



DAY 7 - THE MAIN EVENT!

On the day of main even you should go with your tried and tested recipes. We have come up with some options below, but you may also wish to choose your favourites over the last week. After the race, you will need to replace fluid, carbohydrate and protein in one natural drink so we have moved the usual Protein Smoothie to the afternoon. Don't forget to also include carbohydrates and protein at dinner to continue the refueling and repair process.

BREAKFAST

A LARGE BOWL OF OATMEAL + VEGAN MILK OF CHOICE - WITH 1 TABLESPOON EACH OF DRIED FRUIT

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.

PRE RACE SNACK...

2 SLICES OF RYE BREAD SPREAD WITH WHOLEGRAIN PEANUT BUTTER OR ALMOND BUTTER AND FRUIT CONSERVE

POST RACE SNACK

PROTEIN SMOOTHIE

- 1 cup blueberries + 1 chopped apple or other fruit
- 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

- + TREK Energy Bar of choice



EVENING

SWEET POTATO AND CHICKPEA STEW

SERVES 2

- 1 tablespoon of coconut oil
- 1 onion, diced
- 1 clove of garlic, peeled and chopped
- 1 sweet potato, cubed
- 2 tbsp tomato puree
- 1 tsp organic ground turmeric
- 1 tsp organic ground cumin
- ½ tsp ground black pepper
- ¼ tsp sea salt
- 1 can of chickpeas, drained
- 1 can of tinned tomatoes
- 1 can of coconut milk
- ½ bag of organic spinach



Heat the coconut oil in a pan over a moderately high heat and add the onion and garlic. Avoid burning the garlic. Continually stir for a minute and then add the tomato puree and spices and stir for another 30 seconds. Add the sweet potato cubes, and cook for a further 2 minutes or so.

Once the sweet potato are coated in spices and the mixture becomes fragrant, add the chickpeas, tinned tomatoes and coconut milk and cook for 25 minutes. Add spinach and cook for another 5 minutes. Serve the stew with brown rice or quinoa, and you can also sprinkle some coriander on the top.

