

NUTRITION FOR YOUR INNER SASQUATCH

Load up. Do Work. Recharge. Recover.

You may have guessed already, this will not be a lecture on gluten free or vegetarian lifestyles... sorry, Sasquatches like their meat and gluten!





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Remember your first go round with marathon training?

Logging the miles is often challenge enough for a person to new to our sport.

Add to it, their expected to fuel for performance?

Sounds intimidating to me. I can keep up with this whole running thing, but now you want me to pay attention to what I eat?!

What if we can make it easier for our participants?

What if we can give them four days, just four days they need to focus on what they eat?



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DAY 1 – THURSDAY – LOAD UP

DAY 2 – FRIDAY – GET READY

DAY 3 – SATURDAY – DO WORK & RECHARGE

DAY 4 – SUNDAY - RECOVER

Certainly we can't simply eat whatever we want the rest of the week, but by planning for the four days surrounding our longest workout of the week we can help provide a simple, sustainable game plan for our nutrition.

Here's how...



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BEFORE WE GET STARTED... DR. DEVOR'S 4 PILLARS OF HEALTHY EATING



Whole foods - Choose foods that are whole, fresh, natural, seasonal, and unprocessed

Plant strong - Choose foods that come from the ground

Nutrient dense - Eliminate refined and highly processed foods, and those void of nutrients

Healthy fats - Obtain your healthy fats from whole plant sources (Nuts, seeds, avocados, olives) Minimize extracted oils and processed fats. Minimize saturated fats

In other words, shop the outside of the store.... But have a plan before showing up at the grocery store!!!

Source: Dr. Steven T. Devor – Nutrition and Hydration for Optimal Endurance Performance



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PLANNING YOUR WEEK

There is no magical solution to the amount and type of fuel that will be of most benefit to you before, during and after your workouts or races. We each have different fueling needs, BUT there are some guidelines that you should follow and experiment with.

When looking at your training schedule for the week take into consideration your work and family schedules so that you can be prepared before heading out for your workout.

Know your work and family schedules so you can plan your meals accordingly to maximize family time, work, and of course your workouts.

If your workout is the first activity of the day you need to determine how much time you will need to fuel yourself properly.



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PLANNING YOUR WEEK

After identifying where in your schedule your meals will fall, write out a schedule of meals you will cook/eat at home versus work or elsewhere, which you will prepare in advance, and which you will cook and eat fresh!

Take your schedule and plan out meals that work within your schedule. Some meals travel better than others. Some taste better fresh of the stove or out of the garden, while some may even taste better the second time around. (My twice baked veggie lasagna is to die for, and always tastes better after reheating it!)



Again, remember Dr. Devor's 4 Pillars of Healthy Eating when writing out your menu and shopping list for the week. Won't do you much good if the first item on you list is Oreo's and not something from the produce aisle!



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DAY 1 – THURSDAY – LOAD UP

Leading up to the longest workout of each week we need to ensure that our participants are getting enough fuel to push them through the miles.

Too often inexperienced (and many experienced) endurance athletes do not take in the proper amount of fuel through the week.

There are two ends of the spectrum – those who fuel too much, and those who simply aren't fueling enough.

Sounds simple, but even I (pretend you're actually shocked by this;) and many of your fellow coaches struggle to find the right balance.



DAY 1 – THURSDAY – LOAD UP

Plan to eat meals with a fair amount of carbohydrates. You will hear of folks who try to avoid carbohydrates for various reasons. Ideally, a balance between carbs, proteins and healthy fats will get you where you want to be.

As Dr. Devor has noted, at various levels of intensity our body will utilize a higher percentage of carbohydrates versus fat.

Plan your heavy carb meal for Thursday instead of Friday. Too much emphasis on carbs the night before your longest workout, or worse yet your race may leave you feeling sluggish.

Running Intensity (% of VO2max)	Percent Carbohydrate Utilized for Fuel	Percent Fat Utilized for Fuel
50%	60%	40%
60%	72%	28%
80%	80%	20%
90%	88%	12%
100%	98%	2%



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DAY 1 – THURSDAY – LOAD UP

Sample breakfast

2 eggs (any style, I prefer over easy with a little coconut oil and a little pepper)

Gluten-free pumpkin pancakes (recipe makes enough for two!)



Pumpkin Pancakes

Ingredients

- 1.5 cup almond flour
- 1 tsp cinnamon
- ½ cup canned pumpkin
- 1 cup almond milk, at room temp
- 1 large egg
- 2 tbsp melted coconut oil (plus a little more for the pan)

for serving:

- butter (optional)
- maple syrup

Instructions

1. In a medium bowl, mix together the almond flour, and the cinnamon.
2. In a smaller bowl, whisk together the pumpkin, almond milk, egg, coconut oil and sugar until smooth and well combined.
3. Pour the wet ingredients into the dry ingredients and use a wooden spoon to mix well.
4. Heat a nonstick pan with a little coconut oil. Scoop the batter onto the pan using a ¼ cup measuring scoop. Cook until bubbles form, then flip and cook a little longer. Both sides should be nicely golden brown. Repeat with remaining batter.
5. Serve with butter and maple syrup.



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DAY 1 – THURSDAY – LOAD UP

Sample lunch

*Spinach Salad with Tuna for
a busy work day*



Work Day Spinach Salad with Tuna (also yummy sans tuna)

Ingredients

- Spinach (or kale if desired)
- 1 can albacore tuna
- ½ avocado (diced)
- 4-5 strawberries, cored and sliced
- 1 tbsp Olive oil
- 1 tsp Crushed red pepper
- 2 tbsp Lemon juice
- Sea Salt and pepper to taste

Instructions

1. In a medium Tupperware bowl, mix together all ingredients.
2. Take to work, or play!
3. Shake it.
4. Eat it!



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DAY 1 – THURSDAY – LOAD UP

Sample dinner

*Grilled Salmon Burger with
Baked Sweet Potato and
Steamed Broccoli*



Grilled Salmon Burgers

Ingredients

- 2.5 lbs Salmon fillet, skinned, deboned
- 2 eggs, lightly beaten
- 1 cup dry bread crumbs (or panko)
- 1 tbsp minced fresh rosemary
- ½ cup minced red onion
- ½ tsp salt
- 1 tbsp. Dijon mustard
- ½ tsp freshly ground black pepper
- 2 tsp horseradish
- 2 tbsp. olive oil (or coconut oil)
- Topping of choice (I'd go with tomato and avocado myself!)

Instructions

1. Prepare the salmon by cutting into strips, cutting the strips crosswise, and chopping the fish until well minced. Be sure to remove any remaining bones.
2. In a large bowl, mix the minced salmon with bread crumbs, red onion, Dijon mustard, horseradish, and eggs. Season with rosemary, salt, and pepper. Chill at least 30 minutes in the refrigerator.
3. Preheat an outdoor grill for medium-high heat.
4. Form the salmon mixture into 8 burger patties. Lightly coat each patty with olive oil.
5. Place salmon patties on the grill, and cook 4 or 5 minutes on each side.



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DAY 2 – FRIDAY – GET READY

While getting in the carbs to fuel your Saturday workout should still be a priority, I like to eat a bit lighter particularly before especially long workouts, while still getting in a healthy balance of Devor's Pillars.

If Saturday is going to be a really long one I'd recommend preparing Saturday's lunch on Friday, so that you can come home, eat and get on with your day. More on Saturday's lunch later.

I eat heavy enough that I know I won't wake up hungry, and light enough that I won't feel stuffed when I hit the trail.

When it comes to the night before race day, I always chose what I am most comfortable eating. Unless you gorge yourself, or eat something you know you shouldn't there isn't much you can do the night before that will poorly effect your race... stick with what you know works for you! If that means bringing your own meal to your pace group pasta dinner, so be it!



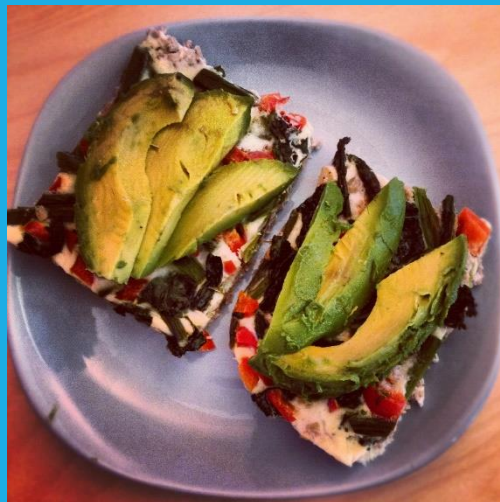
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DAY 2 – FRIDAY – GET READY

Sample breakfast

*Breakfast Casserole (makes
for great Saturday post-
workout leftovers)*

Yogurt with Granola



Breakfast Casserole

Ingredients

- 1 sweet potato (pre-baked)
- 2 cups spinach
- 1 lb chorizo (remove casing and ground)
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp ground pepper
- 2 roma tomatoes (diced)
- 3 eggs (beaten)
- 1 avocado sliced

Instructions

1. Preheat oven to 350 degrees.
2. In a glassware dish, smash one pre-baked sweet potato.
3. Cover potatoes with thick layer of spinach.
4. On top of the spinach, layer chorizo mixed with garlic powder, sea salt, ground pepper, and three eggs.
5. Add layer of diced tomatoes.
6. Add another thin layer of spinach.
7. Bake for 40 minutes
8. Top with avocado

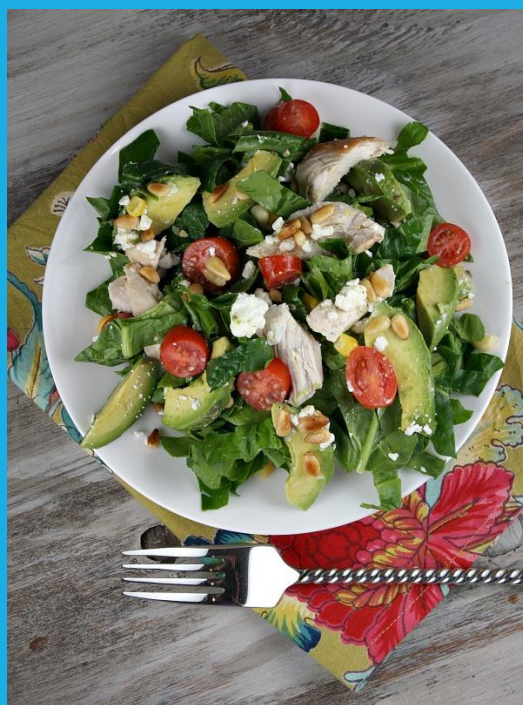


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DAY 2 – FRIDAY – GET READY

Sample lunch

Spinach Salad with Chicken, Avocado and Goat Cheese



Spinach Salad with Chicken, Avocado and Goat Cheese

Salad Ingredients

- 8 cups chopped spinach (1 bag)
- 1 cup halved cherry or pear tomatoes
- 1/2 cup corn (frozen, canned, or cut off the cob)
- 1 1/2 cups chopped cooked chicken
- 1 large avocado, sliced
- 1/3 cup crumbled goat or feta cheese
- 1/4 cup toasted pine nuts

Dressing Ingredients

- 3 tablespoons white wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- salt and freshly ground black pepper, to taste

Instructions

1. Place spinach in a large salad bowl. add remaining salad ingredients.
2. In a small bowl, whisk together the dressing ingredients. Pour over the salad and toss (a little at a time... as much dressing as you desire).

DAY 2 – FRIDAY – GET READY



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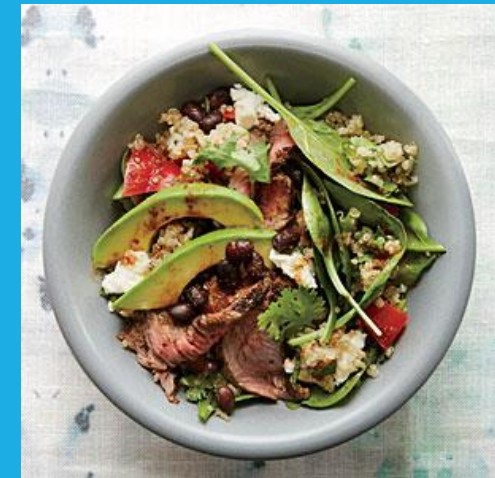
Black Bean Quinoa Salad with Chipotle Steak

Ingredients

5 teaspoons olive oil, divided
1/2 teaspoon kosher salt, divided
1/4 teaspoon chipotle chile powder
1/4 teaspoon freshly ground black pepper
2 (6-ounce) top sirloin steaks
2 tablespoons fresh orange juice
2 tablespoons red wine vinegar
1 tablespoon adobo sauce from canned chipotle chiles in adobo sauce
1/2 teaspoon ground cumin
1/4 teaspoon honey
1 1/2 cups cooked quinoa
1 cup unsalted black beans, rinsed and drained
3/4 cup chopped red bell pepper
1/4 cup chopped fresh cilantro
1/4 cup thinly sliced green onions
1 1/2 cups baby spinach leaves
1 ounce crumbled feta cheese (about 1/4 cup)
1/2 cup ripe peeled avocado, sliced

Sample dinner

*Black Bean Quinoa Salad
with Chipotle Steak (great
sans steak too!)*



Instructions

1. Prepare quinoa.
2. Meanwhile, heat a grill pan over medium-high heat.
3. Combine 1 teaspoon oil, 1/4 teaspoon salt, chipotle chile powder, and black pepper; rub evenly over steaks.
4. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
5. Let stand 10 minutes. Cut steaks diagonally across the grain into thin slices.
6. Combine remaining 4 teaspoons oil, remaining 1/4 teaspoon salt, juice, and next 4 ingredients (through honey) in a large bowl, stirring with a whisk.
7. Stir in quinoa, beans, bell pepper, cilantro, green onions, and spinach; toss to coat.
8. Sprinkle with feta.
9. Divide quinoa mixture evenly among 4 shallow bowls; top evenly with steak and avocado.



DAY 3 – SATURDAY – DO WORK

Eat before you workout! Period.

We know from Dr. Devor the following:

- *1 hour moderate intensity aerobic exercise
= carbohydrate stores depleted by 55%*
- *2 hours moderate intensity aerobic exercise
= carb stores depleted 100%*
- *Total carb depletion = "hitting the wall", "bonk"*
- *Carbs are only fuel brain and motor nerves can use*

And yet, some of still neglect to eat before we workout!

We also know from Dr. Devor that he recommends:

- *1 hour pre-exercise = eat 0.5 grams of carbs per pound body weight (whole grain bagel)*
- *2 hours pre-exercise = eat 1 gram of carbs per pound body weight (32 oz fruit smoothie)*

Sample breakfast

*Whole grain bagel and/or
smoothie*





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DAY 3 – SATURDAY – DO WORK

Fueling on the run and walk!

*Throughout the course of your workouts your body is utilizing stored glycogen in your muscles. **After 60-90 minutes your body begins searching for other sources as your muscle glycogen slowly gets depleted.***

According to Dr. Devor, taking carbohydrates during exercise delays fatigue by 30-60 minutes. For a 150 lb athlete, target 30-60 g of carbs per hour, which equates to most gels and chews available.

Everyone is different. This Sasquatch requires more than the average bear. Test various solutions throughout the season. Figure out what works best for you well before race day.



Source: Dr. Steven T. Devor – Nutrition and Hydration for Optimal Endurance Performance



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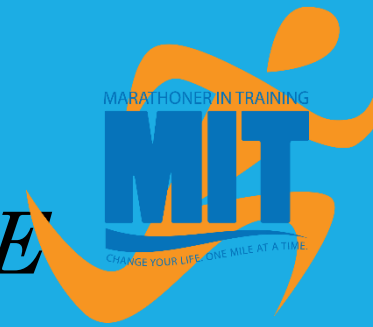
DAY 3 – SATURDAY – RECHARGE

Don't wait to eat after your workout! Snack, then eat more....

According to Dr. Devor, consuming carbohydrate and protein as soon as tolerable following your workout increases muscle carb replenishment. Blood flow to muscles is increased, and insulin sensitivity is heightened.

***Within the first 15-30 minutes your muscles are very eager to rebuild your glycogen stores.** Once you return from your workout you need to think about what you can do to aid in your body's ability to recover more quickly. **Food and drinks with a carbohydrate to protein ratio of 4:1 are most ideal.** Carbohydrates should most definitely be the focus, but make sure your post-workout snack also has some protein.*

Clif Bars, Bagels with peanut butter or chocolate milk from our friends at Snowville Creamery are great sources for a post-workout snack with proper proportion of carbohydrates and protein.



DAY 3 – SATURDAY – RECHARGE

In addition to your post-workout snack, have plans for a solid lunch. Remember your body needs fuel to recharge.

I sometimes have a relatively upset stomach after the longer workouts, so maybe plan for something you know your body “craves” after the longer workouts.

Sample lunch

My go to if I have plans the rest of the day is Chipotle, but if you have a little more time try this!

Mandarin Chicken Pasta Salad

Mandarin Chicken Pasta Salad

Ingredients

- 1 tsp finely chopped peeled ginger
- 1/3 cup vinegar
- ¼ cup orange juice
- ¼ cup coconut oil
- 1 oz dry onion soup mix
- 1 clove garlic, pressed
- 8 oz bow tie pasta
- ½ cucumber, chopped
- ½ cup diced red bell pepper
- ½ cup coarsely chopped red onion
- 2 diced roma tomatoes
- 1 carrot, shredded
- 6 oz fresh spinach
- 11oz mandarin orange segment, drained
- 2 cups diced cooked chicken
- ½ cup sliced almonds



Instructions

1. To make the dressing, whisk together the ginger root, rice vinegar, orange juice, vegetable oil, sesame oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed. Bring a large pot of lightly salted water to a boil. Add the bowtie pasta and cook for 8 to 10 minutes or until al dente; drain, and rinse under cold water. Place pasta in a large bowl. To make the salad, toss the cucumber, bell pepper, onion, tomatoes, carrot, spinach, mandarin oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture, and toss again to coat evenly. Serve immediately.



DAY 3 – SATURDAY – RECHARGE

I don't know about you, but I'm pretty worn out after the long workouts. Having a plan for something quick, healthy, and delicious is crucial for me on Saturday evenings.

Sample dinner

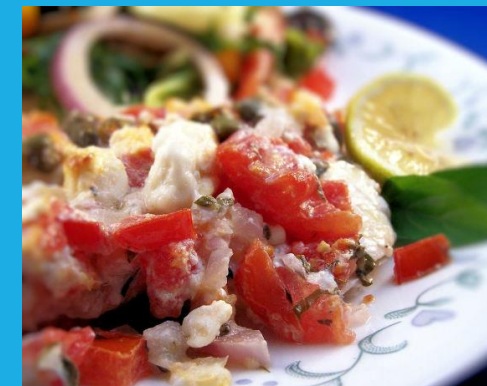
Mediterranean-style Orange Roughy

Serve with whole grain rice, or couscous

Mediterranean-style Orange Roughy

Ingredients

- 4 6 oz orange roughy fillets
- 4 oz feta cheese
- ¼ cup low-fat sour cream
- ¼ cup finely chopped onion
- 1 garlic clove, minced
- 3 tbsp. capers, drained and rinsed
- 2 plum tomatoes, drained and rinsed
- 2 tsp lemon rind
- 1 tsp dried oregano
- ½ tsp fresh ground black pepper
- ½ tsp sea salt
- 2 tsp white wine



Instructions

1. Preheat oven to 400°F.
2. Line baking sheet with foil.
3. Lightly spray foil with non-stick coconut oil spray.
4. Season fish on both sides with kosher salt and fresh ground pepper.
5. In a medium bowl combine feta, sour cream, red onion, garlic, capers, tomatoes, lemon peel and oregano and stir until thoroughly combined.
6. Add wine to feta cheese mixture if desired.
7. Arrange fish on prepared baking sheet.
8. Spread cheese topping over fish.
9. Bake until fish is just cooked through, approximately 10-12 minutes.



DAY 4 – SUNDAY – RECOVER

Your decision to allow your body to recover will effect the remainder of your training....every week!

What you eat Sunday will help your body continue its recovery process, and prepare you for the week ahead.

You may have heard the phrase "failing to plan is planning to fail." Well, if you aren't planning to recover, you are also planning to fail. Help your body out!



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DAY 4 – SUNDAY – RECOVER

*I'm sorry, but I should disclose right now,
that Sundays are my days to treat myself.
And it starts with breakfast. Sorry Dr. D.,
avert your eyes!*

Sample breakfast

*Fluffy French Toast, two
eggs, and your choice of
protein.... Mine is presently
bacon. Ah, do I love me
some bacon!*

Fluffy French Toast

Ingredients

- ¼ cup almond flour
- 1 cup milk
- 1 pinch sea salt
- 3 eggs
- ½ tsp ground cinnamon
- 1 tbsp. white sugar
- 12 thick slices of bread

Instructions

1. Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
2. Heat a lightly oiled griddle or frying pan over medium heat.
3. Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.





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DAY 4 – SUNDAY – RECOVER

Quick and easy, so I can get on with my Sunday Funday!

Sample lunch

Black Bean Salad

Black Bean Salad

Ingredients

- 2 15oz can black beans, drained and rinsed
- 1 15oz can whole kernel corn, drained
- 1 red onion
- $\frac{3}{4}$ cup salsa
- $\frac{1}{2}$ cup olive oil or coconut oil
- $\frac{1}{2}$ cup chopped fresh cilantro
- 3 cloves garlic, minced
- 2 tbsp. lemon juice
- 1 tbsp. red wine vinegar
- 1 $\frac{1}{2}$ tsp ground cumin
- 1 tsp sea salt
- $\frac{1}{4}$ tsp ground black pepper

Instructions

1. Mix black beans, corn, red onion, salsa, olive oil, cilantro, garlic, lemon juice, vinegar, cumin, salt, and black pepper in a large bowl. Cover and refrigerate at least 1 hour to 2 days. Serve chilled.





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DAY 4 – SUNDAY – RECOVER

Let's finish the weekend off in style! Pick out a special treat to jump start the week ahead!

Sample dinner

Good Frickin' Paprika Chicken

Serve with roasted red potatoes, grilled asparagus, and a nice big class of cabernet.

Good Frickin' Paprika Chicken **Ingredients**

- 6 tbsp. greek yogurt
- 3 cloves garlic, crushed
- 3 tbsp. ground paprika
- 2 tbsp. olive oil
- 1 tbsp. hot chile paste
- 1 pinch cayenne pepper
- 1 whole 5 lb chicken, cut into 8 pieces

Instructions

1. Whisk together yogurt, garlic, 3 tablespoons paprika, 2 tablespoons olive oil, 1 tablespoon hot chile paste, and cayenne pepper in a large bowl.
2. Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 3 hours.
3. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
4. Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with salt.
5. Combine 1/4 cup olive oil, sherry vinegar, ketchup, 1/8 teaspoon hot chile paste, pinch paprika, salt, and pepper in a small bowl. Set aside.
6. Grill chicken, skin-side down, on the preheated grill for 4 minutes with grill lid closed.
7. Turn chicken and grill with lid closed until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).





SASQUATCH SMART SNACKS

Easy Snack Ideas for at home and on the go! A smart snack plan can keep you from making poor food decisions throughout your busy day!

Peanut butter	Whole wheat crackers
Hard-cooked eggs	Graham crackers
String cheese	Fat-free or 1% low-fat milk
Bananas	Low-fat yogurt
Frozen whole-grain waffles	Dried fruit
Low-fat chocolate milk	Fig cookies
Whole-grain cereal	Sports bars
Almonds and other nuts	

QUESTIONS FOR YOUR SASQUATCH?

Load up. Do Work. Recharge. Recover.



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