



Runner's Guide to Meal Planning

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Objectives

- Understanding of basic daily nutrition
- Calculations to estimated nutritional needs
- Tips and strategies for meal planning
- Examples of nutritionally dense meals

Benefits of Meal Planning

- Saves time
- Saves money
- Prevents food waste
- Helps choose healthier foods



Macronutrients

- “Macros”
- Carbohydrates (50-55%)
- Fat (20-25%)
- Protein (10-15%)



Carbohydrates

- Primary fuel source for body and brain
- Sources: Starches and sugars
- Complex vs simple
- Goals:
 - Adequate intake pre/during/post
 - Avoid using protein for energy

Fat

- Main energy source if no carbohydrate intake.
- Needed to ensure adequate caloric intake, maintain cellular health, avoid protein energy usage.
- Goals:
 - Adequacy, depends on intake levels of carb and protein

Protein

- Not a preferred fuel source for runs.
- Needed for protein repletion and to avoid muscle breakdown.
- Goals:
 - Adequate intake to avoid lean body mass loss

Nutrient Recommendations

- Goals for runners (ACSM)
- Carbohydrate (6-9g/kg/day)
- Fat (1.0-2.0g/kg/day)
- Protein (1.2-1.5g/kg/day)
 - Convert pounds to kg = 2.2lb=1kg

Menu Planning Tips

- Do all/most grocery shopping 1 day/wk
- Do all/most food prep 1-2 days/week
- Become a creature of habit
- Consider a slow cooker or pressure cooker
- Get an app and/or get on Pinterest
- Purchase 90% nutrient dense foods, 10% “fluff”

Meal Planning

- Start with protein (all meals include this*)
- Add starch/carb source
- Vegetables ad libitum
- Fat to taste

RD's Nutrient Dense Staples

- Almond or Coconut Milk
- Greek Yogurt
- Nuts (Almonds and Walnuts)
- Dried Fruit (Unsweetened)
- Lean Chicken, Beef, Pork, Fish, Eggs
- Frozen berries or Seasonal Fresh
- Bars/Protein Shakes (Minimal)
- Fruit and Veggies (Seasonal) Lots of spinach & avocado
- Quinoa
- Sweet Potatoes
- Almond Butter
- Hummus
- Oatmeal

RD's "Extras"



- Wine
- Sorbet
- Sweetened dried fruit
- Semi-sweet chocolate chips

Building a Menu: Protein

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Overnight Oats w/ Almond Butter and Banana
	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Avocado Toast with Fried Egg
	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Almond Butter/Banana Sandwich
	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	
	Salmon with Grilled Veggies and Brown Rice	Top Sirloin Steak, Artichoke, Red Potatoes	Egg Plant Lasagna w/ Chicken Sausage	Egg Plant Lasagna w/ Chicken Sausage	Takeout! It's the weekend!	

Building a Menu: Carbs

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Overnight Oats w/ Almond Butter and Banana
	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Avocado Toast with Fried Egg
	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Almond Butter/Banana Sandwich
	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	
	Salmon with Grilled Veggies and Brown Rice	Top Sirloin Steak, Artichoke, Red Potatoes	Egg Plant Lasagna w/ Chicken Sausage	Egg Plant Lasagna w/ Chicken Sausage	Takeout! It's the weekend!	

Building a Menu: Fat

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Egg/Veggie/Sweet Potato Frittata	Overnight Oats w/ Almond Butter and Banana	Overnight Oats w/ Almond Butter and Banana
	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Hummus, HB Egg and Carrots	Greek Yogurt and Berries	Avocado Toast with Fried Egg
	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Chicken Burrito Bowl w/ Quinoa and Veggies	Almond Butter/Banana Sandwich
	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	Almond Butter and Apple	Protein Shake with Coconut/Almond Milk and Berries	
	Salmon with Grilled Veggies and Brown Rice	Top Sirloin Steak, Artichoke, Red Potatoes	Egg Plant Lasagna w/ Chicken Sausage	Egg Plant Lasagna w/ Chicken Sausage	Takeout! It's the weekend!	

Money-Saving Tips

- Shop for staples in the bulk section
- Purchase meats that are on sale
- Make your own salad dressings and marinades (healthier too!)
- Always shop with a list
- You don't need to shop at Whole Foods to eat healthy

Calorie-Saving Tips

- Never reduce calories lower than 300 below baseline caloric needs
- Cut back on fat and carbs moderately to reduce calories, but never cut out an entire macronutrient
- Cut down on variety
- Cut out as much added sugar as possible
- Don't go longer than 4 hours without eating
- Choose nutrient dense foods

Meal Prep Samples: Burrito Bowls

- Meat/Firm Tofu (Seasoned to taste)
- Bell Peppers & Onions
- Quinoa/Brown Rice
- Black Beans
- Avocado
- Corn
- Lettuce
- Salsa/Hot Sauce



Meal Prep Samples: Egg Muffins

- Eggs
- Cheese
- Milk
- Green Onions
- Red Potatoes

