



# Fuel Like a Runner

THE AMATEUR ATHLETE'S COOKBOOK

**Fresh ingredients. Real food. No processed junk.**

Fuel your training the natural way with recipes  
designed for performance.



**FRESH INGREDIENTS**



**QUICK & EASY**



**PERFORMANCE FOCUSED**

**98 Wholesome Recipes**



**FOR RUNNERS**

**2026 Edition**

THE AMATEUR ATHLETE'S COOKBOOK



## IMPORTANT DISCLAIMER

This cookbook is based on **personal experience** as an amateur runner. The author is **NOT** a registered dietitian, nutritionist, or medical professional.

### Please Keep in Mind

-  **Every body is different.** What works for one runner may not work for another. Your metabolism, genetics, and training history all play a role.
-  **Test everything in training.** Never try a new food or nutrition strategy on race day. Use training runs to experiment.
-  **Listen to your body.** If something doesn't feel right, stop. Pain, discomfort, or persistent GI issues are signals to adjust.
-  **This is a guide, not a prescription.** Use these recipes as a starting point and adapt them to your needs, preferences, and goals.

### Consult a Professional If You Have:

-  Medical conditions or take medications
-  Pregnancy or breastfeeding
-  Chronic digestive issues
-  Food allergies or intolerances
-  History of eating disorders
-  Specific performance goals

### About Nutritional Information

Calorie counts and macros are **estimates** based on average-sized ingredients and standard portions. Actual values may vary depending on specific brands, ingredient sizes, and preparation methods. Use these numbers as a general guide, not exact measurements.

### My Philosophy

*"The best nutrition plan is the one you'll actually follow. These recipes are what worked for me—use them as inspiration, not as rules. Your journey is yours."*

**This book is a guide, not medical advice.**

When in doubt, always consult with a qualified sports dietitian or healthcare provider.





# My Philosophy

*"Real food doesn't have ingredients. Real food IS ingredients."*

— Jamie Oliver

As athletes, we often get caught up in the latest supplements, energy gels, and performance products. But the truth is simpler: **your body performs best when fueled by real, whole foods.**

This cookbook is built on a fundamental belief: fresh ingredients, prepared simply, will always outperform processed alternatives. Every recipe here uses ingredients you can recognize, pronounce, and find at your local market.

No artificial colors. No mystery powders. No ingredient lists that read like chemistry experiments. Just food—the way nature intended.

## My Core Principles

### Fresh First

Whole vegetables, fruits, and proteins form the foundation of every recipe. The closer to its natural state, the better.

### No Processed Junk

We skip the ultra-processed foods, artificial sweeteners, and chemical additives. Your body deserves better fuel.

### Performance Focused

Every recipe is designed with athletes in mind—optimal macros, proper timing, and nutrients that support training and recovery.

### Simple to Make

You're busy training. These recipes are practical, with accessible ingredients and straightforward preparation.

### Sustainably Minded

Eating whole foods means less packaging, less waste, and a smaller environmental footprint.

### Actually Delicious

Healthy doesn't mean boring. These recipes prove that nutritious food can—and should—taste amazing.

**Food is fuel. Make it count.**

Your performance starts in the kitchen.



# How to Use This Book

Each recipe is designed to fuel your training. Here's how to get the most out of this cookbook.

## Reading a Recipe

### 1 Category & Tags

Quick reference for meal type and nutritional profile

### 3 Preparation Steps

Clear instructions from start to finish

### 2 Ingredients

Fresh, whole foods with simple substitutions when available

### 4 Coach Notes

Tips for timing, variations, and storage

## Recipe Categories



Breakfast



Lunch



Dinner



Snacks



Energy Bars



Pre-Race



Post-Workout



Hydration



Bases



Tips & Info

## Understanding Tags

High Protein

Plant Protein

Complex Carbs

High Fiber

Vegan

Gluten-Free

Quick

No Cook

Meal Prep

Portable

Anti-Inflammatory

Race Fuel

## When to Eat What



Night Before

Complex carbs, familiar foods, easy to digest



Pre-Workout

2-3h before: light carbs, low fat, low fiber



During Training

Energy bars, gels for sessions 90min+



Post-Workout

Within 30min: protein + carbs for recovery



Recovery Days

Anti-inflammatory foods, balanced meals



Race Week

Nothing new! Stick to tested favorites



## The Golden Rule

Never try new foods on race day. Test everything during training first. Your stomach will thank you!



# Nutrition Basics

Fuel your body right for peak performance



## Carbohydrates

PRIMARY FUEL

Oats, rice, potatoes, fruits, whole grain bread, quinoa



## Protein

REPAIR & RECOVER

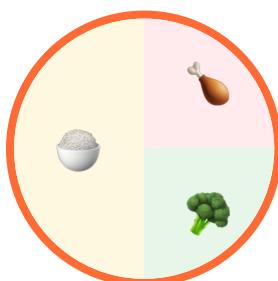
Eggs, chicken, fish, legumes, yogurt, tofu



## Healthy Fats

SUSTAINED ENERGY

Avocado, nuts, olive oil, seeds, fatty fish



### The Athlete's Plate

- 50% Carbs – Your main energy source for training
- 25% Protein – Muscle repair and recovery
- 25% Vegetables – Vitamins, minerals, and fiber



### Hydration Guide

#### DAILY

2-3 liters of water minimum

#### BEFORE WORKOUT

500ml 2 hours before

#### DURING

150-250ml every 15-20 min

#### AFTER

500ml within 30 minutes

#### HOT WEATHER

Add electrolytes for 60min+

#### URINE CHECK

Light yellow = well hydrated



### Recovery Power Foods



#### Banana

Potassium & quick carbs



#### Eggs

Complete protein



#### Berries

Antioxidants



#### Nuts

Healthy fats & protein



#### Salmon

Omega-3 anti-inflammatory



#### Sweet Potato

Complex carbs & vitamins



#### Greek Yogurt

Protein & probiotics



#### Leafy Greens

Iron & vitamins

**Listen to your body.**

These are guidelines, not rules. Adjust based on your training intensity, body weight, and how you feel.



## What to Eat by Training Duration

### 30-45 min

EASY / RECOVERY RUN

- 2h before Light breakfast or snack (150-200 cal)
- During Water only
- After Regular meal within 2h

### 60-90 min

TEMPO / THRESHOLD RUN

- 2-3h before Carb-rich meal (300-400 cal)
- During Water + electrolytes if hot
- Within 30min Protein + carbs (20g protein)

### 2+ hours

LONG RUN / RACE DAY

- 3h before Full breakfast (400-600 cal)
- During 60-90g carbs/hour + electrolytes
- Within 30min Recovery shake + meal within 2h

## 17 Nutrition by Training Phase



### BASE BUILDING

Moderate carbs  
Good fats  
Build aerobic engine



### BUILD PHASE

Higher carbs  
High protein  
Support hard workouts



### PEAK / RACE

High carbs  
Easy digestion  
Maximize glycogen



### RECOVERY

Anti-inflammatory  
Protein-focused  
Repair and rebuild

## Macro Quick Guide

### CARBS



Your main fuel source. 5-7g/kg body weight on training days. Focus on complex carbs.

### PROTEIN



Muscle repair. 1.4-1.8g/kg body weight. Spread across meals, 20-30g per serving.

### FATS



Energy & hormones. 20-30% of calories. Focus on unsaturated sources.

## Quick Tips

**Never try new foods** on race day. Test everything in training first.

**Hydration starts** the day before. Drink consistently, not just during runs.

**The 30-min window** post-workout is critical. Your muscles are primed to absorb nutrients.

**Simple carbs during**, complex carbs before. Match fuel to timing.

**For 120+ min runs:** practice fueling during training—your gut needs training too.

**Hitting the wall?** You waited too long to fuel. Start eating at 45-60 min mark.



Common nutrition problems and how to fix them

## "I feel sluggish during long runs"

### ⚠ POSSIBLE CAUSES

- Not enough carbs before training
- Eating too close to your run
- Dehydration from previous day
- Poor sleep or overtraining

### ✓ SOLUTIONS

- 🕒 Increase **carbs** the night before long runs (pasta, rice, potatoes)
- 🕒 Eat 2-3 hours before training, not 30 minutes
- 💧 Hydrate consistently throughout the day before

[My Race Day Oatmeal](#)

[Banana French Toast](#)

[Pasta and Veggie Salad](#)

[My Everyday Oatmeal](#)

## "I get stomach issues during runs"

### ⚠ POSSIBLE CAUSES

- Too much fiber before running
- High fat meals pre-workout
- Trying new foods on race day
- Eating too close to start time

### ✓ SOLUTIONS

- 🥣 Choose **low-fiber** options before runs (white rice, bananas)
- 🚫 Avoid **fats and protein** in your last meal before running
- 📝 Test **everything** in training before race day

[Oat and Banana Pancakes](#)

[Cloud Bread](#)

[French Toast](#)

[Whole Wheat Waffles](#)

## "My muscles are always sore / slow recovery"

### ⚠ POSSIBLE CAUSES

- Not enough protein post-workout
- Missing the recovery window
- Chronic inflammation
- Inadequate sleep

### ✓ SOLUTIONS

- 🥩 20-30g **protein** within 30 minutes post-workout
- 🍒 Add **anti-inflammatory** foods (berries, turmeric, omega-3)
- 🥤 Combine **carbs + protein** for optimal recovery

[Post-Workout Breakfast Burritos](#)

[Blueberry Smoothie Bowl](#)

[Turmeric Pepitas](#)

[Fresh Greens Salad with Grilled Salmon](#)

## ⚡ Quick Fixes

### Can't sleep before race?

Tart cherry juice + magnesium-rich foods (bananas, nuts)

### Cramping mid-run?

Add electrolytes + eat salty foods day before

### Hitting the wall?

Take 30-60g carbs/hour during long efforts

### Constant sugar cravings?

Increase complex carbs + protein at meals

*Find the right recipes for YOUR specific goals*

### Losing Weight While Running

- ✓ High fiber recipes
- ✓ Lean proteins
- ✓ Vegetable-based meals

#### TRY THESE RECIPES

- [Chickpea Salad](#)
- [Tuna Salad](#)
- [Lentil and Brown Rice Salad](#)
- [Vegetable and Quinoa Soup](#)
- [Chicken and Veggie Wok](#)
- [Zucchini Lasagna](#)

### Improving Speed & Performance

- ✓ Complex carbs
- ✓ Pre-race meals
- ✓ Energy-dense snacks

#### TRY THESE RECIPES

- [My Race Day Oatmeal](#)
- [Banana French Toast](#)
- [Energy Bites](#)
- [Oat and Banana Pancakes](#)
- [Pasta and Veggie Salad](#)
- [Whole Wheat Waffles](#)

### Sensitive Stomach / GI Issues

- ✓ Low fiber pre-run
- ✓ Easy digest recipes
- ✓ Simple ingredients

#### TRY THESE RECIPES

- [Cloud Bread](#)
- [Oat and Banana Pancakes](#)
- [French Toast](#)
- [My Race Day Oatmeal](#)
- [Blueberry Smoothie Bowl](#)
- [Banana Muffins](#)

### Faster Recovery / Reduce Soreness

- ✓ Anti-inflammatory foods
- ✓ High protein
- ✓ Omega-3 rich foods

#### TRY THESE RECIPES

- [Post-Workout Breakfast Burritos](#)
- [Turmeric Pepitas](#)
- [Blueberry Smoothie Bowl](#)
- [Fresh Greens with Salmon](#)
- [Tuna Salad](#)
- [Lentil Stew](#)

### Busy Schedule / Quick Meals

- ✓ Quick recipes (<15 min)
- ✓ No-cook options
- ✓ Meal prep friendly

#### TRY THESE RECIPES

- [My Everyday Oatmeal](#)
- [Post-Workout Burritos](#)
- [Chickpea Hummus](#)
- [Energy Bites](#)
- [Oat Energy Balls](#)
- [Seed Crackers](#)

 Breakfast

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- Vegan Omelet
- Oat and Banana Pancakes
- Chickpea Hummus
- Blueberry Smoothie Bowl
- Almond and Coconut Granola
- Matcha Smoothie Bowl
- Whole Wheat Waffles
- French Toast
- Mediterranean Toast
- Caprese Omelet
- Oat Milk
- My Everyday Oatmeal
- My Granola Recipe

 Lunch

23

- Chickpea Salad
- Radish Salad
- Spiral Veggie Salad
- Tuna Salad
- Lentil and Brown Rice Salad
- Pea and Corn Salad
- Pasta and Veggie Salad
- Broccoli and Arugula Salad
- Quinoa Veggie Salad
- Adzuki Bean Salad
- Tabbouleh Salad
- Multicolor Salad
- Broccoli and Pumpkin Tart
- Vegan Ratatouille Tart
- Pumpkin Crust Tart
- Spinach and Ricotta Tart
- Tuna Tart
- Eggplant Tart
- Zucchini Tart

 Dinner

22

- Vegetable and Quinoa Soup
- Pumpkin Soup
- Spinach and Broccoli Soup
- Leek and Carrot Soup
- Pea Soup
- Chicken and Pumpkin Pie
- Tuna Burgers
- Beef Burgers
- Fish Fillet on a Bed of Vegetables
- Chicken and Veggie Wok
- Quinoa Pizza
- Quinoa Meatballs
- Lentil Burgers
- Textured Soy Meatballs
- Seitan Cutlets
- White Bean Stew
- Lentil Stew
- Zucchini Lasagna
- Stuffed Eggplant Neapolitan

 Snacks

19

- Banana Muffins
- Blueberry Muffins
- Mandarin Muffins
- Pear Muffins
- Sweet Veggie Muffins
- Savory Muffins
- Pear Loaf
- Apple Loaf
- Mandarin Loaf
- Whole Wheat Lemon Poppy Seed Loaf
- Banana Loaf
- Carrot Cookies
- Protein Brownies
- Chocolate Chip Cookies
- Power Muffins
- Cornmeal Scones with Blueberries and Lemon
- Spiced Hazelnuts
- Double Chocolate Cookies
- Oregon Berry Crumble

 Energy Bars

6

- Coconut Banana Cookies
- Oat Energy Balls
- Seed Crackers
- Chewy Banana Bites
- Energy Bites (Perfect Replacement for Store-Bought Ba...)
- Chocolate Nut Butter Truffles with Sea Salt

 Bases & Staples

10

- Whole Wheat Pie Crust
- Beet Gnocchi
- Gluten-Free Potato Gnocchi
- Gluten-Free Beet Gnocchi
- Gluten-Free Dinner Rolls
- Homemade Whole Wheat Bread
- Cloud Bread
- Sugar-Free Blueberry Jam
- Cashew Cheese Spread
- Sunflower Seed Spread

 Special Purpose Recipes

PRE-RACE My Race Day Oatmeal

POST-WORKOUT Post-Workout Breakfast Burritos

POST-WORKOUT Turmeric Pepitas (Post-Workout Snack)

HYDRATION Sunflower Seed Milk

97

RECIPES

6

CATEGORIES

100%

FRESH INGREDIENTS

**Vegan Omelet**

PROTEIN VEGAN QUICK

180 cal | 18 carbs | 8 prot | 6 fat

2-3 hours before training

 INGREDIENTS

- 4 tablespoons chickpea flour
- 4 tablespoons water
- 1 teaspoon seeds
- 1/2 teaspoon baking powder
- 1/2 teaspoon turmeric
- Vegetable filling to taste

 HOW TO MAKE

- Place ingredients in a bowl and blend or whisk.
- Cook in a nonstick pan, flipping once.

**Oat and Banana Pancakes**

QUICK

180 cal | 32 carbs | 8 prot | 1 fat

1-2 hours before training

 INGREDIENTS

- 1/2 banana, mashed
- 2 egg whites
- 3 tablespoons rolled oats
- Vanilla extract (optional)

 HOW TO MAKE

- Mash banana, add egg whites and vanilla.
- Fold in oats and mix.
- Cook in hot nonstick pan, flipping once.

 **From my experience:** My go-to before 60-min runs. I used to eat heavier breakfasts and felt sluggish—this changed everything. The banana gives quick energy, the oats keep me steady. Test it in training first.

**Chickpea Hummus**

PROTEIN VEGAN QUICK

320 cal | 42 carbs | 12 prot | 10 fat

2-3 hours before training

 INGREDIENTS

- 9 oz cooked chickpeas
- 1 tablespoon extra-virgin olive oil
- Black pepper to taste
- Juice of 1 lemon
- 1 garlic clove
- Fresh parsley

 HOW TO MAKE

- Place chickpeas, oil, lemon juice, and a few parsley leaves in a food processor.
- Process until smooth and creamy.
- Season to taste.

 Great for spreading on toast as a breakfast alternative.

## Blueberry Smoothie Bowl





QUICK

485 cal | 68 carbs | 8 prot | 22 fat

2-3 hours before training

### INGREDIENTS

- Base: 1 frozen banana
- Base: 1/2 cup mixed berries
- Base: 1/2 cup coconut milk
- Topping: Shredded coconut
- Topping: Granola
- Topping: Fresh blueberries

### HOW TO MAKE

- Place all base ingredients in a bowl.
- Blend until perfectly smooth.
- Serve and top with granola, blueberries, and shredded coconut (or toppings of choice).

 **From my experience:** My recovery day breakfast. The antioxidants in berries help reduce inflammation after hard efforts. Plus it tastes like dessert.

## Almond and Coconut Granola





VEGAN

385 cal | 45 carbs | 12 prot | 18 fat

2-3 hours before training

### INGREDIENTS

- 1 cup rolled oats
- 1 tablespoon shredded coconut
- 4 almonds, chopped
- 2 packets stevia
- 1 tablespoon coconut oil
- 1/2 tablespoon vanilla extract
- 1/4 tablespoon cinnamon
- Fresh fruit (for serving)

### HOW TO MAKE

- Mix all ingredients in a bowl.
- Spread mixture on a baking sheet.
- Preheat oven for 15 minutes.
- Bake at medium heat for 15–20 minutes.
- Remove from oven and let cool for 1 hour.
- Serve with fresh fruit.

## Matcha Smoothie Bowl






QUICK

385 cal | 62 carbs | 8 prot | 14 fat

1-2 hours before training

### INGREDIENTS

- Base: 2 large frozen bananas
- Base: 1/4 cup plant-based milk of choice
- Base: 1 teaspoon matcha powder
- Base: 2 packets stevia
- Topping: Granola
- Topping: Shredded coconut
- Topping: Unsalted peanuts

### HOW TO MAKE

- Place all base ingredients in a food processor or blender.
- Blend until perfectly smooth.
- Serve in a shallow bowl with desired toppings.

## Whole Wheat Waffles



QUICK

180 cal | 35 carbs | 6 prot | 3 fat

2-3 hours before training

### INGREDIENTS

- 1 cup whole wheat flour
- 3/4 cup oat flour
- 1/4 cup cornstarch
- 4 packets stevia
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 1/2 cups plant-based milk

### HOW TO MAKE

- 1 Mix all ingredients in a bowl until smooth batter forms.
- 2 Pour batter into waffle maker following equipment instructions.

## French Toast



PROTEIN QUICK

280 cal | 38 carbs | 12 prot | 8 fat

2-3 hours before training

### INGREDIENTS

- 2 slices bread
- 1 egg, beaten
- Splash of milk

### HOW TO MAKE

- 1 Mix egg with milk.
- 2 Soak bread slices on both sides.
- 3 Cook in nonstick pan, flipping once.
- 4 Serve with fruit, seeds, tomato, or arugula.

## Mediterranean Toast



VEGAN QUICK

280 cal | 42 carbs | 8 prot | 10 fat

1-2 hours before training

### INGREDIENTS

- 2 slices bread
- 1 large tomato
- Drizzle of olive oil

### HOW TO MAKE

- 1 Blend or process tomato with olive oil drizzle.
- 2 Serve toast or fresh bread slices with this mixture.

**Caprese Omelet**

PROTEIN

QUICK



185 cal | 4 carbs | 18 prot | 10 fat

2-3 hours before training

**INGREDIENTS**

- 1 egg and 1 egg white, beaten
- 4 small cubes low-fat cheese
- 1/2 tomato, diced
- Fresh basil

**HOW TO MAKE**

- Pour beaten egg and egg white into nonstick pan.
- Cook for a few minutes over low heat.
- Flip omelet and place cheese cubes on top until melted.
- Fold omelet and serve with tomato and basil.

**Oat Milk**

VEGAN



80 cal | 14 carbs | 3 prot | 2 fat

1-2 hours before training or anytime

**INGREDIENTS**

- 4 cups water
- 5 oz rolled oats (traditional, not instant)

**HOW TO MAKE**

- Soak oats in plenty of water for at least 5 hours.
- Drain, rinse, and place in blender with 4 cups water.
- Blend for a few seconds until liquid is white and oats dissolve.
- Strain through fine-mesh strainer and discard pulp.
- Pour into bottle and cover.

**My Everyday Oatmeal**

PROTEIN

QUICK



485 cal | 78 carbs | 18 prot | 12 fat

2-3 hours before training

**INGREDIENTS**

- 1 cup old-fashioned rolled oats (gluten-free if sensitive)
- 4 cups unsweetened almond milk or milk of choice
- 3/4 cup plain whole-milk yogurt
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- Splash of vanilla extract (optional)
- Pinch of fine sea salt
- 1 apple (optional: unpeeled), shredded
- Optional toppings: fresh berries, chia or sunflower seeds, walnuts, toasted coconut flakes, dates or other dried fruit

**HOW TO MAKE**

- In a medium bowl, combine oats, milk, yogurt, honey, cinnamon, vanilla (if using), and salt.
- Cover and let soak for at least 1 hour or refrigerate overnight.
- Stir in shredded apple. If too thick, add more milk.
- Divide between 2 bowls and add optional toppings as desired.

**From my experience:** I prep this the night before every training week. 5 minutes of work on Sunday = no excuses on busy mornings. The apple adds sweetness without sugar spikes.

## My Granola Recipe



My Granola Recipe



VEGAN

485 cal | 58 carbs | 12 prot | 24 fat

2-3 hours before training

### INGREDIENTS

- 14 oz rolled oats
- 3.5 oz raw almonds
- 3.5 oz raw hazelnuts
- 2.3 oz mixed seeds (chia, sesame, pumpkin, sunflower, etc.)
- 2 teaspoons ground cinnamon
- 5.3 oz honey
- 3.5 oz coconut oil
- 2 teaspoons vanilla paste or extract
- 2.6 oz dried cranberries, raisins, or dried fruit of choice

### HOW TO MAKE

- 1 Preheat oven to 340°F and prepare a large baking sheet.
- 2 In a saucepan, heat coconut oil with honey (or syrup) and vanilla.
- 3 Mix oats, nuts (whole or chopped), seeds, and cinnamon.
- 4 Pour melted coconut oil and honey over oat mixture and stir.
- 5 Reserve cranberries/raisins for after baking.
- 6 Spread mixture on baking sheet and bake for about 25 minutes, stirring every 5 minutes.
- 7 Let cool completely.
- 8 Add reserved dried fruit and store in airtight jar.

## Chickpea Salad



Chickpea Salad



PROTEIN

VEGAN

QUICK

285 cal | 42 carbs | 12 prot | 8 fat

2-4 hours before training or post-workout

### INGREDIENTS

- 1 cup cooked chickpeas
- 1 large tomato, chopped
- Lettuce leaves
- 1 small bunch arugula
- 1/2 red onion, thinly sliced
- 1 carrot, shredded
- Salt, pepper, olive oil, and lemon juice to taste

### HOW TO MAKE

- 1 Wash all vegetables thoroughly.
- 2 Chop them as desired.
- 3 In a large bowl, combine chickpeas with vegetables and season to taste.

**From my experience:** My lunch staple on recovery days. High fiber + plant protein keeps me full for hours without the heaviness. I make a big batch on Sundays.

## Radish Salad



QUICK



185 cal | 12 carbs | 8 prot | 13 fat

2-3 hours before training or anytime on easy days

### INGREDIENTS

- 1 bunch radishes
- 1 bunch arugula
- Juice of 2 lemons
- 1 carrot, sliced
- Light semi-soft cheese, cubed (Port Salut or similar)
- Salt, pepper, and olive oil to taste

### HOW TO MAKE

- 1 Wash all vegetables thoroughly.
- 2 Slice or chop as desired.
- 3 Toss with lemon juice, cheese, and seasonings.

## Spiral Veggie Salad



Vegan Quick

185 cal | 35 carbs | 4 prot | 5 fat

2-3 hours before training or anytime on easy days

### INGREDIENTS

- 1 cucumber, sliced into rounds
- 2 tomatoes, sliced
- 1 red onion, sliced
- 1 carrot, sliced
- 1 small potato, boiled and sliced
- Salt, pepper, olive oil, and vinegar to taste

### HOW TO MAKE

- Wash all vegetables thoroughly.
- Slice into thin rounds or spirals.
- Arrange on a plate and season to taste.

## Tuna Salad



Protein Quick

280 cal | 12 carbs | 32 prot | 12 fat

2-3 hours before training or within 2 hours post-workout

### INGREDIENTS

- 1 tuna fillet, cooked, or 1 can (5 oz) tuna in water, drained
- 1 tomato, chopped
- 1/2 head green lettuce
- 1/2 head red lettuce
- 1 carrot, shredded
- Salt, pepper, olive oil, and lemon juice to taste

### HOW TO MAKE

- Wash all vegetables thoroughly.
- Chop as desired.
- Combine with tuna and season to taste.

**From my experience:** Best post-long-run lunch. The protein helps recovery, and it's ready in 10 minutes. I always keep canned tuna stocked for exactly this.

## Lentil and Brown Rice Salad



Protein Vegan Quick

320 cal | 58 carbs | 14 prot | 4 fat

2-4 hours before training or anytime on easy days

### INGREDIENTS

- 1 cup cooked brown rice
- 1 cup cooked lentils
- 1/2 red bell pepper, diced
- 1 carrot, diced
- 1 onion, chopped
- 1 bunch fresh spinach
- Salt, pepper, olive oil, and vinegar to taste

### HOW TO MAKE

- Wash vegetables thoroughly.
- Chop vegetables and spinach.
- In a large bowl, combine rice, lentils, and vegetables.
- Season to taste and toss well.

## Pea and Corn Salad



Pea and Corn Salad



PROTEIN

QUICK

285 cal | 38 carbs | 16 prot | 8 fat

2-4 hours before training or post-workout meal

### INGREDIENTS

- 1 can (15 oz) peas, drained
- 1/2 can (7 oz) corn kernels, drained
- 2 hard-boiled eggs, chopped
- 3.5 oz cherry tomatoes
- 1/2 small red cabbage, shredded
- Salt, pepper, olive oil, and vinegar to taste

### HOW TO MAKE

- Wash vegetables thoroughly.
- Shred cabbage and halve cherry tomatoes.
- Chop hard-boiled eggs.
- Combine all ingredients in a bowl and season to taste.

## Pasta and Veggie Salad



Pasta and Veggie Salad



VEGAN

QUICK

285 cal | 48 carbs | 9 prot | 8 fat

2-3 hours before training

### INGREDIENTS

- 1 cup cooked pasta (rotini or fusilli)
- 1 cucumber, chopped
- 1 tomato, chopped
- 1 bag arugula
- Salt, pepper, olive oil, and vinegar to taste

### HOW TO MAKE

- Wash all vegetables thoroughly.
- Chop cucumber, tomato, and arugula.
- Combine with cooked pasta and season to taste.

## Broccoli and Arugula Salad



Broccoli and Arugula Salad



PROTEIN

QUICK

145 cal | 22 carbs | 7 prot | 5 fat

2-4 hours before training or anytime on easy days

### INGREDIENTS

- 1 bunch broccoli, steamed
- 1 bunch arugula
- 9 oz cherry tomatoes
- 1/2 small red cabbage, shredded
- Salt, pepper, olive oil, and vinegar to taste

### HOW TO MAKE

- Wash all vegetables thoroughly.
- Chop broccoli, arugula, tomatoes, and cabbage as desired.
- Combine in a large bowl and season to taste.

 Quinoa Veggie Salad

PROTEIN GF QUICK

320 cal | 58 carbs | 12 prot | 6 fat

2-4 hours before training or anytime on easy days

 INGREDIENTS

- 2 cups cooked quinoa
- 1/2 red bell pepper, diced
- 1 carrot, peeled and shredded
- 1 cucumber, diced
- 1 tomato, diced
- 1/2 can (7 oz) corn kernels
- 1–2 cups shredded cabbage
- Juice of 1 lemon
- Fresh parsley to taste
- 1 tablespoon extra-virgin olive oil

 HOW TO MAKE

- Wash all vegetables thoroughly.
- Chop or shred as indicated.
- In a large bowl, combine cooked quinoa with vegetables.
- Season with lemon juice, olive oil, salt, and pepper. Toss well.

 Adzuki Bean Salad

PROTEIN VEGAN

185 cal | 28 carbs | 8 prot | 4 fat

2-3 hours before training

 INGREDIENTS

- 1/4 cup cooked adzuki beans
- 1/4 cup lentil sprouts (optional)
- Mixed greens
- 8 cherry tomatoes, halved
- Olive oil and seasonings to taste

 HOW TO MAKE

- Soak adzuki beans for 8–12 hours.
- Discard soaking water and place beans in a pot.
- Add boiling water and cook over medium heat for at least 30 minutes or until tender.
- Place cooked adzuki in a bowl, add sprouts, greens, and halved cherry tomatoes.
- Season to taste.

 Tabbouleh Salad

VEGAN QUICK

285 cal | 38 carbs | 6 prot | 14 fat

2-4 hours before training or anytime on recovery days

 INGREDIENTS

- 1/2 cup bulgur wheat, cooked
- 1 green onion, finely chopped
- 1 tomato, diced
- 2 tablespoons extra-virgin olive oil
- Fresh parsley to taste
- Lemon juice to taste
- Salt and pepper to taste

 HOW TO MAKE

- Place bulgur in a bowl with boiling water and let soak 10–15 minutes until grains swell.
- Drain and squeeze out excess water.
- In a bowl, combine bulgur with remaining ingredients.
- Season with salt, pepper, olive oil, and lemon juice.



## Multicolor Salad



PROTEIN

QUICK

185 cal | 18 carbs | 4 prot | 12 fat

2-3 hours before training or post-workout

### INGREDIENTS

- 8 cherry tomatoes, halved
- 1/2 avocado, thinly sliced
- 1.7 oz red cabbage, shredded
- 1.7 oz lettuce, thinly sliced
- 1 carrot, julienned
- 1/2 white onion, chopped
- Salt, pepper, and olive oil to taste

### HOW TO MAKE

- Combine all ingredients in a large bowl.
- Season to taste and toss gently.



## Broccoli and Pumpkin Tart



PROTEIN

285 cal | 32 carbs | 14 prot | 12 fat

2-3 hours before training

### INGREDIENTS

- Filling: 1 cup pumpkin or butternut squash, diced
- Filling: 1 cup broccoli florets
- Filling: 1 red onion, diced
- Filling: 1 tablespoon curry powder
- Filling: 1 tablespoon fresh thyme
- Filling: 1/2 cup semi-soft cheese, cubed
- Filling: 2 teaspoons sesame seeds
- Filling: 1 egg, beaten

### HOW TO MAKE

- Wash and chop broccoli and squash as indicated.
- Steam or boil until tender.
- Sauté the onion.
- In a bowl, combine vegetables with beaten egg and seasonings.
- Fill the whole wheat crust, top with cheese cubes and sesame seeds.
- Bake at 350°F until golden.



## Vegan Ratatouille Tart



VEGAN

QUICK

180 cal | 35 carbs | 6 prot | 4 fat

2-3 hours before training

### INGREDIENTS

- Filling: 2 eggplants
- Filling: 2 zucchini
- Filling: 2 Roma tomatoes
- Filling: 1/2 red bell pepper
- Filling: 1/2 green bell pepper
- Filling: 1/2 yellow bell pepper
- Filling: 2 garlic cloves
- Filling: 2 onions
- Filling: 2 sprigs fresh thyme
- Filling: 2 sprigs fresh parsley

### HOW TO MAKE

- Wash and slice all vegetables thinly.
- Roast them in the oven or on a grill pan.
- Arrange on the crust in a spiral pattern.
- Bake a few minutes until crust is golden.



## Pumpkin Crust Tart


PROTEIN

285 cal | 28 carbs | 14 prot | 12 fat

2-3 hours before training

### INGREDIENTS

- Crust: 1.6 lbs pumpkin or butternut squash
- Crust: 3.5 oz carrot, shredded
- Crust: 1 egg
- Crust: 2 tablespoons cornstarch
- Crust: Seasonings to taste
- Filling: 10.5 oz fresh spinach
- Filling: 1 onion, diced
- Filling: 3 eggs
- Filling: 1.7 oz cream cheese
- Filling: 1.7 oz skim milk

### HOW TO MAKE

- Cut squash and steam or microwave until tender.
- Steam spinach and squeeze out all water.
- Sauté the onion.
- Mash squash and mix with shredded carrot, egg, and seasonings.
- Spread into a greased pie dish and bake at 350°F for about 12 minutes until surface sets.
- Mix chopped spinach with sautéed onion and remaining filling ingredients.
- Pour over crust and bake at 350°F for about 35 minutes until set.



## Spinach and Ricotta Tart


PROTEIN
QUICK

285 cal | 22 carbs | 16 prot | 15 fat

2-3 hours before training

### INGREDIENTS

- Whole wheat pie crust (from cookbook)
- 1 cup cooked spinach, drained and chopped
- 7 oz low-fat ricotta
- 2 tablespoons grated cheese
- Pinch of black pepper
- Pinch of nutmeg
- 2 eggs

### HOW TO MAKE

- Beat eggs with seasonings.
- Mix with spinach and ricotta.
- Assemble tart with filling and whole wheat crust.
- Bake until crust is golden.

*Tip: Freeze in portions for easy meal prep.*



## Tuna Tart


PROTEIN
QUICK

285 cal | 32 carbs | 22 prot | 8 fat

2-3 hours before training

### INGREDIENTS

- 1 onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1 can (5 oz) tuna in water, drained
- 1 tomato, diced
- Whole wheat crust (from cookbook)

### HOW TO MAKE

- In a nonstick wok or pan, sauté onion with bell peppers.
- Mix with tuna and tomato.
- Assemble the tart.
- Bake at 350°F until golden.



## Eggplant Tart

**PROTEIN**

165 cal | 18 carbs | 8 prot | 7 fat

2-4 hours before training or post-workout meal

### INGREDIENTS

- 1 onion, sliced into rings
- 1 garlic clove, minced
- 2 Roma tomatoes, finely chopped
- 3 medium eggplants, sliced
- 2 eggs
- 2 tablespoons light cream cheese
- Seasonings to taste

### HOW TO MAKE

- Sauté garlic with onion.
- Add tomatoes and eggplants.
- Cover and cook over low heat for 15 minutes.
- Beat eggs with cream cheese and seasonings.
- Mix egg mixture with eggplant preparation.
- Assemble the tart and bake.



## Zucchini Tart

**PROTEIN** **QUICK**

280 cal | 22 carbs | 16 prot | 14 fat

2-3 hours before training

### INGREDIENTS

- Filling: 4 zucchini, chopped
- Filling: 1 onion, chopped
- Filling: 1/2 red bell pepper, chopped
- Filling: 2 eggs, beaten
- Filling: 7 oz low-fat ricotta
- Filling: Seasonings to taste
- Filling: Seeds to taste

### HOW TO MAKE

- Wash and chop all vegetables.
- Sauté them.
- Add ricotta, eggs, and seeds.
- Fill the tart crust and bake.



## Homemade Tacos

**VEGAN**

285 cal | 45 carbs | 6 prot | 10 fat

2-3 hours before training

### INGREDIENTS

- 3/4 cup polenta (cornmeal)
- 1/2 cup all-purpose flour
- 3 tablespoons olive oil
- Warm water as needed
- Seasonings (e.g., smoked paprika)

### HOW TO MAKE

- Mix polenta, flour, oil, and seasonings.
- Add water until dough forms; knead and rest for a few minutes.
- Divide into balls and roll into circles.
- Cook in a nonstick pan, flipping once.
- Fill as desired (e.g., sautéed vegetables).



## Banana French Toast



**PROTEIN**

485 cal | 58 carbs | 18 prot | 20 fat

🕒 2-3 hours before training

 **INGREDIENTS**

- 4 eggs
- 1/4 cup unsweetened almond milk or milk of choice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon almond extract
- 1/8 teaspoon fine sea salt
- Pinch of ground nutmeg (optional)
- Twist of freshly ground black pepper
- 2 tablespoons butter
- 8 slices 1-inch-thick bread (spelt or bread of choice)
- Optional: coarse sea salt, sliced bananas, maple syrup

 **HOW TO MAKE**

- In an 8 x 8-inch baking dish (or shallow bowl), whisk eggs, milk, cinnamon, almond extract, salt, nutmeg (if using), and pepper.
- Melt 1 tablespoon butter in a large skillet over medium-high heat.
- Dip each bread slice in egg mixture (coating both sides) and place on a plate.
- Place 4 slices in skillet, pouring a bit more egg mixture on top. Fry until browned (1–2 minutes).
- Flip and brown second side.
- If butter burns, wipe with paper towel, add another tablespoon of butter, and repeat with remaining slices.
- Serve with coarse sea salt, sliced bananas, and/or maple syrup (optional).



285 cal | 32 carbs | 12 prot | 13 fat

🕒 2-3 hours before training

 **INGREDIENTS**

- 1/2 large or 1 small baguette (about 1 foot), sliced 1/2-inch thick
- Extra-virgin olive oil for drizzling
- 1 large garlic clove
- 1 package (4 oz) plain chèvre (goat cheese)
- 4–5 fresh figs, thinly sliced (or 1/2 ripe pear, thinly sliced)
- Honey for drizzling
- 1 tablespoon fresh thyme leaves
- Coarse sea salt

 **HOW TO MAKE**

- Set oven to broil with rack on top shelf.
- Place baguette slices on baking sheet and drizzle one side generously with oil.
- Broil until lightly golden (about 1 minute). Remove, flip, and broil second side (30 seconds to 1 minute).
- Rub one side of each toast with garlic and transfer to serving platter.
- Top with goat cheese, fig (or pear), a drizzle of honey, thyme, and salt.



## Fresh Greens Salad with Grilled Salmon



**PROTEIN**

485 cal | 18 carbs | 32 prot | 34 fat

🕒 2-3 hours before training or within 2 hours post-workout

 **INGREDIENTS**

- 1 tablespoon olive oil
- 1/4 lb wild salmon or Arctic char, in 2 fillets
- 1/2 lb asparagus, trimmed
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon freshly ground black pepper
- 3 cups arugula or mixed greens
- 1/2 cup blueberries
- 1/2 cup toasted hazelnuts, chopped
- 1/2 cup crumbled goat cheese or feta
- 1 recipe basic balsamic vinaigrette

 **HOW TO MAKE**

- Preheat grill to medium-high (or oven broiler with rack on top).
- Drizzle oil over salmon and asparagus and season with salt and pepper.
- Grill salmon 2–3 minutes per side (depending on thickness) and asparagus 3–4 minutes, rotating.
- Oven alternative: place on foil-lined baking sheet and broil until salmon is opaque (6–10 min) and asparagus is lightly charred (3–4 min).
- Assemble salad bowls with arugula/greens. Top with blueberries, hazelnuts, and cheese.
- Cut asparagus into 2-inch pieces. Place a salmon fillet and asparagus on each salad and drizzle with dressing.

## Vegetable and Quinoa Soup



PROTEIN GF VEGAN QUICK

185 cal | 38 carbs | 7 prot | 2 fat

2-3 hours before training or within 2 hours post-workout

### INGREDIENTS

- 1 carrot, chopped
- 1 leek, chopped
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 3.5 oz quinoa
- Seasonings to taste
- Water or vegetable broth

### HOW TO MAKE

- 1 Finely chop all vegetables.
- 2 In a nonstick pan (no oil), sauté onion, bell pepper, and leek.
- 3 Transfer to a pot with remaining vegetables and cover with water or broth.
- 4 Rinse quinoa well, add to pot, and bring to a boil. Simmer until tender.

## Pumpkin Soup



VEGAN QUICK

110 cal | 26 carbs | 4 prot | 1 fat

2-4 hours before training or post-workout dinner

### INGREDIENTS

- 1 large pumpkin or butternut squash, peeled, seeded, and cubed
- 1 white onion, finely chopped
- 3 garlic cloves, crushed
- 1 teaspoon ground cumin
- 4 tomatoes, peeled and chopped
- 6 cups vegetable broth
- Salt and pepper to taste

### HOW TO MAKE

- 1 In a nonstick pan, sauté onion with garlic and tomatoes.
- 2 Add broth and pumpkin and boil for about 30 minutes.
- 3 Let cool and blend until smooth.
- 4 Add seasonings and reheat before serving.

## Spinach and Broccoli Soup



VEGAN QUICK

85 cal | 12 carbs | 5 prot | 2 fat

2-3 hours before training or within 2 hours post-workout

### INGREDIENTS

- 1 bunch spinach
- 1 head broccoli, chopped
- 1 white onion, finely chopped
- 3 garlic cloves, crushed
- 6 cups vegetable broth
- Salt and pepper to taste

### HOW TO MAKE

- 1 In a nonstick pan, sauté onions with garlic.
- 2 Add broth, broccoli, and spinach and boil for about 30 minutes.
- 3 Let cool and blend until smooth.
- 4 Add seasonings and reheat before serving.

 Leek and Carrot Soup    

VEGAN

QUICK

85 cal | 18 carbs | 2 prot | 1 fat

2-4 hours before training or within 2 hours post-workout

 INGREDIENTS

- 1 leek, chopped
- 3 carrots, peeled and chopped
- 1 white onion, finely chopped
- 6 cups vegetable broth
- Salt and pepper to taste

 HOW TO MAKE

- 1 In a nonstick pan, sauté onions with leek.
- 2 Add broth and carrots and boil for about 30 minutes.
- 3 Let cool and blend until smooth.
- 4 Add seasonings and reheat before serving.

 Pea Soup    

VEGAN

QUICK

180 cal | 32 carbs | 11 prot | 1 fat

2-3 hours post-workout or recovery days

 INGREDIENTS

- 2 cans (15 oz each) peas, drained
- 2 garlic cloves, minced
- 1 white onion, finely chopped
- 4 cups vegetable broth
- Salt and pepper to taste

 HOW TO MAKE

- 1 In a nonstick pan, sauté onions with garlic.
- 2 Add broth and peas and boil for about 20 minutes.
- 3 Let cool and blend until smooth.
- 4 Add seasonings and reheat before serving.

 Chicken and Pumpkin Pie     

PROTEIN

285 cal | 22 carbs | 35 prot | 6 fat

2-3 hours before training

 INGREDIENTS

- 5.3 oz chicken breast (1 serving)
- 1 onion, chopped
- 1 piece red bell pepper, chopped
- 1 small tomato, chopped
- 1 carrot, shredded
- Seasonings to taste
- 7 oz pumpkin or butternut squash (peeled)
- 1.7 fl oz milk

 HOW TO MAKE

- 1 In a nonstick pan, sauté onion until translucent.
- 2 Add bell pepper and chicken pieces until chicken is cooked.
- 3 Add carrot and seasonings. Set aside.
- 4 Make mashed pumpkin with milk.
- 5 In a baking dish, place chicken filling and top with a layer of mashed pumpkin.
- 6 Bake at 350°F for a few minutes.

**Tuna Burgers**

PROTEIN

QUICK

320 cal | 18 carbs | 32 prot | 12 fat

2-3 hours before training or post-workout dinner

**INGREDIENTS**

- 1 can (5 oz) tuna in water, drained
- 1/2 onion, sautéed and diced
- 1 egg white
- 1 teaspoon chopped parsley
- 1 teaspoon mustard
- 1 tablespoon lemon juice
- 3 tablespoons rolled oats

**HOW TO MAKE**

- 1 Mix all ingredients in a bowl.
- 2 Wet your hands and form small balls.
- 3 Flatten between palms to form burger patties.
- 4 Cook in a nonstick pan or with cooking spray.

Yields approximately 2-3 burgers.

**Beef Burgers**

PROTEIN

QUICK

285 cal | 12 carbs | 28 prot | 14 fat

2-4 hours before training or anytime on rest days

**INGREDIENTS**

- 1.1 lbs lean ground beef
- 1 carrot, shredded
- 1 small onion, chopped and sautéed
- 1/2 bell pepper, chopped and sautéed
- 2 egg whites
- Rolled oats or whole wheat breadcrumbs as needed

**HOW TO MAKE**

- 1 Mix everything (except oats/breadcrumbs) until well combined.
- 2 Form balls of desired size, then flatten to shape.
- 3 Coat with oats or whole wheat breadcrumbs.
- 4 Place on a baking sheet and bake.

**Fish Fillet on a Bed of Vegetables**

PROTEIN

285 cal | 28 carbs | 32 prot | 4 fat

2-3 hours before training or post-workout dinner

**INGREDIENTS**

- 1 fish fillet (cod, tilapia, or similar)
- 1 onion, finely chopped
- 1/2 red bell pepper, diced
- 3.5 oz green beans, halved
- 1 tomato, diced
- 1 carrot, shredded
- 1 leek, chopped
- Mushrooms to taste
- Seasonings to taste

**HOW TO MAKE**

- 1 Boil fish fillet for 10 minutes.
- 2 Remove and drain well.
- 3 In a nonstick pan, sauté onion, bell pepper, and leek.
- 4 Place those vegetables with the rest on a baking sheet, forming a bed.
- 5 Place fish fillet on top and bake at low heat for a few minutes until golden.

## Chicken and Veggie Wok



PROTEIN



285 cal | 18 carbs | 32 prot | 10 fat

2-3 hours before training or within 2 hours post-workout

### INGREDIENTS

- 2 chicken breasts, diced
- 3 carrots, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 zucchini, sliced
- 1 onion, sliced
- 3.5 oz mushrooms, sliced
- 2 green onions, chopped
- 3.5 oz bean sprouts
- 3 tablespoons soy sauce

### HOW TO MAKE

- 1 In a nonstick wok, sauté onion and bell peppers.
- 2 Add chicken and cook until done.
- 3 Add remaining vegetables and stir-fry.
- 4 Add soy sauce and bean sprouts.
- 5 Optional: top with chopped walnuts before serving.

**From my experience:** My go-to dinner after long runs. High protein for recovery, loads of veggies, and it's ready in 25 minutes. I usually make double and have leftovers.

## Quinoa Pizza



PROTEIN



GF

420 cal | 35 carbs | 28 prot | 18 fat

2-3 hours before training or post-workout dinner

### INGREDIENTS

- 1 cup cooked quinoa
- 3 egg whites
- 1 onion, chopped
- 1 tablespoon paprika
- 1 small tomato, diced
- Oregano and basil
- Minced garlic
- Olive oil
- 7 oz light semi-soft cheese, cubed
- Tomato sauce

### HOW TO MAKE

- 1 Preheat oven.
- 2 In a bowl, mix all ingredients except cheese, sauce, and tomato.
- 3 Stir until homogeneous.
- 4 Place in a pizza pan and flatten with hands.
- 5 Top with sauce, cheese, and tomato; add basil and garlic.
- 6 Bake for 15 minutes.
- 7 Can be served with a side salad.

## Quinoa Meatballs



PROTEIN



GF

285 cal | 42 carbs | 14 prot | 8 fat

2-3 hours before training

### INGREDIENTS

- 1/2 cup dry quinoa
- 1 cup water
- 1 cup cooked lentils (well drained)
- 1/2 red bell pepper, diced
- 1 small onion, chopped
- Breadcrumbs as needed
- Seasonings to taste
- 2 egg whites
- 2 tablespoons olive oil

### HOW TO MAKE

- 1 Soak quinoa for a few minutes, drain, and rinse with cold water.
- 2 Boil with 1 cup water for 15–20 minutes.
- 3 In a nonstick pan, sauté vegetables with water or cooking spray.
- 4 Let quinoa cool.
- 5 Process/blend quinoa, sautéed vegetables, and lentils.
- 6 Add egg whites and mix.
- 7 Form balls and coat with breadcrumbs.
- 8 Bake for a few minutes.

## Lentil Burgers

PROTEIN

285 cal | 48 carbs | 18 prot | 3 fat

3-4 hours before training or post-workout dinner

### INGREDIENTS

- 9 oz cooked lentils
- 1 carrot, shredded
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1 piece bell pepper, chopped
- 1 egg white
- Rolled oats as needed
- Seasonings to taste

### HOW TO MAKE

- Mash or process cooked lentils (better if slightly overcooked).
- Shred carrot and add.
- Chop onion, garlic, and bell pepper; sauté with water in a nonstick pan until onion is translucent.
- Mix sautéed vegetables with lentils.
- Add egg white and let rest for a few minutes.
- Form balls, flatten, and coat with oats/bran/breadcrumbs.
- Cook on a griddle or bake.

Can be frozen with parchment paper separators.

## Textured Soy Meatballs

PROTEIN VEGAN QUICK

320 cal | 18 carbs | 52 prot | 3 fat

2-3 hours before training or post-workout dinner

### INGREDIENTS

- 3.5 oz fine textured soy protein (about 10.5 oz rehydrated)
- 2 tablespoons oat flour (ground oats)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- Small handful fresh parsley
- Extra oat flour for coating

### HOW TO MAKE

- Rehydrate soy protein.
- Drain and mix with oat flour, garlic, onion, pepper, salt, and parsley.
- Blend for a few seconds until homogeneous.
- Form meatballs and bake.

## Seitan Cutlets

PROTEIN VEGAN QUICK

380 cal | 14 carbs | 72 prot | 3 fat

2-3 hours before training or post-workout dinner

### INGREDIENTS

- 1/2 cup vital wheat gluten
- 1/2 cup water
- 1 tablespoon soy sauce
- 1 teaspoon paprika
- 3 tablespoons breadcrumbs or oat bran

### HOW TO MAKE

- Mix all ingredients well.
- Shape into small cutlets.
- Boil for 8 minutes and freeze.
- To cook: sear quickly on both sides on a griddle.

## White Bean Stew



White Bean Stew



PROTEIN

VEGAN



385 cal

68 carbs

22 prot

2 fat



3-4 hours before training or post-workout dinner

### INGREDIENTS

- 1.1 lbs white beans
- 4–5 tomatoes
- 2 carrots
- 1 onion
- 1/2 bell pepper
- Seasonings to taste

### HOW TO MAKE

- 1 Soak beans overnight, then boil until tender.
- 2 For the sauce: chop onion, carrots, and bell pepper; sauté in a pan with a little water or cooking spray.
- 3 When onion is golden, add crushed/blended tomatoes (and water to taste).
- 4 Drain beans and mix with sauce.

## Lentil Stew



Lentil Stew



PROTEIN

VEGAN



285 cal

58 carbs

15 prot

2 fat



2-3 hours before training or post-workout dinner

### INGREDIENTS

- 1 cup lentils
- 1 onion, chopped
- 1 green onion, chopped
- 1 carrot, diced
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 2 tomatoes, diced
- 1.1 lbs pumpkin or butternut squash, cubed
- 2 garlic cloves, minced
- 2 bay leaves

### HOW TO MAKE

- 1 In a pot, boil squash cubes with lentils, bay leaves, and 3 cups water.
- 2 Dice carrots; chop onions, bell peppers, and garlic.
- 3 Sauté vegetables.
- 4 Add diced tomatoes and cook for about 10 minutes.
- 5 Add sautéed vegetables to the pot, season, and finish cooking together.

## Zucchini Lasagna



PROTEIN



285 cal

12 carbs

28 prot

14 fat



2-3 hours before training or post-workout dinner

### INGREDIENTS

- 1 zucchini, sliced lengthwise
- 1.7 oz light semi-soft cheese
- 1 small carrot, diced
- 1 tomato, diced
- 1/2 onion, chopped
- 1/4 bell pepper, diced
- 3.5 oz chicken breast, diced
- Seasonings to taste

### HOW TO MAKE

- 1 Make a sauce with diced tomato, carrot, and seasonings; set aside.
- 2 In a nonstick pan, sauté onion; add bell pepper and chicken cubes until chicken is cooked.
- 3 In a baking dish, pour a little sauce and cover bottom with a layer of zucchini.
- 4 Add chicken filling and cheese cubes.
- 5 Repeat layers (zucchini, sauce, filling) until ingredients are used.
- 6 Bake at 350°F for 20 minutes.

## Stuffed Eggplant Neapolitan

PROTEIN



285 cal | 48 carbs | 12 prot | 6 fat

2-3 hours before training

### INGREDIENTS

- 1 eggplant
- Small handful of cooked brown rice
- 1/2 carrot, shredded
- 1/2 onion, chopped and sautéed
- Minced garlic to taste
- Tomato sauce
- 1 thin slice light semi-soft cheese

### HOW TO MAKE

- 1 Cut eggplant in half lengthwise.
- 2 Boil in water with vinegar and bay leaf until it loses rigidity. Drain and remove seeds.
- 3 Combine cooked rice with carrot, onion, and garlic.
- 4 Stuff eggplant with rice mixture.
- 5 Place in baking dish, cover with sauce, and bake at moderate heat for 15 minutes.
- 6 Top with cheese and bake until cheese melts.

## Stuffed Zucchini

PROTEIN

VEGAN

QUICK



320 cal | 68 carbs | 8 prot | 3 fat

2-3 hours before training

### INGREDIENTS

- 2 zucchini
- 1 cup brown rice
- 2 green onions, chopped
- 1 piece red bell pepper, diced
- 1 garlic clove, minced
- 1/2 eggplant, diced
- Seasonings to taste

### HOW TO MAKE

- 1 Boil whole zucchini for 10 minutes. Cool, cut in half, and scoop out.
- 2 Sauté chopped vegetables with zucchini pulp over low heat.
- 3 Mix vegetables with rice and stuff zucchini.
- 4 Bake until golden.

## Pasta with Brussels Sprouts and Cherry Tomatoes

PROTEIN

VEGAN

QUICK



420 cal | 78 carbs | 16 prot | 6 fat

2-3 hours before training

### INGREDIENTS

- 1 serving pasta of choice
- 15 Brussels sprouts
- 3.5 oz cherry tomatoes
- 1/2 onion, chopped
- Seeds and seasonings to taste

### HOW TO MAKE

- 1 Boil Brussels sprouts for 3 minutes.
- 2 In a wok with oil or cooking spray, sauté onion.
- 3 When translucent, add halved Brussels sprouts and cherry tomatoes.
- 4 Add seeds, seasonings, and toss with cooked pasta.

## Whole Wheat Pizza Dough







VEGAN

285 cal | 52 carbs | 9 prot | 5 fat

2-4 hours before training

### INGREDIENTS

- 3.5 cups whole wheat flour
- 1 packet active dry yeast
- 1 1/4 cups warm water
- 2 teaspoons sugar
- 2 tablespoons sunflower or olive oil
- 1 tablespoon salt

### HOW TO MAKE

- Make a well in the flour; in the center place yeast, oil, sugar, and part of the water.
- Place salt on the outer edges.
- Dissolve yeast with your fingers and gradually incorporate water with flour.
- Form a ball and let rest for a few minutes.
- Roll out in pizza pans and bake.

## Banana Muffins








PROTEIN QUICK

185 cal | 38 carbs | 5 prot | 2 fat

2-3 hours before training

### INGREDIENTS

- 2 bananas
- 2.8 oz brown sugar
- 2 eggs
- 1.5 cups whole wheat flour
- 2 teaspoons baking powder
- Pinch of salt
- Optional: mixed nuts, dark chocolate, poppy seeds

### HOW TO MAKE

- Blend eggs, sugar, sweetener, and bananas.
- Add dry ingredients and beat.
- Fold in optionals and pour into muffin liners.
- Bake at 375°F in preheated oven.

## Blueberry Muffins








PROTEIN QUICK

185 cal | 28 carbs | 6 prot | 7 fat

2-3 hours before training

### INGREDIENTS

- 5 oz blueberries
- 1.5 cups whole wheat flour
- 7 packets stevia
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2.7 fl oz sunflower oil
- 1 large egg
- 1 plain yogurt
- 2 teaspoons vanilla extract

### HOW TO MAKE

- Mix dry ingredients in one bowl and wet in another.
- Combine both mixtures without overmixing.
- Toss blueberries in flour and fold into batter.
- Pour into muffin tins and bake for 20–25 minutes.



## Mandarin Muffins



VEGAN

185 cal | 32 carbs | 4 prot | 5 fat

2-3 hours before training

 **INGREDIENTS**

- 4 mandarins
- 3.5 oz sugar
- 3 packets stevia
- 2.7 fl oz oil
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup whole wheat flour
- 3.5 oz all-purpose flour

 **HOW TO MAKE**

- 1 Juice 2 mandarins and chop the other 2 (seedless).
- 2 Blend juice and chopped mandarins; add sugar and stevia and blend again.
- 3 Add oil, baking powder, and salt.
- 4 Transfer to a bowl and gradually add flour. Rest for 15 minutes.
- 5 Fill muffin liners and bake at 350°F for 25 minutes.



## Pear Muffins



PROTEIN

QUICK

285 cal | 45 carbs | 6 prot | 10 fat

2-3 hours before training

 **INGREDIENTS**

- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 3 eggs
- 3.4 fl oz oil
- 2 pears, shredded
- 5.3 oz sugar
- 5 packets stevia

 **HOW TO MAKE**

- 1 Beat eggs with sugar and stevia; add oil.
- 2 Shred pears and add to mixture with flour and baking powder.
- 3 Pour into muffin tins and bake at 350°F for about 25 minutes.



## Sweet Veggie Muffins



PROTEIN

QUICK

195 cal | 28 carbs | 4 prot | 8 fat

2-3 hours before training or within 2 hours post-workout

 **INGREDIENTS**

- 1 cup whole wheat flour
- 1.7 oz all-purpose flour
- 1.7 oz rolled oats
- 3.5 oz sugar
- 5 packets stevia
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 eggs
- 3.4 fl oz oil
- 3.5 oz zucchini, coarsely shredded

 **HOW TO MAKE**

- 1 Mix dry ingredients.
- 2 Add beaten eggs and oil to the center and combine.
- 3 Fold in zucchini and carrot.
- 4 Pour into muffin tins and bake for about 20 minutes.



95 cal | 16 carbs | 4 prot | 2 fat

1-2 hours before training or anytime

## INGREDIENTS

- 3 egg whites
- 7 oz gluten-free flour blend
- 1 teaspoon baking powder
- 6.7 fl oz skim milk
- 1 tablespoon oil
- Seasonings (oregano, herbs, paprika)
- Flavorings: 1 garlic clove, 1/2 onion, 1/2 bell pepper

## HOW TO MAKE

- 1 Mix flour blend and baking powder.
- 2 Beat egg whites and add to flour with milk until smooth batter forms.
- 3 Add oil and seasonings.
- 4 Sauté garlic, onion, and bell pepper; fold into batter.
- 5 Pour into muffin liners and bake at medium heat for about 15 minutes.

**Pear Loaf**

PROTEIN QUICK

165 cal | 35 carbs | 6 prot | 2 fat

2-3 hours before training

## INGREDIENTS

- 2 pears
- 1 egg and 3 egg whites
- 8 packets stevia
- Vanilla extract
- 1 cup whole wheat flour
- Baking powder

## HOW TO MAKE

- 1 Blend pears, eggs, stevia, and vanilla.
- 2 Add whole wheat flour and baking powder.
- 3 Bake at medium heat until a toothpick comes out clean.

**Apple Loaf**

PROTEIN QUICK

285 cal | 35 carbs | 8 prot | 13 fat

2-3 hours before training or anytime on easy days

## INGREDIENTS

- 1.7 oz cornstarch
- 3.5 oz whole wheat flour
- 2 oz rolled oats
- 2 oz brown sugar
- 1.7 oz ground almonds
- 3 eggs
- 1.7 fl oz sunflower oil
- 7 oz cream cheese
- 3 teaspoons baking powder
- 14 oz apples, peeled and thinly sliced

## HOW TO MAKE

- 1 Mix dry ingredients (cornstarch, flours, baking powder, almonds, sugar, oats).
- 2 Add eggs, oil, and cream cheese; beat until smooth.
- 3 Fold in thinly sliced apples.
- 4 Pour into greased loaf pan and bake for 45 minutes at moderate heat.

**Mandarin Loaf**

PROTEIN



185 cal | 28 carbs | 4 prot | 7 fat

2-3 hours before training

**INGREDIENTS**

- 1 mandarin
- 1 egg
- 1/2 cup whole wheat flour
- 1/2 cup oats
- 1/4 cup oil
- 1/4 cup sugar
- 1 teaspoon baking powder
- Pinch of salt
- 1 teaspoon vanilla extract

**HOW TO MAKE**

- 1 Beat egg with salt and sugar until foamy.
- 2 Add oil, mandarin zest, and vanilla.
- 3 Add mandarin juice and oats.
- 4 Fold in whole wheat flour and baking powder.
- 5 Bake at 350°F for 25 minutes in a floured loaf pan.

**Whole Wheat Lemon Poppy Seed Loaf**

PROTEIN

QUICK



285 cal | 32 carbs | 6 prot | 15 fat

2-3 hours before training

**INGREDIENTS**

- Zest and juice of 2 lemons
- 2 teaspoons poppy seeds
- 1 cup whole wheat flour
- 2 eggs
- 1/2 cup oil
- 1/4 cup sugar
- 1 teaspoon baking soda
- Pinch of salt

**HOW TO MAKE**

- 1 Beat eggs with zest, salt, sugar, and oil.
- 2 Mix sifted flour with baking powder and poppy seeds.
- 3 Add lemon juice to first mixture (top off with milk/water if needed to reach 1 cup).
- 4 Combine both mixtures and bake for about 30 minutes.

**Banana Loaf**

PROTEIN

QUICK



245 cal | 38 carbs | 6 prot | 9 fat

2-3 hours before training

**INGREDIENTS**

- 1 1/2 cups whole wheat flour
- 1/2 cup rolled oats
- 15 walnuts, chopped
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 4 bananas, mashed
- Juice of 1/2 lemon
- 1 egg
- 1/3 cup oil
- Vanilla extract

**HOW TO MAKE**

- 1 Blend bananas with lemon juice.
- 2 Beat egg, sugar, oil, and vanilla; add banana purée.
- 3 In another bowl, mix dry ingredients and fold into wet mixture.
- 4 Bake for 60 minutes at medium heat in a parchment-lined loaf pan.

 Carrot Cookies  

VEGAN

QUICK

185 cal | 32 carbs | 5 prot | 5 fat

2-3 hours before training or anytime as snack

 INGREDIENTS

- 2 medium carrots, shredded
- 3.4 fl oz oil
- 10 packets stevia (baking-safe)
- 2 teaspoons baking powder
- 5.3 oz whole wheat flour
- 8.8 oz self-rising flour

 HOW TO MAKE

- 1 Mix shredded carrots with oil.
- 2 Fold in flours to form dough.
- 3 Roll out and cut with cookie cutters.
- 4 Bake for 25 minutes at medium heat.

 Protein Brownies     

PROTEIN

QUICK

95 cal | 6 carbs | 8 prot | 3 fat

1-2 hours post-workout or as recovery snack

 INGREDIENTS

- 2 egg yolks
- 3.5 oz fat-free cream cheese
- 1 tablespoon cornstarch
- 5.3 oz cocoa powder (or 3 scoops chocolate whey protein)
- 3 tablespoons powdered baking-safe sweetener
- 1 teaspoon baking powder
- 3 egg whites, beaten to stiff peaks
- Optional: chopped walnuts

 HOW TO MAKE

- 1 In a bowl, mix yolks, cream cheese, cornstarch, cocoa (or protein powder), sweetener, and baking powder.
- 2 Beat egg whites to stiff peaks and gently fold into mixture.
- 3 Bake for 20 minutes.

 Chocolate Chip Cookies   

PROTEIN

185 cal | 22 carbs | 3 prot | 10 fat

2-3 hours before training or within 2 hours post-workout

 INGREDIENTS

- 1 cup self-rising flour
- 1 egg
- 1/2 cup sugar (or 8 packets sweetener)
- 1/2 cup oil
- Chocolate chips or chopped dark chocolate
- Vanilla extract

 HOW TO MAKE

- 1 Mix oil with sugar and vanilla.
- 2 Add beaten egg.
- 3 Gradually add flour until smooth batter forms.
- 4 Fold in chocolate chips (about 1/3 cup).
- 5 Refrigerate dough for 20 minutes.
- 6 Roll out dough, cut shapes, and bake at low heat for 20 minutes.



## Power Muffins



PROTEIN

285 cal | 28 carbs | 9 prot | 16 fat

2-3 hours before training or anytime as snack


**INGREDIENTS**

- 2 cups almond flour
- 1 cup old-fashioned rolled oats (gluten-free if sensitive)
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/2 cup chopped walnuts (optional)
- 1/2 cup raisins, chopped dates, or chocolate chips (optional)
- 3 eggs, beaten
- 1 cup shredded zucchini (about 1 zucchini)


**HOW TO MAKE**

- 1 Place rack in center of oven. Preheat oven to 350°F. Line a standard 12-cup muffin tin with paper liners.
- 2 In a large bowl, combine almond flour, oats, cinnamon, nutmeg, baking soda, salt, and nuts/raisins/dates/chips (if using).
- 3 In a separate bowl, mix eggs, zucchini, carrots, butter, maple syrup, and vanilla.
- 4 Add wet ingredients to dry and stir until combined (batter will be thick).
- 5 Pour batter into muffin cups, filling to the top.
- 6 Bake until well-brown on top and toothpick comes out clean: 25–35 minutes.



## Cornmeal Scones with Blueberries and Lemon



PROTEIN

285 cal | 42 carbs | 7 prot | 11 fat

2-3 hours before training


**INGREDIENTS**

- 1 cup stone-ground cornmeal
- 1 cup all-purpose flour
- 1/4 cup coconut sugar or granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt
- 1 stick (8 tablespoons) cold unsalted butter, cubed
- 2 eggs
- 1/3 cup whole-milk Greek yogurt
- 1 teaspoon vanilla extract
- Finely grated zest of 2 lemons


**HOW TO MAKE**

- 1 Place rack in center of oven. Preheat to 350°F. Line baking sheet with parchment paper.
- 2 In a large bowl, mix cornmeal, flour, sugar, baking powder, and salt.
- 3 Using fingers or pastry cutter, work butter into dry ingredients until pea-sized.
- 4 In another bowl, whisk eggs, yogurt, vanilla, and lemon zest. Add to dry ingredients and stir until just combined.
- 5 Fold in blueberries (batter will be thick and sticky).
- 6 On a floured surface, form into a semi-flat log about 2 inches in diameter and cut into 10 triangles; place separated on baking sheet.
- 7 Alternative: drop large spoonfuls of batter onto sheet.



195 cal | 8 carbs | 4.5 prot | 18 fat

2-4 hours before training or anytime as snack


**INGREDIENTS**

- 2 tablespoons butter
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground red pepper
- 2 tablespoons honey
- 3/4 teaspoon fine sea salt
- 2 cups raw hazelnuts


**HOW TO MAKE**

- 1 Preheat oven to 350°F. Line baking sheet with parchment paper.
- 2 Melt butter over medium-low heat. Add cinnamon and red pepper and cook for 1 minute, stirring.
- 3 Remove from heat and stir in honey and salt. Add hazelnuts and stir to coat.
- 4 Spread on baking sheet and roast for 15 minutes, stirring every 5 minutes.
- 5 Cool completely in a single layer, break up clusters, and store in jar.

## Double Chocolate Cookies



Double Chocolate Cookies



VEGAN

165 cal | 22 carbs | 4 prot | 8 fat

1-2 hours before training or immediately post-workout

### INGREDIENTS

- 3/4 cup teff flour
- 1/2 cup almond flour
- 1/3 cup semi-sweet chocolate chips
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1/2 cup pure maple syrup
- 1/3 cup coconut oil, melted
- 1 teaspoon vanilla extract

### HOW TO MAKE

- 1 In a large bowl, mix teff flour, almond flour, chocolate chips, cocoa, baking powder, baking soda, and salt.
- 2 Add maple syrup, coconut oil, and vanilla; stir until combined.
- 3 Optional: cover dough and refrigerate overnight for a softer cookie.
- 4 Preheat oven to 350°F. Line baking sheet with parchment.
- 5 Drop spoonfuls of dough about 1 inch apart.
- 6 Bake for 12 minutes (until bottom is lightly golden). Cool for 5 minutes, then transfer to wire rack.

## Oregon Berry Crumble



Oregon Berry Crumble



VEGAN

285 cal | 42 carbs | 6 prot | 12 fat

2-3 hours before training or post-workout

### INGREDIENTS

- Filling: 3 cups sliced strawberries
- Filling: 3 cups blueberries
- Filling: 1 tablespoon cornstarch
- Filling: 2 tablespoons honey
- Topping: 1 cup rolled oats
- Topping: 1/2 cup almond flour
- Topping: 1/4 cup chopped walnuts
- Topping: 1/4 cup coconut oil, melted
- Topping: 2 tablespoons maple syrup
- Topping: 1/2 teaspoon ground cinnamon

### HOW TO MAKE

- 1 Preheat oven to 350°F.
- 2 In a bowl, toss strawberries, blueberries, cornstarch, and honey. Pour into 8 x 8-inch baking dish.
- 3 In another bowl, combine oats, almond flour, walnuts, coconut oil, maple syrup, cinnamon, and salt.
- 4 Sprinkle topping evenly over fruit.
- 5 Bake for 30–35 minutes until topping is golden and fruit is bubbling.
- 6 Cool for at least 10 minutes before serving.

## Coconut Banana Cookies



VEGAN

QUICK

185 cal | 18 carbs | 4 prot | 12 fat

1-2 hours before training

### INGREDIENTS

- 2 bananas, mashed
- 3.5 oz shredded coconut
- 1.7 oz sunflower seeds

### HOW TO MAKE

Mash bananas and mix with coconut and sunflower seeds.

Drop spoonfuls onto nonstick baking sheet and shape into cookies.

Bake for 15 minutes at medium heat, flip, and bake a few more minutes.

## Oat Energy Balls 🥣 🥛 🥐 🍫

QUICK

180 cal | 28 carbs | 4 prot | 6 fat

1-2 hours before training or immediately post-workout

### INGREDIENTS

- 3 tablespoons rolled oats
- 3 tablespoons dulce de leche
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons milk
- Shredded coconut as needed
- Optional: crushed nuts or scoop of protein powder

### HOW TO MAKE

Mix all ingredients (except coconut) in a bowl.

Form balls and roll in shredded coconut.

Place on a tray and freeze until firm.

Can use crushed crackers if oats are unavailable. • For protein version, replace cocoa with protein powder or add skim milk powder.

From my experience: Quick energy before morning runs. I eat 2-3 of these 45 min before easy runs when I don't want a full breakfast. The chocolate version is basically dessert.

## Seed Crackers 🥕 🥑 🥒 🥐

VEGAN

145 cal | 8 carbs | 5 prot | 12 fat

2-3 hours before training or anytime on easy days

### INGREDIENTS

- 1/2 cup walnuts
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/4 cup flaxseeds
- 1/2 red onion
- 1/2 red bell pepper
- 1 carrot
- 1 celery stalk

### HOW TO MAKE

Soak walnuts, sunflower seeds, and pumpkin seeds for 8 hours or overnight. Drain.

Soak flaxseeds for 30 minutes.

Shred carrot and finely chop bell pepper, onion, and celery.

Mix everything in a bowl and process until moist paste forms.

Spread mixture on a baking sheet and bake at low heat for a few minutes.

## Chewy Banana Bites 🥭 🍋 🍌 🥤

VEGAN

65 cal | 13 carbs | 1 prot | 2 fat

30-60 minutes before training or during long sessions

### INGREDIENTS

- 2 tablespoons coconut oil, melted
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 3 ripe bananas, peeled and sliced into 3/4 to 1-inch thick rounds

### HOW TO MAKE

Preheat oven to 250°F. Line baking sheet with parchment paper and brush with about 1 tablespoon coconut oil.

In a small bowl, combine remaining 1 tablespoon coconut oil, lemon juice, cinnamon, and salt.

Spread bananas evenly on baking sheet and brush each slice with lemon mixture.

Bake in center of oven for 2 hours. After 1 hour, remove from oven, use tongs to flip each banana slice, and return to oven.

Place baking sheet on wire rack to cool completely. Store in glass jar or airtight container for up to 1 month.

145 cal | 18 carbs | 3 prot | 8 fat

1-2 hours before training or immediately post-workout

## INGREDIENTS

- 12 large dates, pitted
- 1 cup unsweetened dried cherries
- 1 cup raw walnuts, chopped
- 1/4 cup unsalted almond butter
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons finely ground coffee beans
- 1/4 teaspoon fine sea salt
- 1/2 cup unsweetened shredded coconut, toasted

## HOW TO MAKE

- In a food processor, combine dates, cherries, walnuts, almond butter, cocoa, coffee, and salt.
- Pulse to chop, then process for 1–2 minutes, scraping sides if needed, until mixture begins to clump.
- Transfer to a bowl and form 24 walnut-size balls.
- Roll each ball in toasted coconut.
- Store in airtight container for up to 1 month or freeze for up to 6 months.

**From my experience:** These replaced all store-bought energy bars for me. Way cheaper, no weird ingredients, and the coffee gives a nice pre-run boost. I keep a batch in the freezer at all times.

## Chocolate Nut Butter Truffles with Sea Salt

**VEGAN**

145 cal | 12 carbs | 3 prot | 10 fat

1-2 hours before training or immediately post-workout

## INGREDIENTS

- Nut butter: 2 cups raw walnuts
- Nut butter: 10 Deglet dates (pitted)
- Nut butter: 1 teaspoon ground cinnamon
- Coating: 2 tablespoons virgin coconut oil
- Coating: 3 tablespoons maple syrup
- Coating: 3 tablespoons unsweetened cocoa powder
- Coating: 1 teaspoon coarse sea salt (for finishing)

## HOW TO MAKE

- Preheat oven to 350°F. Line baking sheet with parchment.
- For nut butter: roast walnuts for 8 minutes, stirring after 4 minutes. Cool completely.
- Process walnuts, dates, and cinnamon until thick paste forms (don't over-process).
- Form bite-size balls and place on baking sheet. If too soft, chill.
- For coating: melt coconut oil (microwave in short bursts or saucepan). Mix with maple syrup and cocoa until smooth.
- Dip each ball in chocolate, drain excess with fork, and return to sheet. Top with a pinch of sea salt.
- Refrigerate 10–15 minutes until firm.

385 cal | 68 carbs | 12 prot | 9 fat

2-3 hours before race

## INGREDIENTS

- 1/2 cup instant oats (gluten-free if sensitive)
- 1 banana, sliced
- Pinch of sea salt
- 1/4 cup almond milk or milk of choice
- Nut or almond butter
- Raisins or fresh berries
- Ground cinnamon
- Honey (optional)
- 3/4 cup water

## HOW TO MAKE

- Combine oats, banana, salt, and 3/4 cup water in a microwave-safe bowl.
- Microwave on high for 1–2 minutes, or until thickened.
- Lightly mash banana and add milk.
- Top with nut or almond butter and raisins or berries.
- Sprinkle with cinnamon and drizzle with honey if desired.

**From my experience:** This is THE meal I eat 3 hours before any race. I've tested it dozens of times—never had stomach issues. The instant oats digest faster than rolled oats. Trust the process.

## Post-Workout Breakfast Burritos



PROTEIN

485 cal | 42 carbs | 25 prot | 24 fat

within 2 hours post-workout

### INGREDIENTS

- 1 tablespoon olive oil
- 1 bag (6 oz) baby spinach (about 4 cups packed)
- 10 eggs, beaten
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 6 whole wheat burrito-size tortillas (about 10 inches)
- 1 1/2 cups shredded Gruyère or favorite cheese
- 1 1/2 cups spicy black beans or 1 can (15 oz), drained

### HOW TO MAKE

- Heat oil in large nonstick skillet over medium heat.
- Add spinach and cook until wilted.
- Add eggs, salt, and pepper and cook, stirring continuously, until scrambled. Remove from heat.
- Place each tortilla on a sheet of foil (12 x 12 inches) and sprinkle with 1/4 cup cheese.
- Divide egg and spinach mixture among 6 tortillas (in a strip down center) and top each with 1/4 cup beans.
- Roll each tortilla like a burrito (folding top and bottom in) and wrap tightly in foil.

**From my experience:** Game changer for meal prep. I make 6 on Sunday, freeze them, and have post-workout meals ready all week. The protein-carb combo is exactly what your muscles need.

195 cal | 8 carbs | 9 prot | 16 fat

within 2 hours post-workout

### INGREDIENTS

- 1 tablespoon butter
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 2 tablespoons honey
- 1/2 teaspoon fine sea salt
- 2 cups raw pumpkin seeds (pepitas)

### HOW TO MAKE

- Preheat oven to 350°F. Line baking sheet with parchment paper.
- Melt butter over medium-low heat. Add turmeric and curry and cook for about 1 minute, stirring.
- Turn off heat and stir in honey and salt. Add pepitas and stir to coat.
- Spread on baking sheet and roast for 10 minutes, stirring after 5 minutes.
- Cool completely; they become crispy as they cool. Break up clusters and store in jar.

**From my experience:** The turmeric is anti-inflammatory gold. I snack on these after hard workouts—tastes great and helps with muscle soreness. A jar lasts me all week.

## Sunflower Seed Milk



VEGAN

95 cal | 6 carbs | 4 prot | 8 fat

anytime

### INGREDIENTS

- 4 cups water
- 2 oz shelled sunflower seeds (unsalted, unroasted)

### HOW TO MAKE

- Soak seeds in plenty of water for at least 4 hours.
- Drain, rinse, and place in blender with 4 cups water.
- Blend for a few seconds until liquid is white.
- Strain through fine-mesh strainer and discard pulp.
- Pour into bottle and cover.

## Whole Wheat Pie Crust



VEGAN

QUICK

180 cal | 34 carbs | 6 prot | 3 fat

2-4 hours before training

### INGREDIENTS

- 1 1/2 cups whole wheat flour
- 1 tablespoon olive oil
- Pinch of salt
- Warm water as needed

### HOW TO MAKE

- Mix flour with salt and olive oil.
- Gradually add warm water until dough forms.
- Knead the dough.
- Let rest for a few minutes, then roll out.

## Beet Gnocchi







PROTEIN

185 cal | 38 carbs | 6 prot | 2 fat

2-3 hours before training

### INGREDIENTS

- 2 beets, quartered
- 1 medium potato
- 1 cup all-purpose flour
- 1 egg
- 1 tablespoon oil
- Salt and pepper to taste

### HOW TO MAKE

- Boil beets (quartered) and add peeled potato halfway through cooking.
- Drain beets, let water evaporate, and process until smooth purée.
- Mash hot potato and let cool.
- Mix both purées, form a well, and add egg, seasonings, and half the flour.
- Knead, adding flour as needed until dough is smooth. Rest for 10 minutes.
- Form cylinders and cut into pieces.

## Gluten-Free Potato Gnocchi







PROTEIN

GF

QUICK

320 cal | 68 carbs | 8 prot | 2 fat

2-4 hours before training

### INGREDIENTS

- 2.2 lbs potatoes
- 14 oz gluten-free flour blend (14 oz corn starch, 10.5 oz cassava flour, 10.5 oz rice flour)
- 2 eggs
- Salt, pepper, and nutmeg to taste

### HOW TO MAKE

- Boil potatoes and mash.
- In a bowl, mix with eggs and combine well.
- Gradually add flour blend until dough is smooth and doesn't stick.
- Rest for a few minutes, form cylinders, and cut.

## Gluten-Free Beet Gnocchi

PROTEIN GF QUICK

285 cal | 58 carbs | 8 prot | 2 fat

2-3 hours before training

### INGREDIENTS

- 1.6 lbs potatoes
- 3 beets
- 2 eggs
- 14 oz gluten-free flour blend (see previous recipe)
- Salt, pepper, and nutmeg to taste

### HOW TO MAKE

- Boil potatoes and beets; mash both together.
- Mix with eggs and seasonings.
- Gradually add flour blend until dough is smooth.
- Rest, form cylinders, and cut.

## Gluten-Free Dinner Rolls

PROTEIN GF QUICK

285 cal | 48 carbs | 8 prot | 8 fat

2-4 hours before training

### INGREDIENTS

- 1.1 lbs gluten-free flour blend
- 1 teaspoon salt
- 0.35 oz active dry yeast
- 3.5 oz oil
- 1 teaspoon sugar
- 1 1/4 cups warm milk
- 1 egg
- Mix of gluten-free seeds

### HOW TO MAKE

- Mix milk, yeast, and sugar; rest for 10 minutes.
- Mix flour blend with salt; make a well and add oil, egg, and activated yeast.
- Form homogeneous dough and let rise for 40 minutes.
- Shape into rolls, place on baking sheet, sprinkle with seeds, and bake at medium heat for about 20 minutes.

## Homemade Whole Wheat Bread

VEGAN

120 cal | 24 carbs | 5 prot | 1 fat

2-4 hours before training

### INGREDIENTS

- 4.5 cups whole wheat flour
- 1 teaspoon salt
- 1 packet active dry yeast
- 1 3/4 cups warm water

### HOW TO MAKE

- Dissolve yeast in 1/2 cup warm water; rest for 10 minutes.
- Mix flour and salt in a bowl; make a well in center and add yeast.
- Mix with hands, gradually adding remaining water.
- Form dough and let rest for 30 minutes.
- Bake for 30–40 minutes.

**Cloud Bread**

PROTEIN

QUICK

180 cal | 2 carbs | 12 prot | 13 fat

2-3 hours before training

**INGREDIENTS**

- 1 egg
- 2 egg whites
- 2 tablespoons light cream cheese
- 1 tablespoon baking powder

**HOW TO MAKE**

- 1 Mix yolk with cream cheese until smooth.
- 2 Add baking powder to egg whites and beat to stiff peaks.
- 3 Fold yolk mixture into whites with gentle motions.
- 4 Drop spoonfuls onto parchment-lined baking sheet and bake for 20 minutes at medium heat.

**Sugar-Free Blueberry Jam**

VEGAN

QUICK

25 cal | 5 carbs | 1 prot | 0.5 fat

anytime

**INGREDIENTS**

- 1 pint blueberries
- 1 tablespoon chia seeds
- 3 packets sweetener

**HOW TO MAKE**

- 1 Place cleaned blueberries in a hot pan.
- 2 Stir with a wooden spoon and mash lightly with a potato masher.
- 3 Add remaining ingredients and cook for 2 more minutes until desired consistency.
- 4 Cool and store in a sterilized jar. Refrigerate.

**Cashew Cheese Spread**

VEGAN

QUICK

185 cal | 9 carbs | 7 prot | 14 fat

anytime

**INGREDIENTS**

- 1/2 cup raw cashews (unsalted, unroasted)
- 1/4 to 1/2 cup fresh water
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1/4 teaspoon turmeric powder (optional, for color)
- 1/2 teaspoon garlic salt

**HOW TO MAKE**

- 1 Soak cashews in water for 30 minutes to 24 hours.
- 2 Rinse and discard soaking water.
- 3 Process cashews with remaining ingredients until smooth and creamy.
- 4 Refrigerate covered until serving.



## Sunflower Seed Spread



VEGAN

QUICK



165 cal

6 carbs

6 prot

14 fat

⌚ 2-4 hours before training or anytime on easy days

### INGREDIENTS

- 7 oz sunflower seeds
- 1/2 teaspoon salt
- 1 teaspoon dried herbs (e.g., Italian seasoning)
- 1/2 lemon, juiced

### HOW TO MAKE

- 1 Soak sunflower seeds in water for 6-8 hours.
- 2 Place in food processor with a little water (about 1/2 cup) and blend.
- 3 Add salt, herbs, and lemon juice.
- 4 Blend until desired consistency.

JUL  
17

# Weekly Meal Planner

Week of: \_\_\_\_\_

	Monday Training	Tuesday Training	Wednesday Recovery	Thursday Training	Friday Training	Saturday Long Run	Sunday Rest
Breakfast							
Pre-Workout							
Lunch							
Snack							
Dinner							

 Training Day

Recovery/Rest

 Filled Slot
**Training Days**

Higher carbs, eat 2-3h before workout

**Recovery Days**

Focus on protein &amp; anti-inflammatory foods

**Long Run Day**

Carb-load night before, light breakfast

**Meal Prep**

Batch cook on Sunday for the week ahead



# Shopping List

Most common ingredients from 442 items • Week of: \_\_\_\_\_

<input type="checkbox"/> Onion	11	<input type="checkbox"/> Eggs	11	<input type="checkbox"/> Tomato	10
<input type="checkbox"/> Red Bell Pepper	9	<input type="checkbox"/> Seasonings	9	<input type="checkbox"/> Whole Wheat Flour	9
<input type="checkbox"/> Teaspoon Fine Sea Salt	9	<input type="checkbox"/> Carrot, Shredded	7	<input type="checkbox"/> Salt And Pepper	7
<input type="checkbox"/> Teaspoon Baking Powder	7	<input type="checkbox"/> Packets Stevia	7	<input type="checkbox"/> Carrot	6
<input type="checkbox"/> Egg Whites	6	<input type="checkbox"/> Teaspoon Salt	6	<input type="checkbox"/> Egg	6
<input type="checkbox"/> Salt, Pepper, Olive Oil, And Vinegar	5	<input type="checkbox"/> Pinch Of Salt	5	<input type="checkbox"/> All-Purpose Flour	5
<input type="checkbox"/> Oil	5	<input type="checkbox"/> Teaspoons Baking Powder	5	<input type="checkbox"/> Sugar	5
<input type="checkbox"/> Rolled Oats	5	<input type="checkbox"/> S Vegetable Broth	4	<input type="checkbox"/> White Onion, Finely	4
<input type="checkbox"/> S Whole Wheat Flour	4	<input type="checkbox"/> Tablespoon Baking Powder	4	<input type="checkbox"/> Teaspoon Baking Soda	4
<input type="checkbox"/> Fl Oil	4	<input type="checkbox"/> Teaspoon Vanilla Extract	4	<input type="checkbox"/> Teaspoon Cinnamon	4
<input type="checkbox"/> Arugula	3	<input type="checkbox"/> Lentils	3	<input type="checkbox"/> Red Cabbage, Shredded	3
<input type="checkbox"/> Cherry Tomatoes	3	<input type="checkbox"/> Parsley	3	<input type="checkbox"/> Tablespoon Olive Oil	3
<input type="checkbox"/> Een Bell Pepper	3	<input type="checkbox"/> Arlic Clove, Minced	3	<input type="checkbox"/> Bell Pepper	3
<input type="checkbox"/> Eek	3	<input type="checkbox"/> Tablespoon Lemon Juice	3	<input type="checkbox"/> Tablespoons Rolled Oats	3
<input type="checkbox"/> Water	3	<input type="checkbox"/> S Water	3	<input type="checkbox"/> Brown Sugar	3
<input type="checkbox"/> Blueberries	3	<input type="checkbox"/> Vanilla Extract	3	<input type="checkbox"/> Sunflower Seeds	3
<input type="checkbox"/> Teaspoons Cinnamon	3	<input type="checkbox"/> Salt, Pepper, Olive Oil, And Lemon Juice	2	<input type="checkbox"/> Chickpeas	2
<input type="checkbox"/> Salt, Pepper, And Olive Oil	2	<input type="checkbox"/> Tomatoes	2	<input type="checkbox"/> Brown Rice	2
<input type="checkbox"/> Spinach	2	<input type="checkbox"/> Cucumber	2	<input type="checkbox"/> Tablespoon Extra-Virgin Olive Oil	2
<input type="checkbox"/> Juice Of 1 Lemon	2	<input type="checkbox"/> Cherry Tomatoes, Halved	2	<input type="checkbox"/> 1/2 Cups Whole Wheat Flour	2

## Additional Items

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 **Athlete Shopping Tips**

Shop the perimeter first – fresh foods are there



Buy enough for meal prep day  
(usually Sunday)



Frozen fruits & veggies are just as nutritious



Numbers show how many recipes use each item

Items sorted by frequency of use across all recipes in this cookbook