

- Meal with complex carbs and easily digestible protein (avoid dairy and fats, especially grease)
- Examples: 1) Whole wheat bagel w/ peanut butter and honey, banana; 2) Oatmeal (real, not instant), 1-2 eggs (hardboiled is best), banana
- Experiment with balanced food combinations that work best for you before a race

Protein Suggestions

- Eggs
 - roughly 6 grams of protein per egg
 - most efficiently absorbed protein on the planet (hardboiled is best)
- Chicken
 - a chicken breast the size of a deck of cards has roughly 25 grams of protein
- Tuna
 - read the label for protein levels
- Lean Beef
 - some Olympic distance runners eat a medium sized lean steak (the size of a deck of cards) the night before a race, along with a balanced meal of complex carbs, fruits, and vegetables
- Fish
 - baked, not fried
- Peanut Butter
 - be sure to buy REAL peanut butter (they are labeled, and usually require stirring)
 - having less ingredients on the label is best
- Nuts
 - The harder the nut the better
 - Non-roasted Almonds (avoid roasted nuts), Walnuts, etc
- Stay away from processed meats (read labels for ingredients when available)

Carbohydrate Suggestions

- Whole wheat breads/bagels
 - eat bread that is 3g of fiber or more per serving
- Granola
 - avoid artificially sweetened granola bars (corn syrups, fructose, etc)
- Honey
 - use this in place of sugar or other sweeteners where possible
- Whole grain rice and noodles (anything other than plain white rice; regular noodles are ok)
 - quinoa is one of the best rice options

Fruit and Vegetable Suggestions

- Eat a variety of colors (greens, reds, etc); don't just eat the same fruit and veggies every day
- Raw is better than cooked (when possible), but cooked is better than no fruits or veggies at all
- apples, bananas, oranges, grapes, blueberries, strawberries, etc
- spinach (great veggie option), carrots, beans (green, black, pinto, etc), peas, peppers, onions, etc

Supplements

- Omega 3 pills (1000mg daily)
 - These have tremendous anti-inflammatory properties (prevent muscle soreness and fatigue)
 - These are essentially fish oil pills; take them DURING a meal farthest from next workout so they absorb into your body with your food
- Vitamin D (1000 iu daily)
 - This vitamin is naturally absorbed from sunlight, so it is especially important to take during long periods of cold weather (not typically recommended during summer months)
- A generic daily multi-vitamin
 - These are not needed if you already eat a perfect diet that provides the needed vitamins (so most teenagers need one)