

READY PREPARED - NO COOK CARBOHYDRATES - Lunch & Supper

Prepared Salads	Portion	Nutrition Information
<b>Mixed Bean Salad</b> Nutrition info will vary depending on exact ingredients	100 g	Calories 93 Protein 7.5 g Carb 5.7 g Fat 2.0 g
Breads	Portion	Nutrition Information
<b>Wholemeal Pitta Bread</b>	Per pitta bread (58 g)	Calories 139 Protein 5.5 g Carb 25.8 g Fat 0.7 g
<b>Village Bakery Organic Seeded Rye Bread</b> 400 g	Per 40 g slice	Calories 76 Protein 2.8 g Carb 13.9 g Fat 1.0 g
<b>Schneider Brot Volkornbrot Sliced Rye Bread</b> 500 g	Per 50 g slice	Calories 100 Protein 2.6 g Carb 19.4 g Fat 0.5 g
Prepared Grains	Portion	Nutrition Information
<b>Merchant Gourmet Ready to Eat Quinoa Red &amp; White</b> 250 g	62 g (1/4 pack)	Calories 115 Protein 3.1 g Carb 17.7 g Fat 3.3 g
<b>Tilda Steamed Brown Basmati Rice</b> 250 g	62 g (1/4 pack)	Calories 84 Protein 2.2 g Carb 15.9 g Fat 1.3 g
<b>Tilda Steamed Brown Basmati &amp; Wild Rice</b> 250 g	62 g (1/4 pack)	Calories 79 Protein 1.9 g Carb 14.5 g Fat 1.3 g

Diet for the ultra runner by Diana Green. Ready Prepared No Cook Carbohydrates. Lunch & Supper. To read the rest of this nutrition article please visit:

<http://www.runultra.co.uk/Training/December-2015/Diet-for-the-ultra-runner>