

RACE-DAY MEAL PLANNING

These are just some IDEAS of how to plan race-day meals

BREAKFAST

FRUIT & WHOLE GRAINS (see "Eat-From-This-List")

-berries, peaches, grapes, pineapple, mango, etc.

-oatmeal, Flax Plus Granola, Amaranth Flakes, etc. (any "wheat-free" cereal)

-toaster-over (frozen) wheat-free waffles (buckwheat, flax, etc.) w/almond butter and pure maple syrup/raw honey

-toast (Ezekiel 4:9 Sprouted Bread) w/almond butter and raw honey

MID-MORNING SNACKS

-fruit

-Boulder Bar (see Heather)

-rice crackers w/almond butter

-raw nuts/seeds

LUNCH—Should be a "clean", easily digestible meal

COMPLEX CARBS & PROTEIN—avoid sugars

-chicken, grilled veggies, brown rice (stir-fry)

-chicken, grilled veggies, baked sweet potato

-chicken sandwich (Ezek. 4:9 Bread), guacamole, w/grilled veggies

-grilled veggie burrito/wrap, guacamole or hummus—add chicken or fish

-turkey breast sandwich w/grilled veggies

-scrambled eggs & veggie sandwich/burrito—add salsa for flavor!

-vegetarian sandwich w/hummus

PRE-RACE—Approx 2 hrs. before race

Keep it light & low-fat. Avoid foods that can create gas or require long-digestion: fruit, beans, dairy, nuts, animal protein. Avoid foods that will spike insulin (refined sugars—candy, cookies, etc.).

-almond butter & honey sandwich (easy on the almond butter)

-Boulder Bar (see Heather)

-Fig Newtons—OK "cookie" 😊

POST-RACE MEAL—Replenish body! Avoid refined sugars & heavy protein

CARBS : PROTEIN → 4:1

(SNACK IMMEDIATELY FOLLOWING RACE: fruit, Boulder Bar, granola)

-chicken, fish, or tofu stir-fry w/veggies & brown rice

-chicken, fish, or tofu wrap w/veggies

-sweet potato w/grilled chicken & veggies