

AYALA CROSS COUNTRY

NUTRITION PLAN FOR FAST RUNNERS

BREAKFAST IDEAS (Fruit + Protein + Carb) **CALCIUM SUPPLEMENT & MULTI VITAMIN

Fruit Smoothie with Protein Boost Powder
Fruit (Preferably Banana, Strawberries, Cantaloupe or Orange)
Bagel with Peanut Butter (Good source of protein)
String Cheese (Protein)
Scrambled or Hard Boiled Egg
Toast with Jam
Cereal with fruit and cheese
Juice should be calcium enriched - unless you're taking iron - they cannot be mixed
Glass of Milk Every day at Breakfast!! (Chocolate is fine)

ON RACE DAYS:

Power Bar with 8-16 oz. Water OR
Banana & Toast with Jam, Juice or water

LUNCH ITEMS (Fruit or Vegetable + Protein + Carb)

Fruit (Preferably Banana, Strawberries, Cantaloupe or Orange)
Peanut Butter Sandwich (Protein + Carb)
Turkey Sandwich on Wheat (Protein + Carb)
Tuna Fish Sandwich or Cracker Pack (Protein + Carb)
String Cheese (Protein)
Scrambled or Hard Boiled Egg
Celery/Carrot Sticks
Slice up a Bell Pepper – Great for Vitamin C
Gatorade or Water
Chicken Caesar Salad
Small Dessert (Couple Hershey's Kisses, Some chips, peanuts)
Raisins

ON RACE DAYS:

1/2 Sandwich + Banana or Orange + Water + Juice

DINNER ITEMS (Vegetable + Protein + Carb)

Pasta with Meat Sauce
Beef (Steak) with Vegetables
Chicken with Vegetables
Milk
Small Dessert

Dinner is pretty much anything within reason. Make sure you have a good combination of things and a salad is always a good idea with your meal. Red meat is important to female distance runners for it's iron content, just don't eat it the night before a race (i.e. a steak) because the digestion time is longer.