

7-DAY NUTRITION PLAN

SCHEDULE	MON	TUE	WED	THUR	FRI	SAT	SUN
		Run/Walk or Easy Run	Rest	Run/Walk or Easy Run	Rest or Cross-Train	Easy Run	Rest or Cross-Train
BREAKFAST	potato + eggs + salsa	toast + eggs + tomato + arugula	overnight oats + chia seeds + berries	overnight oats + peanut butter powder + figs	potato + hummus + salsa	toast + hummus + tomato + arugula + avocado	overnight oats + Greek yogurt + pineapple
LUNCH	whole-wheat bread + deli turkey + provolone cheese + mustard + side salad + apple	baked potatoes + Greek yogurt + chicken + side salad + banana	brown rice + chicken + kimchi + avocado + side salad + orange	baked sweet potato + tempeh + avocado + side salad + orange	bread + black bean dip + avocado + side salad + apple	brown rice + edamame + kimchi + avocado + side salad + orange	baked potatoes + hummus + tempeh + side salad + banana
DINNER	quinoa + avocado + stir-fry vegetables + chicken	pasta + marinara sauce + meatballs + parmesan cheese + side salad	corn tortillas + salmon + salsa + avocado + side salad	pasta + marinara sauce + meatballs + parmesan cheese + side salad	quinoa + avocado + stir-fry vegetables + tofu	corn tortillas + tempeh + salsa + avocado + side salad	brown rice + black beans + fajita vegetables + avocado
PRE-RUN	dates	banana	figs	banana	dates	figs	banana
POST-RUN	cow's milk or soy milk + frozen fruit	whey or vegan protein shake + frozen fruit	cheese stick + whole-grain crackers	whey or vegan protein shake + frozen fruit	chocolate cow's or soy milk	peanut butter powder + gluten-free crackers	whey or vegan protein shake + frozen fruit