



DAY 3 - NEARING THE HALFWAY MARK!

The intake of carbohydrates will start to increase today at the main meals. As the training volume starts to increase again, your diet should be high in antioxidants and protein to help support on-going muscle repair as the race draws nearer.

BREAKFAST A LARGE BOWL OF OATMEAL + VEGAN MILK OF CHOICE - WITH 1 TABLESPOON EACH OF WALNUTS AND RAISINS

Fresh fruit salad – choose apples, hard pears, berries or nectarines. Chop a selection of fruits into a bowl, with a squeeze of lime or lemon juice. Add 2-3 spoons of coconut yogurt or soya yogurt and 2 tablespoons of seeds. Try pumpkin or sunflower seeds, or shelled hempseeds, or simply use a mix. The seeds are a great source of much-needed protein, and essential fats.

BREAKFAST 2 OR MID-MORNING SNACK ... PROTEIN SMOOTHIE

- 1 cup mixed berries + 1 chopped banana
- 2 large handfuls of spinach
- 20g pea protein powder (or other vegan protein of choice)
- 1 spoon of coconut butter
- Water or vegan milk for blending
- + 2 slices of rye bread spread with wholegrain peanut butter or almond butter

LUNCH BABY ROOT VEG SALAD WITH SPRING ONION, LEMON AND WALNUT OIL

The vegetables used here ideally need to be young and sweet and simply need blanching for a couple of minutes before being added to the other ingredients. Root veg such as these are rich in nutrients and fibre, and make a salad filling, healthy and naturally colourful!

SERVES 2 (OR ONE HUNGRY PERSON!)

- 100g baby carrots
- 2-3 baby turnips
- 2-3 baby beetroots
(if you can't find raw beets, use organic cooked and vacuum-packed if you wish)
- 1 tablespoon of walnut oil
- 3 spring onions, diagonally sliced, or use 1/2 raw fennel bulb, thinly sliced
- Juice of 1/2 lemon
- 75-100g "mix" of rocket, watercress and lamb's lettuce

Take a pan of boiling water, and "blanch" the root vegetables for 2-3 minutes, until tender but still "crisp" to the bite. Drain and set them aside. In a bowl, combine the leaves with the sliced spring onion or fennel, and then add the cooked vegetables. Now add the lemon juice and the walnut oil and toss well before serving.



SNACK

CARROT AND RED PEPPER STICKS WITH 5 OATCAKES AND 2 TBSP OF HUMMUS

EVENING

BROWN BASMATI “WALDORF” SALAD

SERVES 2

- 30g walnuts
- Zest from one orange and the juice
- A little freshly squeezed lemon juice to pour over the chopped apple
- 2 tbsp apple cider vinegar
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp ground nutmeg
- ¼ tsp of caraway seeds
- 200g cooked brown rice
- 2 tablespoons of raisins
- 2 red apples, washed, cored and cut into small pieces
- 3 stalks of celery cut into ½ cm chunks
- 5 or 6 pale green celery leaves, chopped
- 4 sprigs parsley, chopped
- 5 or 6 cherry tomatoes cut in half for colour



Cook the rice if not already prepared. Break or halve the walnuts and set aside. In a large bowl, combine the orange zest and juice, vinegar, sea salt, pepper, caraway and nutmeg. Mix well. Chop the apples and drizzle with the lemon juice to avoid browning.

Add the cooked rice, apple, celery, and celery leaves, parsley, and chopped walnuts to the herb and orange dressing. Toss all together until the salad is well mixed. Serve the salad on “whole” crisp romaine lettuce leaves. Top with the cherry tomatoes for colour.

BEFORE BED

1 BANANA

