

High endurance, high energy meal plan by Danielle Roberts

	Option 1	Option 2	Option 3
Breakfast 2hrs before 95g carb Can add some protein	100g Future life porridge with water 1 banana	2-4 slice peanut butter toast 1 banana	1 cup Fruit salad 2 slicebread with 1 boiled egg (optional) or Bovril
BEFORE RACE 60-75g carb	1-2 slice bread (add jam / Bovril) + 500ml Energy drink	500ml Energy drink Cereal bar	350 – 500ml Energy drink 1 banana
AFTER 1 HOUR 30-60g carb	500ml Energy Drink + 1 sachet Pepto Pro + 1 PVM Bar	500ml Energy Drink + 1 sachet Pepto Pro + 1 large banana	500ml Energy Drink + 1 sachet Pepto Pro + 1 safari Fruit break bar
AFTER 2 hours 30-60g carb	250-500ml Energy Drink Handful dried fruit	Bovril Sandwich + 250-500 ml Energy Drink	250-500ml Energy Drink + ½ potato
Hours 3-5 60-180 g carb	<u>Each hour</u> take in same as 2 nd hour above	<u>Each hour</u> take in same as 2 nd hour above	<u>Each hour</u> take in same as 2 nd hour above
Hours 6-8 60-180g carb	Hour 6: 250-500ml Energy drink Handful biltong Hour 7-8: <u>each hour</u> : potato + 500ml Energy drink	Hour 6: 250-500ml Energy drink handful peanuts & raisins Hour 7-8: <u>each hour</u> : potato + 500ml Energy drink	Hour 6: 250-500ml Energy drink Dry wors stick Hour 7-8: <u>each hour</u> : potato + 500ml Energy drink
DRINK straight AFTER RACE 60g carbs	350ml Energade + 250ml vanilla milk	350ml Energade + 250ml vanilla milk	350ml Energade + 250ml vanilla milk
SNACK AFTER RACE 30g carbs 3 protein	1-2 fruit (any kind) Handful biltong Water	2 slice bread sandwich (egg / chicken / mince / peanut butter / cheese) Water	Dried fruit & nuts Water
MEAL 1-2 hours post race 90-120g carbs 5 protein	Large portion pasta + 150-180g mince And salad	200g grilled chicken 4-6 baby potatoes Salad	1 - 1 ½ cup rice + chicken / fish / meat stew And veg

This is about 600g carbs – if hungry can add 2 -3 fruits

