



# A SIMPLE GUIDE TO THE RUNNER'S DIET

## What To Eat

### Carbohydrates

Provide energy for running and replenish glycogen stores post-run.

Whole grains

Fruits

Vegetables



### Protein

Help repair and build muscle tissue.

Lean meats

Fish

Tofu

Legumes



### Healthy Fats

Aid in recovery and overall health.

Nuts

Seeds

Avocado

Olive oil



### Hydration

Essential for performance and recovery.

Water

Electrolyte-rich  
beverages

Coconut water



## Tips To Keep In Mind

Be mindful of the timing and portion size of your meals to avoid overeating.

Stay hydrated before, during, and after runs.

Consult a registered dietitian for a personalized nutrition plan that suits your individual needs and goals.

# The Runners Diet

**Juliet McGrattan**



## **The Runners Diet:**

## Unveiling the Magic of Words: A Report on "**The Runners Diet**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**The Runners Diet**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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