

MEAL PLAN SAMPLE ONE

Total Calories: 2448  
 Total Protein: 95.8 g  
 Total Carbs: 354.9 g  
 Total Fat: 70.5 g

MEAL	DISHES	NUTRITION INFO
<b>Breakfast</b>	Porridge	Calories 604 Protein 15.2 g Carb 114.6 g Fat 9.4 g
<b>Recovery Snack</b>	3 x Ryvita sunflower seeds & oats 100 g humus 100 g carrot sticks	Calories 396 Protein 11.2 g Carb 42.5 g Fat 21.0 g
<b>Lunch (No Cook)</b>	Smoked Mackerel 65 g Tilda Steamed Brown Basmati Rice 124 g (1/2 pack) Watercress, rocket & spinach salad 100g Cherry tomatoes 100 g	Calories 412 Protein 19.6 g Carb 37.5 g Fat 20.2 g
<b>Afternoon Snack</b>	5 x Nairns chocolate oat biscuits 1 orange	Calories 291 Protein 5.7 g Carb 45.2 g Fat 8.7 g
<b>Supper (Easy Cook)</b>	Chinese Beef 60 g Buckwheat noodles Stir Fry Veg	Calories 458 Protein 37.2 g Carb 62.7 g Fat 6.3 g
<b>Evening Snack</b>	Yoghurt 150 g 1 banana 150 g mango slices	Calories 287 Protein 6.9 g Carb 52.4 g Fat 4.9 g

Diet for the ultra runner by Diana Green. Meal Plan Sample 1.

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