

ELEAT ENDURANCE NUTRITION PLAN

+ 4-Day Meal Planning Guide



ORANGE MUD



Provided by Eleat Sports Nutrition, LLC
Angie Asche, MS, RD, LMNT
www.eleatnutrition.com

Nutrition for Endurance Athletes

The Basics

Carbohydrates for Energy

The runner's diet should be derived mostly from **carbohydrates** – about 55-65% of your total calories. This includes fruits, vegetables, and complex carbohydrates such as brown rice, whole grain breads, quinoa, whole grain cereals, and oats. If your training volume is 10 hours per week, aim for 3.25 g/lb. If training volume is closer to 20 hours per week, that number could go up to 5-5.5 g/lb. You can divide your target grams of carbohydrates into three parts of your day; each being about a 5-hour windows: 1. Breakfast and first snack (6-11am), 2. Lunch and second snack (11am-4pm), 3. Dinner and third snack (4-9pm).

Runner's Weight	Total g carbs/day	Target g carbs per 5-hour window
100 lb (45 kg)	300-500	100-175
125 lb (57 kg)	375-625	125-210
150 lb (68 kg)	450-750	150-250
175 lb (79 kg)	525-875	175-290

Carbohydrate Sources	Serving Size	Grams of Carbs
Banana	1 medium	25
Raisins	1/3 cup	40
Bagel (Thomas)	1	54
Pita	3 oz.	46
Oatmeal / Rice / Pasta	1 cup, cooked	30-45
Lentils	1 cup, cooked	40
Honey / Maple Syrup / Jelly	1 Tbsp	13-16

Fats for Fighting Inflammation

Healthy sources of fat help to fight inflammation, insulate and protect body organs, maintain healthy skin and hair, and promote healthy cell function. Healthy sources of fat are “unsaturated” and include foods such as nuts, seeds, avocado, olive oil, and salmon. Keep fats that are mostly saturated to a minimum. These include foods such as butter, lard, mayonnaise, sour cream, pie, cake, cookies, candy, and fried foods such as French fries, chicken fingers, onion rings, or breaded crispy meats.

Avoid high-fat meals around the times you are running, especially within the hour before and during. Pre-exercise snacks/meals should be higher in protein and carbohydrates than fat. Healthy fats such as avocado or peanut butter can be included, but I recommend avoiding eating any fried or breaded foods on days of training/races.

Eleat Energy Ball Recipe:

½ cup seedless, pitless dates

¼ cup raw almonds

¼ cup creamy natural peanut butter

*combine all ingredients together in food processor and process until well combined. Using hands, form into balls and keep refrigerated.



Protein Needs

Along with eating a wide variety of carbohydrates, it's important to make sure you are getting adequate protein. Protein helps to maintain lean muscle mass, helps repair worn muscles, and allow the body to properly recovery from intense exercise. Having protein evenly throughout the day will help improve your body composition and maintain proper hunger levels. There continues to be an abundance of evidence-based research showing the benefits of a more plant-based diet. If interested in incorporating more plant-based forms of protein, see chart below showing the amounts of protein per serving. You can easily consume adequate protein by incorporating beans, chickpeas, peanut butter, tofu/tempeh, nuts, and other forms of plant-based protein daily. If you are consuming a completely plant-based diet, make it a priority to also include foods rich in iron and zinc – for example beans, spinach, dark leafy greens, fortified cereals/grains, soybeans, lentils, and cashews – and supplement with Vitamin B12.

How much Protein do you need Per Day?

1.2-1.7 g/kg per day

Convert your weight in lbs to kg by dividing by 2.2

Here is an example:

120 lbs = 65-93 g/day

Plant Sources	Serving Size	Grams of Protein
Tempeh	½ cup	15
Tofu	½ cup	10
Legumes: <i>black beans, kidney beans, lentils</i>	½ cup	7-10
Nut Butters	2 Tbsp	8
Almonds	¼ cup	6
Pistachios	¼ cup	6
Seeds: chia, flax, pumpkin	¼ cup	7-9
Rolled Oats	½ cup dry	7
Whole Wheat Bread	1 slice	4
Brown Rice/Quinoa	½ cup	3-4

Animal Sources	Serving Size	Grams of Protein
Meat, Poultry, Fish	3 oz	21
Cottage Cheese	½ cup	14
Milk	1 cup	8
Yogurt	1 cup	8-12 (<i>check label</i>)
Egg	1	6
Egg, white only	1	3

When to eat depends on when you're running. Here's how to schedule your meals using the 4-day meal plan.

Morning Runners (~6am)

5:30am – small snack
 7:30/8am – breakfast
 10:30/11am – snack
 1pm – lunch
 4pm – snack
 6/7pm – dinner

Afternoon Runners (~12pm)

7/7:30am – breakfast
 10:30/11am – snack
 1:30/2pm – lunch
 4pm – snack
 6/7pm – dinner
 8/9pm – small snack

Evening Runners (~6pm)

7/7:30am – breakfast
 10/10:30am - snack
 12pm - lunch
 2/3pm - snack
 5pm – small snack
 7:30/8pm - dinner

Female 4-Day “Meal Plan”

Based on 120-130 lb. female training 10-20 hrs/week

2600-2700 calories

Day 1:

Breakfast: 1 cup cooked oatmeal + 1 banana + 2 Tbsp walnuts + 1 Tbsp flax/chia seeds

Snack #1: 2 hard-boiled eggs + 2 cups fresh watermelon + baby carrots

Lunch: Turkey & Avocado Whole Wheat Wrap (~3 oz. turkey, ½ a small avocado, whole wheat tortilla) + Spinach Salad with Berries & 1 Tbsp olive oil dressing

Snack #2: Energy bar (ex: GoMacro, Larabar, Kind bar, RXbar) + a large apple

Dinner: 4 oz. Rotisserie/Grilled Chicken + ¾-1 cup brown rice/whole grain pasta + 1 cup steamed broccoli/asparagus

Snack #3: ½ cup Greek yogurt + 1 Tbsp dark chocolate chips + fresh raspberries

Day 2:

Breakfast: 1 & ½ cups whole grain iron-fortified cereal (ex: Barbara’s Brand or Cheerios) + low-fat or dairy-free milk + fresh blueberries + 1 egg

Snack #1: ½ cup Greek yogurt + 1 cup fresh strawberries + 3 Tbsp crushed walnuts

Lunch: 1 cup brown rice + ½ cup black beans + ½ a small avocado + sautéed veggies (ex: peppers, onions) + fresh lettuce + fresh salsa

Snack #2: 1 slice whole wheat bread + 1 Tbsp almond butter + ½ a banana + 1 tsp honey

Dinner: 4 oz. Baked/Grilled Salmon* + ¾ cup quinoa + 1 cup steamed green beans

Snack #3: 1/3 cup dried fruit + 1/3 cup mixed nuts

* <https://www.eleatnutrition.com/recipes/salmon>

Day 3:

Breakfast: 2 slices whole wheat bread + 2 Tbsp peanut butter + ½ a banana + sprinkle of cinnamon

Snack #1: Energy bar (ex: GoMacro, Larabar, Kind bar, RXbar) + a large orange

Lunch: 1 & ½ cups roasted potato & veggie hash* + 2 eggs + ½ a small avocado

Snack #2: ¼ cup hummus + 1 serving whole wheat Triscuit crackers + raw peppers, carrots, & cucumbers

Dinner: 3-4 oz. Pesto Baked Chicken* + 1 cup whole wheat pasta + steamed broccoli

Snack #3: 1/3 cup almonds + dark chocolate chips + fresh strawberries

**<https://www.eatnutrition.com/recipes/potato-hash>*

** <https://www.eatnutrition.com/recipes/pesto-baked-chicken>*

Day 4:

Breakfast: 2 slices whole wheat bread + ½ a small avocado + 1 egg + red pepper flakes

Snack #1: Smoothie with 2 cups spinach/kale + 1 cup frozen fruit + 1 cup low-fat milk/dairy-free milk + 2 Tbsp flax/chia seeds

Lunch: 3-4 Turkey Meatballs* + 1 cup whole wheat pasta + roasted brussel sprouts

Snack #2: 2 Energy Balls*

Dinner: 2 Veggie Tacos* (with avocado + goat cheese)

Snack #3: 1 frozen banana + 1 Tbsp peanut butter + 1 tsp vanilla extract (blended like a "banana ice cream" optional: sprinkle pecans/walnut pieces on top)

**<https://www.eatnutrition.com/recipes/crockpot-turkey-meatballs>*

** <https://www.eatnutrition.com/recipes/fruit-nut-energy-bars>*

** <http://www.eatnutrition.com/recipes/veggie-tacos>*

Note: Calories vary depending on brand – the recommended calorie range for this meal plan is based on a 120-130 lb. female. For recommendations more specific to your needs, schedule a consult angie@eatnutrition.com.