



## Daily Nutrition Outline

### Daily:

- 1 teaspoon coconut oil (can take straight, add to smoothie or put on toast)
- Aim for minimum of 7 hours of sleep! 8 is better particularly on harder training weeks
- 8-10 eight-ounce glasses of water; sports drink on hard/speed workouts and long training runs

### Upon rising:

8-12 oz water (before coffee)

### Within 1 hour of waking up -- choose one:

- Low sugar yogurt and piece of fruit
- 2 egg whites plus one whole egg (or 2 eggs) plus fruit and/or sl. Whole grain toast
- Protein shake (one max per day) – only need 20 grams of protein – best to add in milk or alternate coconut (go light version), almond or pea protein plus some fruit. Avoid the more is better premise with protein – it's really only for body builders.
- Serving oatmeal with small handful nuts, dried fruit, or fresh fruit; can add ½ s. protein powder too if you like the taste

### Mid-morning (2-3 hours after breakfast) – choose one

- Mono-fruit (large serving melon or grapes or two bananas, large bowl berries)
- Small yogurt with ¼ c granola
- Sl. Toast or rice cake squares (2) with nut butter and jam (optional)
- Hardboiled egg mixed with teaspoon mayo on toast or rice cake (choose whole grain rice cakes or rice cake squares)

### Lunch (within 2-3 hours of mid-morning snack) – choose one

- Salad with protein 4-6 ounces; small amount of cheese is ok just cut back on other protein; can also add in hardboiled egg. Think rainbow of colors on the salad so variety of vegetables and/or dried fruit, sunflower seeds
- Sandwich with 3-4 ounces of protein; if adding cheese cut back on protein; add in veggies i.e., spinach, tomatoes, cucumber, sprouts

### Mid-afternoon (before 4 pm) - -choose one

- Protein shake
- Protein bar (aim for 10-20 oz protein and no more than 250 calories; go for whole food bars vs. trail mix that typically has too much sugar or other pre-fab ingredient type bars)
- Celery and peanut/nut butter
- Rice cakes (2) with peanut/nut butter
- Slice toast with banana, peanut butter, avocado, 2 oz lunch meat or hardboiled egg salad

### Dinner (try to stop eating before 8 pm)

- Multi-veggie salad with protein (4-6 oz) or protein and veggies
- Optional ½ cup rice, quinoa, small baked or sweet potato; try to avoid pasta and choose whole grain rice; if eating pasta, limit to one cup and top with tomato sauce protein and veggies
- 1 cup pasta with marinara and added broccoli, zucchini, spinach and 4-6 oz protein (chicken, beef, shrimp)
- Stir-fry (go light on oil)
- 2 sushi rolls, seaweed salad plus green salad – avoid fried rolls

\*On proteins, avoid high fat sausages; ham, pork, chicken, fish are better choices than steak and people tend to eat less of non-high fat meat sources; limit beef or sausage to once per week and avoid completely three days before a really hard workout or race; takes the body 3 days to fully digest beef and high fat sausages. Try to choose organic or better yet grass fed/pasture raised eggs, meat, poultry – remember what these animals eat is part of what goes into your system too!

\*\*These are not absolutes but a gauge for portions and frequency. Think protein, carb, fat for meals and snacks. Meals should be in the 350-500 calorie range and snacks 200-250. Veggies and fruits are best carb sources for energy; add in small portions of starchy carbs for satiety. Keep protein to 4-6 oz portions.