

HBF Run Meal Plan

Janina Gelbke
Clinical Nutritionist (BHS)



We've teamed up with Clinical Nutritionist, Janina Gelbke, to bring you this 7-day meal plan to support your HBF Run for a Reason training. Whether you're embarking on the 4km, stepping up to the 12km or taking on the half marathon, these delicious recipes are sure to give you all the nutrition you need for event day.

	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening snack (optional)
MON	Golden Milk Oats	A piece of fruit and handful of raw nuts	Falafel Wrap	Choc Thickshake	Satay Unfried Rice	Handful of berries and square of dark chocolate
TUE	2 pieces wholegrain bread spread with nut butter and banana slices	Hummus with veggie sticks (carrot, cucumber, celery etc)	Rainbow Rice Salad (optional: add a boiled egg or tinned salmon)	Choc Chip Oatmeal Cookies	Potato Nachos with Spicy Refried Beans	Gingerbread Crunch Bliss Balls
WED	Mango Macadamia Nicecream	Gingerbread Crunch Bliss Balls	2 pieces wholegrain toast with mixed salad veggies, avocado and boiled egg or hummus	Choc Chip Oatmeal Cookies	Spicy Lentil Sweet Potato Dahl, served with salad and avocado	Handful of berries and square of dark chocolate
THU	Yoghurt (coconut or Greek) with muesli, banana and berries	A piece of fruit and handful of raw nuts	Leftover Dahl, served with salad and avocado	Gingerbread Crunch Bliss Balls	Mexican Chilli, served with brown rice or quinoa, salad and guacamole	Handful of berries with coconut or Greek yogurt
FRI	Green Glow Smoothie	A piece of fruit and handful of raw nuts	Chickpea Tuna (or tuna) Sushi	Choc Chip Oatmeal Cookies	Cheesy Pasta Bake, served with mixed greens	Gingerbread Crunch Bliss Balls
SAT	Choc Raspberry Oats	Hummus and veggie sticks	Green Goddess Bowl	Choc Thickshake	Curried Bean Burgers, served with salad	A couple of squares of dark chocolate
SUN	Mango Raspberry Pancake Stack	Gingerbread Crunch Bliss Balls	Leftover curried bean burgers, serve with salad or in a sandwich or wrap	A piece of fruit and handful of raw nuts	Simple Stir Fry, served with brown rice or soba noodles	Handful of berries with coconut or Greek yogurt

TIP Training today? Aim to refuel with a post-workout meal or snack, containing both protein and carbohydrates, within the hour of finishing training for optimal recovery and replenishing your body's glycogen stores!