



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

Coach Bentley & Coach Hutchinson
coaches@northridgexc.com

NRXC NUTRITIONAL TOP 10

1. Eat enough, always. Eat too much, sometimes. Eat too little, never!
2. Get in 200-400 calories in the morning before you run.
3. Eat each of the three major categories of foods (carbs, protein, and fats).
4. Drink regularly throughout the day, and before, during, and immediately after running.
5. Eat as soon as possible after running, and especially after a hard workout. Start the recovery clock!
6. Consider drinking a sports drink to replenish electrolytes after sweating a lot.
7. Don't try and force yourself to be hungry for long periods throughout the day.
8. Plan and carry healthy snacks with you that you can eat during the day.
9. Enjoy eating sugary treats and candy periodically. Just don't do it all the time and try to keep the portions smaller.
10. Focus on trying to eat a little better and add in healthy foods rather than cutting out unhealthy foods.

BONUS TIP: When in doubt about a nutritional choice, err on the side of eating!

Healthy Meal, Snack, and Pre-Race Ideas

Breakfast

Yogurt and Granola
Smoothie & Smoothie Bowls
Piece of Fruit (Apple, Banana,
Orange)
Oatmeal with Berries/Fruit
Eggs
Whole Wheat Toast with Butter or
Peanut Butter
Protein Shake
Low-Sugar Cereal with Milk

Lunch

Piece of Fruit
Salad
Sandwich or Wrap
Dinner Leftovers
Green or Pasta Salad
Soup
Yogurt with Granola
Whole Wheat Toast with Butter or
Peanut Butter
Nuts or Trail Mix

Dinner

Rice with Protein
Pasta with Protein
Stew or Chili, or Curry
Stir Fry
Baked Potatoes
Salmon with Rice or Potatoes
Taco Salad or Burrito Bowls
Salad with Protein
Lasagna
*And too many others to mention!***

Snacks

Piece of Fruit (Apple, Banana,
Orange)
Apple Slices with Peanut Butter
Celery with Peanut Butter
Superhero Muffins*
Carrot Sticks
Granola Bar
Smoothie or Smoothie Bowl
Chips & Salsa
Cookie, Cake, or Other Treat

Pre-Race Ideas***

Oatmeal with Berries/Fruit
Smoothie Bowl
Fruit (Apple, Banana, Orange)

Bagel or Whole Wheat Toast
Granola Bar or Protein Bar
Yogurt with Granola

* <http://www.dinneralovestory.com/shalane-flanagans-superhero-muffins/>

** Make sure you're getting plenty of carbohydrates. Your dinner should be mainly (~60%) carbohydrates and should include a source of protein as well as some vegetables/fruit.

*** Try to eat at least a couple hours before racing. Don't eat heavy foods or too much fiber.