



# FUEL LIKE A RUNNER

*The Amateur Athlete's Cookbook*

Fresh ingredients. Real food. No processed junk.

Fuel your runs the natural way.

FOR RUNNERS



2026 Edition



# Our 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.

## Our 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

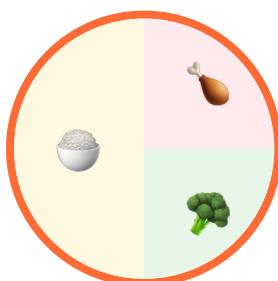
Eggs, chicken, fish, legumes, yogurt, tofu



## 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.



# Recipe Index

6 recipes organized by category



## Breakfast

1 recipes



## Dinner

1 recipes



## Snacks

1 recipes



## Post-Workout

1 recipes



## Pre-Workout

1 recipes



## Hydration

1 recipes

6

CATEGORIES

RECIPES

100%

FRESH INGREDIENTS



## Chickpea Salad

high-protein vegan quick

### 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

### PREPARATION

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



## Radish Salad

quick

### 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

### PREPARATION

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



## Spiral Veggie Salad

vegan quick

### 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

### PREPARATION

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



## Tuna Salad

high-protein quick

### 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

### PREPARATION

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



## Lentil and Brown Rice Salad

high-protein vegan quick

### 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

### PREPARATION

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



## Pea and Corn Salad

high-protein quick

### 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

### PREPARATION

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



## Pasta and Veggie Salad

vegan

quick

### 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



### PREPARATION

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



## Broccoli and Arugula Salad

high-protein

quick

### 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



### PREPARATION

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



## Quinoa – Important Information

gluten-free

vegan

### INGREDIENTS



### PREPARATION

- 1 Quinoa cannot be cooked in its natural state because it contains saponins, which can be toxic.
- 2 Step 1: Place quinoa in a bowl, cover with hot water, stir, and let rest for a few minutes covered with a cloth.
- 3 Step 2: Drain the quinoa to remove the water.
- 4 Step 3: Rinse again with cold water, rubbing with your hands to remove any remaining dirt or saponins.
- 5 Step 4: Drain and cook in a pot over medium heat for 15–20 minutes until tender.

This is an informational section, not a recipe.

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# 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