### Ready Prepared No Cook Salads, Vegetables, Fruit

**Salad Bags & Raw Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Portion</th>
<th>Nutrition Information</th>
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</table>
| **Watercress, Rocket & Spinach** | 100 g | Calories 24  
Protein 2.2 g  
Carb 1.2 g  
Fat 0.8 g  
Nutrition info will vary depending on place of purchase |
| **Trimmed Sugar Snap Peas** | 25 g | Calories 23  
Protein 1.7 g  
Carb 3.1 g  
Fat 0.4 g  
Nutrition info will vary depending on place of purchase |
| **Beetroot Salad** | 100 g | Calories 28  
Protein 1.5 g  
Carb 3.6 g  
Fat 0.4 g  
Nutrition info will vary depending on place of purchase |
| **Cherry Vine Tomatoes** | 100g | Calories 20  
Protein 0.7 g  
Carb 3.1 g  
Fat 0.3 g  
Nutrition info will vary depending on place of purchase |
| **Carrot Batons** | 80 g | Calories 30  
Protein 0.6 g  
Carb 4.7 g  
Fat 0.4 g  
Nutrition info will vary depending on place of purchase |
| **Avocado** | 80 g (1/2 medium) | Calories 158  
Protein 1.5 g  
Carb 1.5 g  
Fat 15.6 g  
Nutrition info will vary depending on weight |

Diet for the ultra runner by Diana Green. Ready Prepared No Cook Salads, Vegetables and Fruit. 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)