

Whether you're starting out on Shape's 10km Challenge, or looking to improve your time, this 7-day eating plan will fuel your tank so you'll run better and faster!

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# The runner's eating plan

## Per day

1/2 cup of low-fat milk for tea and coffee per day. Mid-morning and mid-afternoon snack can be interchanged

## Weight maintenance 7-day meal plan for a female runner (60kg)

### Day 1

#### BREAKFAST:

**Peanut butter on toast with mango Smoothie**

- 1 slice low GI bread (60g per slice)
- 125ml fat-free vanilla smoothie (or preferred flavour, blended with fruit)
- 1/2 small mango, sliced (110g or other seasonal fruit, blended with yoghurt)
- 2 t low sugar peanut butter

#### MORNING SNACK

- 3 Provitass
- 1/3 cup fat-free cottage cheese (80g)
- 1/2 sliced fresh tomato

#### LUNCH:

- Tuna Salad Bread Roll**
- 1 whole grain, seeded bread roll (60g)
  - 1 tin tuna (100g in spring water)
  - 1 T low-fat mayonnaise (15ml)
  - 2 cups rocket and sliced cucumber

#### AFTERNOON SNACK

- 30g lean, biltong strips
- 4-5g dried mango strips (30g)

#### SUPPER:

- Roasted chicken and vegetables**
- 1 roasted skinless chicken breast (80g)
  - 1/2 small sweet potato (90g), mashed
  - 1 cup (250ml) roasted butternut,
  - 1 cup (250ml) courgettes and peppers
  - 2 t olive or canola oil

### Day 2

#### BREAKFAST:

**Yoghurt and mixed berry muesli**

- 2/3 cup low sugar, low-fat muesli (less than 5g sugar and fat per 100g) (50g)
- 125ml fat-free strawberry flavoured yoghurt
- 3/4 cup mixed berries (140g or other seasonal fruit)
- 9 pistachio nuts

#### MORNING SNACK

- 1 small whole grain rusk (30g)
- 1 cup (125ml) skinny decaf cappuccino

#### LUNCH:

- Chickpea & pesto salad**
- 2/3 cup chickpeas (140g)
  - 1 large mealie (180g)
  - 2 cups lettuce, cherry tomatoes, snap peas and asparagus
  - 2 t pesto

#### AFTERNOON SNACK

- 100ml fat-free drinking yoghurt
- 1 medium nectarine (180g or other seasonal fruit)

#### SUPPER:

- Chilli & lime fish**
- 1 piece baked fish (140g) e.g. hake (with chopped chilli and squeezed fresh limes)
  - 1/2 small sweet potato, mashed (90g)
  - 1 cup (250ml) steamed baby carrots and green beans (tossed in 2 t soya sauce)
  - 4 t sesame seeds (sprinkled over vegetables)

### Day 3

#### BREAKFAST:

**High-fibre cereal**

- 2/3 cup high-fibre bran cereal (50g)
- 1/2 cup (125ml) low-fat milk
- 10 large strawberries, chopped into cereal (250g or other seasonal fruit)
- 5 cashew nuts

#### MORNING SNACK

- 4 T low-fat hummus
- 3 corn thins (optional: baby corn and mange tout to dip in humus)

#### LUNCH:

- Chicken & Avo Pita**
- 1 chicken breast (80g), leftovers sliced into strips
  - shredded lettuce, grated carrots and pepper dews
  - 1 small brown pita bread (60g)
  - 1/4 small avocado (mashed and spread on the inside of pita bread)

#### AFTERNOON SNACK

- 125ml fat-free peach and apricot flavoured yoghurt (or preferred flavour)

- 1 small bunch of grapes (110g or other seasonal fruit)

#### SUPPER:

- Bean and butternut curry**
- 2/3 cup butter beans (140g)
  - 1/2 cup brown, basmati rice (65g)
  - 1/2 cup (125ml) butternut (in curry)
  - 1 cup (250ml) spinach (in curry)
  - 2 t canola or olive oil

### Day 4

#### BREAKFAST:

**Poached egg on toast**

- 2 slices rye toast (30g per slice)
- 1 poached egg
- 1 cup fruit salad
- 1 t canola or olive oil margarine

#### MORNING SNACK

- 3-4 slices lean, shaved ham (with a t mustard)
- 2 Ryvitas

#### LUNCH:

- Lentil & barley mint salad**
- 2/3 cup lentils (140g)
  - 1 cup cooked barley
  - 2 cups chopped mushrooms and diced cucumber
  - chopped mint and coriander (for flavour)
  - 42 tsp olive oil vinaigrette

#### AFTERNOON SNACK

- Smoothie:**
- 125ml fat free strawberry flavoured yoghurt (or preferred flavour)
  - 1 cup chopped pawpaw

#### SUPPER:

- Ostrich fillet and beetroot salad**
- Ostrich fillet (100g)
  - 3 baby potato (tossed in pesto)
  - 1 cup salad greens
  - 1/2 cup beetroot salad (mixed with salad greens)
  - 4 t pesto (for potatoes)

### Day 5

#### BREAKFAST:

**Whole-wheat ProNutro**

- 1/2 cup Whole Wheat ProNutro
- 1/2 cup low fat milk
- 1 banana, chopped into ProNutro
- 1 T Flaked Almonds

#### MORNING SNACK

- 1 + 1/2 cups popcorn
- 100ml fat-free drinking yoghurt

#### LUNCH:

- Grilled sardines on toast**
- 3 sardines (placed on toast) with 30g mozzarella
  - 2 slices whole grain bread (30g per slice)
  - 1/2 cup sliced onion (and layered on toast)
  - 1 tomato, sliced (and layered on toast)
  - 1 tsp canola or olive oil margarine

#### AFTERNOON SNACK

- 1 apple (or other seasonal fruit)
- 30g lean strips of biltong

#### SUPPER:

**Chicken & cashew nut stir-fried vegetables**

- Chicken strips (80g)
- 1/2 cup cooked wild rice (65g)
- 1/2 sliced onion
- 2 cups shredded cabbage, sliced mushrooms and peppers
- 1 t olive or canola oil and 5 cashew nuts

### Day 6

#### BREAKFAST:

**Baked beans on toast**

- 2 slices seed loaf, toasted (30g per slice)
- 1/3 cup baked beans (140g)
- 1/2 small mango, sliced (110g) (or other seasonal fruit, blended with yoghurt)
- 2 t low sugar peanut butter

#### MORNING SNACK

- 2 small digestive biscuits
- 1 cup fat-free milk to drink (125ml)

#### LUNCH:

- Ham & cottage cheese jacket potato with cole slaw**
- 1 medium baked potato (180g)
  - 3-4 slices lean ham (40g) with 1/3 up fat-free cottage cheese (80g)
  - 1 cup grated carrot
  - 2 cups shredded cabbage
  - 1 T low-fat mayonnaise

#### AFTERNOON SNACK

- 1 cup chopped melon (or other seasonal fruit)
- 125 ml fat-free granadilla flavoured yoghurt (or preferred flavour)

#### SUPPER:

- Grilled salmon with roasted vegetable couscous salad**
- 1 piece of salmon (60g)
  - 1/2 cup cooked couscous (mixed with couscous)
  - 1/2 sliced shallots
  - 2 cups roughly chopped patty pans, red peppers and courgettes, roasted
  - 2 t canola or olive oil (to roast vegetables)

### Day 7

#### BREAKFAST:

**Apple & cinnamon oats**

- 1 cup cooked oats
- 125ml fat-free vanilla flavoured yoghurt
- 1 apple grated into oats
- 1 t cinnamon (for flavour)
- 1 T flakes almonds

#### MORNING SNACK

- 3 Finn crisp crackers
- 2 T ricotta cheese with sliced cucumber

#### LUNCH:

- Chargrilled turkey & olive pasta salad**
- 1 small turkey breast (80g)
  - 1 cup cooked whole wheat pasta
  - 2 cups diced spring tomato, button mushrooms and basil
  - 5 olives, pitted and chopped

#### AFTERNOON SNACK

- 2-3 plums (150g or other seasonal fruit)
- 125ml fat free vanilla yoghurt (or preferred flavour)

#### SUPPER:

- Beef & onion kebabs with steamed vegetables**
- 1-2 lean beef kebabs (80g)
  - 1 medium mealie
  - 1 cup baby onions (on kebabs)
  - 1 cups cooked broccoli and cauliflower
  - 1 t olive or canola oil and 5 cashew nuts

