

# [Core] Running Meal Plan

## Pre-run Meal

### Chicken and Quinoa-

#### Ingredients:

1 cup rinsed quinoa	halves - cut into strips
2 cups chicken broth	2 tablespoons extra-virgin olive oil
2 tablespoons extra-virgin olive oil	1 zucchini, diced
2 garlic scapes, chopped	1 tomato, diced
1 small onion, chopped	4 ounces crumbled feta cheese
2 skinless, boneless chicken breast	8 fresh basil leaves
	1 tablespoon lime juice

#### Directions:

	Bring the quinoa and chicken broth to a boil in a saucepan; reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes.
	Heat 2 tablespoons of olive oil in a skillet; cook and stir the garlic scapes and onion until onion is translucent, about 5 minutes. Stir in the chicken breast strips and cook until the chicken is still slightly pink in the middle, about 5 more minutes. Remove the chicken meat and set aside. Pour 2 more tablespoons of olive oil in the skillet and cook and stir the zucchini and tomato until the zucchini is tender, 5 to 8 minutes. Return chicken to skillet and sprinkle with feta cheese, basil leaves, and lime juice. Cook until the chicken is fully cooked and hot, about 10 more minutes. Serve over hot quinoa.

### Banana-Nut Cereal Bread.

#### Ingredients:

1/4 cup water 1/4 cup almond milk 1 tablespoon quinoa 1/2 small banana, sliced 1 1/2 tablespoons rolled oats 1 tablespoon oat bran	1 pinch salt 1 pinch ground cinnamon 1 tablespoon chopped walnuts 1 teaspoon brown sugar 1/4 teaspoon vanilla extract
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**Directions:**

	Stir the water, milk, and quinoa together in a saucepan; bring to a gentle boil. Reduce heat to low and simmer 5 minutes, or until the quinoa begins to soften. Stir in the banana, rolled oats, oat bran, salt, and cinnamon. Cook, stirring frequently over low heat for 2 to 5 minutes or until the mixture thickens. Remove from the heat and stir in the walnuts, brown sugar, and vanilla.
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## **Mid-run snacks**

### **Trail mix Cookies**

1/2 cup applesauce 1/2 cup white sugar 1/2 cup brown sugar 1 1/2 teaspoons vanilla extract 2 egg whites 1 1/4 cups all-purpose flour 1 teaspoon baking soda	1/2 teaspoon salt 3/4 teaspoon ground cinnamon 1 1/4 cups quick cooking oats 1/2 cup semisweet chocolate chips (or carob chips) 1/2 cup chopped walnuts 1/3 cup dried cranberries
1.	Preheat oven to 350 degrees F (175 degrees C). Grease 2 baking sheets.

2.	Beat applesauce, white sugar, brown sugar, and vanilla in a large bowl. In another bowl, use an electric mixer to beat egg whites until they are frothy and begin to firm up. Fold egg whites into applesauce mixture. Combine the flour, baking soda, salt, and cinnamon. Fold into the egg mixture. Stir in the oats, chocolate chips, walnuts, and cranberries. Drop by heaping teaspoons on prepared baking sheets.
3.	Bake cookies in preheated oven until set and lightly browned, about 10 minutes. Remove immediately to wire racks to cool.

### **Other Snacks**

**Nuts: Almonds, Walnuts, Pecans**

**Fruit: Clementine, Oranges, Grapes, Raisins, Prunes, Dates**

## **Post-run snacks**

### **Sweet-potato Sticks**

- 2 medium sweet potatoes, sliced into 1/8" rounds
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 teaspoons toasted sesame seeds
- 2 tablespoons chopped parsley

#### **Instructions**

Preheat oven to 425 degrees. In a medium bowl, toss sweet-potato slices with olive oil, garlic powder, and salt and pepper to taste. Spread in a single layer on a foil-lined cookie sheet. Bake (turning every 10 minutes) for 30 to 40 minutes until brown and the edges curl. Cool slightly and sprinkle with sesame seeds and parsley.

### **Berry Surprise Smoothie**

1 large handful of berries (any mixture of strawberries, blueberries, blackberries, or raspberries)

1 cup of spinach

½ cup coconut milk, almond milk, or low-sugar yogurt

¼ - ½ cup filtered water

1 scoop Vanilla whey protein

Optional nutritional boosters: Chia Seeds, Flax Oil, Coconut Oil

**Directions:** Put all ingredients in a heavy duty blender and blend to desired consistency. You may add additional water if necessary.

### **Malted "Milk" Smoothie**

1 cup coconut water

½ cup coconut meat

½ cup frozen peaches or strawberries

1 tablespoon almond butter

3 dates

1 teaspoon vanilla extract

pinch of salt

2 scoops of whey protein powder

½ cup of ice

1 tablespoon of chia seeds

**Directions:** Put all ingredients in a heavy duty blender and blend to desired consistency. You may add additional water if necessary.