# MEAL PLAN SAMPLE ONE

<table>
<thead>
<tr>
<th>MEAL</th>
<th>DISHES</th>
<th>NUTRITION INFO</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Porridge</td>
<td>Calories</td>
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<tr>
<td></td>
<td></td>
<td>Carb</td>
</tr>
<tr>
<td></td>
<td></td>
<td>114.6 g</td>
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<td>Fat</td>
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<td></td>
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<td>9.4 g</td>
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<tr>
<td><strong>Recovery Snack</strong></td>
<td>3 x Ryvita sunflower seeds &amp; oats</td>
<td>Calories</td>
</tr>
<tr>
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<td>21.0 g</td>
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<tr>
<td><strong>Lunch (No Cook)</strong></td>
<td>Smoked Mackerel 65 g</td>
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<tr>
<td></td>
<td>Tilda Steamed Brown Basmati Rice</td>
<td>412</td>
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<tr>
<td></td>
<td>124 g (1/2 pack) Watercress, rocket &amp; spinach salad 100g</td>
<td>Protein</td>
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<tr>
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<td>Cherry tomatoes 100 g</td>
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<tr>
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<td>Carb</td>
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<tr>
<td></td>
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<tr>
<td><strong>Afternoon Snack</strong></td>
<td>5 x Nairns chocolate oat biscuits 1 orange</td>
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<tr>
<td><strong>Supper (Easy Cook)</strong></td>
<td>Chinese Beef 60 g Buckwheat noodles Stir Fry Veg</td>
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<td><strong>Evening Snack</strong></td>
<td>Yoghurt 150 g 1 banana 150 g mango slices</td>
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<td></td>
<td>Protein</td>
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Diet for the ultra runner by Diana Green. Meal Plan Sample 1.
To read the rest of this nutrition article please visit: [http://www.runultra.co.uk/Training/December-2015/Diet-for-the-ultra-runner](http://www.runultra.co.uk/Training/December-2015/Diet-for-the-ultra-runner)