

# ELEAT ENDURANCE NUTRITION PLAN

+ 4-Day Meal Planning Guide



**ORANGE MUD**



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[www.eleatnutrition.com](http://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

# Male 4-Day “Meal Plan”

Based on 170 lb. male training 10-20 hrs/week

3500-3600 calories

## Day 1:

**Breakfast:** 1 cup oats + 1 banana + 2 Tbsp walnuts + 2 Tbsp peanut butter + 1 Tbsp flax/chia seeds (*optional add dried fruit for more carbs*)

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

**Lunch:** Turkey & Avocado Whole Wheat Wrap (~6 oz. turkey, 1 small avocado, large tortilla) + Spinach Salad with berries, sunflower seeds, & olive oil dressing

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

**Dinner:** 6 oz. Rotisserie/Grilled Chicken + 1 & ½ cup brown rice/whole grain pasta + 1 cup steamed broccoli/asparagus

**Snack #3:** ½ cup Greek yogurt + dark chocolate chips + fresh raspberries (*optional add chopped dates for more carbs*)

## Day 2:

**Breakfast:** 2 cups whole grain iron-fortified cereal (*ex: Barbara’s Brand or Cheerios*) + low-fat or dairy-free milk + 1-2 eggs

**Snack #1:** 1 cup Greek yogurt + 1 cup fresh strawberries + ¼ cup crushed walnuts + 1 Tbsp flax

**Lunch:** 1 & ½ cup quinoa/brown rice + ½ cup black beans + 1 small avocado + sautéed veggies (*ex: bell peppers, onions*) + fresh lettuce + fresh salsa

**Snack #2:** 2 slices whole wheat bread + 2 Tbsp almond butter + ½ banana + 1 Tbsp honey

**Dinner:** 6 oz. Baked/Grilled Salmon\* + 1 & ½ cup quinoa + 1 cup green beans

**Snack #3:** ½ cup dried fruit + ½ cup mixed nuts

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

## Day 3:

**Breakfast:** 1 whole wheat bagel + 2-3 Tbsp peanut butter + 1 large banana + sprinkle of cinnamon

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

**Lunch:** 2 cups roasted potato & veggie hash\* + 2-3 eggs + ½ an avocado

**Snack #2:** 1/3 cup hummus + 2 serving whole wheat Triscuit crackers + raw peppers, carrots, & cucumbers

**Dinner:** 6 oz. Pesto Baked Chicken\* + 2 cups whole wheat pasta + 1 cup roasted broccoli

**Snack #3:** ½ cup mixed nuts + dark chocolate chips + fresh strawberries (*optional chopped dates for more carbs*)

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

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

## Day 4:

**Breakfast:** 2 slices whole wheat bread + ½ an avocado + 2-3 eggs + red pepper flakes

**Snack #1:** Smoothie with 2 cups spinach/kale + 1 & ½ cup frozen fruit + 1 cup low-fat milk/dairy-free milk + 2 Tbsp flax/chia seeds + ½ cup oats

**Lunch:** 5-6 Turkey Meatballs\* + 1 & ½ - 2 cups whole wheat pasta + roasted brussel sprouts

**Snack #2:** 4 Energy Balls\*

**Dinner:** 4 Veggie Tacos\* (*optional add ½ an avocado + goat cheese*)

**Snack #3:** 1 large frozen banana + 2 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 170 lb. male. For recommendations more specific to your needs, schedule a consult [angie@eatnutrition.com](mailto:angie@eatnutrition.com).