

CHOOSE ONE MEAL OPTION PER ●

RUNNING/CYCLING High Cardio Day

**MEAL ONE**

**BREAKFAST**

**PRIOR TO TRAINING (5.30am)**

- Toast x2 slices with low fat/sugar peanut butter or vegemite and a glass of orange juice.
- **MUSASHI P30** milk drink and x1 apple (medium).
- Smoothie: berries, low fat Greek yogurt, **MUSASHI Natural Protein** powder and water (200mL).

**POST TRAINING AT WORK OR HOME (7.30am)**

- Weetbix x4 with milk (300mL) topped with mixed berries.
- Hardboiled eggs x2 and rye toast x2 slices with low fat spread.
- Oats (x1 cup) cooked with 1/2 milk 1/2 water topped with blue berries and x1 tsp of natural honey.

**MEAL TWO**

**MID-MORNING SNACK (approx. 10.30am)**

- Smoothie: mixed berries, crushed ice, water (200mL), x1 scoop of **MUSASHI Natural Protein** and low fat yoghurt.
- Fruit salad (100g) with low fat Greek yoghurt (150g).
- Large handful of raw almonds and a glass of orange juice.
- **MUSASHI P30** milk based drink – snack on the go.
- Tin of tuna (in spring water) with x5 water crackers (low salt).
- **MUSASHI Lean WPI** protein shake mixed with water and a medium banana.
- Hardboiled eggs x2 sliced with x4 water crackers, cucumber or soft low fat cheese.

*Avoid sugary/high fat snacks at this time of day. Try and consume a healthy snack/meal option here rather than a packet of chips, chocolate bar etc. it will reduce the chances of energy slumps and also help stock up usable energy for your training time.*

**MEAL THREE**

**LUNCH (approx. 12.00-1.00pm)**

- Turkey (85g) sandwich whole grain or rye bread. Followed by a low fat Greek yogurt (175g).
- Chicken breast (140g) wrap, low fat dressing and mixed salad.
- Sweet potato or white potato baked (large) topped tuna (no mayo), sweetcorn, spring onion, avocado and raw spinach leaves.
- Pasta (brown or spelt) with homemade tomato based sauce (230g) with mixed vegetables (x2 cups).
- Hardboiled eggs x2 with a large mixed green salad (200g), drizzle of olive oil and cracked pepper.



**MEAL FOUR**

**MID-AFTERNOON SNACK (approx. 3-4pm)**

- **MUSASHI P30** milk drink and an apple.
- Toast or rice crackers (x3) topped with peanut butter or vegemite.
- Greek low fat yogurt (150g) with x1 handful of raw oats and x1 tsp of honey.

**PRIOR TO TRAINING**

Water (300mL) or electrolyte beverage (**MUSASHI Elevator**) and muesli grain bar if you are hungry.

**POST TRAINING (on way home)**

- **MUSASHI Muscle Recovery** (BCAAs) x1 serve with water to help reduce soreness.
- Protein shake (**MUSASHI Lean WPI** or **MUSASHI Natural Protein**) and x1 apple (medium).
- Glass of milk with a piece of fruit.

**MEAL FIVE**

**DINNER (approx. 7pm)**

- Grilled salmon (170g) steak with spinach, green beans and x4 potatoes.
- Chicken (150g) vegetable stir fry and basmati rice (x1 cup)
- Steak (150g) and mixed salad (x4 cups) or steamed vegetables (x3 cups) with a low fat dressing. Basmati steamed rice (1 cup).
- Turkey mince (200g) or lean beef spaghetti bolognese. Wholemeal or spelt spaghetti (100-110g) with homemade tomato based sauce with mixed vegetables.
- Stir fry (chicken or beef) with fresh mixed vegetables and steamed rice (x1 cup) or noodles (x1 cup).

**MEAL 6 (post dinner snack)**

- Greek yoghurt (170g) with one scoop of whey protein (**MUSASHI Lean WPI** or **MUSASHI Natural Protein**).
- Fruit (eg. apple, orange or peach) and handful of nuts.
- **MUSASHI Natural Protein** with milk.
- Sugar free jelly.
- Frozen grapes (x2 handfuls).

*Avoid sugary biscuits, ice cream and chocolate as a snack at night. If you have a sweet tooth choose frozen grapes, sugar free jelly or fruit to snack on.*

