3

BREAKFAST

LUNCH

POST-WORKOUT SNACK

DINNER

DESSERT

MON

Almond chocolate
oatmeal

Tofu sandwich

Mixed berry
smoothie

Grilled vegetable
pasta
(make extra portions)

Brownie

TUE

Coconut yogurt
topped with fruit &
granola
(make extra portions)

Grilled vegetable
pasta

Näak cookie dough
protein bar

High protein lettuce
wrap
(make extra portions)

Brownie

WED

Almond chocolate
oatmeal

High protein lettuce
wrap

Blueberry smoothie

Black bean burger
(make extra portions)

Brownie

THU

Pancakes topped
with coconut yogurt
and fruit

Black bean burger

Näak blueberry
protein bar

Chipotle chili
(make extra portions)

Brownie

FRI

Tofu scramble with
toast
(make extra portions)

Chipotle chili

Mixed berry
smoothie

High protein lettuce
wrap

Chocolate hazelnut
cookie

SAT

Coconut yogurt
topped with fruit &
granola

Tofu scramble
wrap

Näak apple
cinnamon protein
bar

Black bean burger

Chocolate hazelnut
cookie

SUN

Pancakes topped
with coconut yogurt
and fruit

Tofu scramble with
toast

Blueberry smoothie

Chipotle chili

Chocolate hazelnut
cookie



4-WEEK HEALTHY MEAL PLAN

WEEK 4

BREAKFAST

LUNCH

POST-WORKOUT SNACK

DINNER

DESSERT

MON

Peanut butter & jelly
oatmeal

Chickpea & black
bean salad
(make extra portions)

Lychee raspberry
smoothie

Loaded sweet potato
(make extra portions)

White chocolate
hummus dessert dip
with fruit

TUE

Mini quiche with
toast
(make extra portions)

Peanut tofu buddha
bowl
(make extra portions)

Näak cookie dough
protein bar

Loaded sweet potato

Banana bread

WED

Banana bread with
coconut yogurt

Chickpea & black
bean salad

Lychee raspberry
smoothie

Sushi bowl
(make extra portions)

White chocolate
hummus dessert dip
with fruit

THU

Mini quiche with
toast

Sushi bowl

Näak blueberry
protein bar

Thai curry soup
(make extra portions)

Banana bread

FRI

Peanut butter & jelly
oatmeal

Peanut tofu buddha
bowl

Mixed berry
smoothie

Mini pizzas
(make extra portions)

White chocolate
hummus dessert dip
with fruit

SAT

Pancakes topped
with fruit

Mini quiche with
toast

Näak apple
cinnamon protein
bar

Thai curry soup

Banana bread

SUN

Oatmeal topped with
granola & fruit

Mashed chickpea &
dill sandwich

Mixed berry
smoothie

Mini pizzas

White chocolate
hummus dessert dip
with fruit