



## WHAT TO EAT POST WORKOUTS...

Most runners know that they need to eat a combination of healthy carbs and protein soon after a workout. There are different kinds of post run scenarios, each with its own nutritional challenges and requirements. After all, an easy evening three-miler doesn't require the same refueling strategy as a tough 14-mile tempo run.

The right meal, at the right, time makes a big difference. Here's how to tailor your meals for five common post run situations.

### **Post run: You're starving after a three-miler.**

**Eat This:** After an easy, short run, you haven't burned a ton of calories or worked your muscles extremely hard, so usually there's no need to eat much. But if you're really hungry, it's a signal your carbohydrate levels are low and you started the run depleted.

To satisfy your belly without going overboard on calories, eat high-fiber foods. Many studies, including a large review done by researchers at Tufts University, have shown fiber helps people feel fuller and more satisfied. Try a simple bowl of whole grain cereal and whole milk, whole-wheat bagel with a little bit of fat like almond butter, cream cheese, a hard boiled egg or a few nuts with a handful of dried figs.

### **Post run: After a 45-minute run, you're short on time.**

**Eat This:** For many runners, this type of workout is the backbone of their training, especially on time-crunched weekdays. For runs less than 60 minutes, don't worry about getting exactly the right ratio of carbs-to-protein post run; rather, focus on eating foods that contain both.

It's when you run over an hour that the carbs-to-protein ratio becomes more important. Just aim for healthy choices. If you run in the morning, freeze a fruit and yogurt smoothie the night before and take it out to defrost before your run. If you're a noontime runner, pack a hummus and veggie pita sandwich to eat after. For a quick dinner after an evening run, eating some chicken breasts or salmon fillets paired with fast-cooking brown rice and steamed asparagus.



**Post run: You ran long and hard, and you're tired.**

**Eat This:** When you run longer than an hour, you need to focus on refueling—and fast. There's a 30-minute window where the body is very receptive to getting carbs back into the muscles. To know your carb needs, divide your weight in half. If you weigh 140 pounds, you need 70 grams (280 calories) of simple carbs within 30 minutes.

Have an apple or banana with almond butter, because they're quickly absorbed. Getting some protein, too, will kick-start muscle repair.

Within an hour of that snack, eat a full meal, ideally in a 4:1 carbs-to-protein ratio. According to a 2006 study in *Medicine and Science in Sports and Exercise*, eating carbs and protein together increases glycogen levels more than eating just carbs. Try a bean burrito or whole grain pasta with meat sauce to give your body the nutrients it needs. Make sure to include vegetables to boost your antioxidants and alkalize your body.

**Post run: You feel queasy.**

**Eat This:** If your stomach feels upset after a run, it's likely telling you it's been stressed out—either by dehydration, too many gels, or from working hard to get fuel into your system. Even though you might not feel like eating, doing so will help reduce that unsettled feeling and speed recovery.

Skip energy gels and chews, which are digested very quickly and choose something that takes longer to break down, such as a banana or sweet potato—they'll stay in the stomach longer, protecting the lining from acid and helping override that queasy feeling. Other ideas? Ginger tea with honey or bland, easily digestible carbs, like a bowl of oatmeal.

**Post run: You ran at night, and bedtime looms.**

**Eat This:** Since you'll be going to bed soon, you don't want to eat too much. Doing so regularly could lead to indigestion—and weight gain. One way to prevent overeating after a late run is to have your last real meal about two hours before your run.



After your workout, you won't be super hungry and can refuel with something easy to digest. Stick with a mix of carbs and protein, like whole grain bread or an apple with nut butter. Not only will it take the edge off if you're a little hungry, but the carbs will replenish glycogen stores overnight and the protein will start healing your muscles, so you'll be ready to run again the next day.

### **Marathon Recipes to help you properly fuel for your next big race....**

#### Chicken with Quinoa Salad

For the Quinoa Salad

3 cups cooked quinoa, at room temperature or slightly chilled  
1/2 cup cucumber, diced with skin on  
1/4 cup red bell pepper, diced  
2 tablespoons fresh flat-leaf parsley, chopped  
2 teaspoons fresh mint, chopped  
2 tablespoons olive oil  
1 tablespoon freshly squeezed lemon juice  
2 tablespoons red onion, minced  
1 1/2 tablespoons sherry vinegar  
1/2 teaspoon sea salt  
1/8 teaspoon freshly ground black pepper

For the Parsley Vinaigrette

2 tablespoons freshly squeezed lemon juice  
1 1/2 tablespoons water  
1 tablespoon olive oil  
2 1/2 tablespoons fresh flat-leaf parsley, finely chopped  
Sea salt and freshly ground black pepper  
Additional Ingredients  
4 boneless, skinless chicken breast halves, grilled and thinly sliced

Directions

For the Quinoa Salad: Combine the quinoa, cucumber, bell pepper, parsley, mint, olive oil, lemon juice, red onion, and vinegar in a large bowl and toss to mix. Season with salt and pepper.

For the Vinaigrette: Whisk together the lemon juice and water in a small bowl. Whisk in the olive oil and then fold in the parsley. Lightly season with salt and pepper.



Divide the quinoa into four plates or plastic containers and arrange the chicken over the quinoa. Drizzle with the vinaigrette. Serves four.

#### Pesto Turkey and Goat Cheese Sandwich

2 slices on hearty bread, toasted  
2 tablespoons soft goat cheese  
2 teaspoons jarred pesto  
2 to 3 slices turkey or smoked ham  
Handful of arugula or baby spinach leaves  
3 oil-packed sun-dried tomatoes, rinsed, dried, and chopped  
1 grind black pepper

Directions: Spread soft goat cheese on both pieces of bread. Spread prepared pesto over the goat cheese. Layer the bread with smoked turkey or smoked ham, arugula or baby spinach leaves, and sun-dried tomatoes. Sprinkle with pepper. Serves one.

#### Bell Peppers Stuffed with Quinoa

1 cup uncooked quinoa, rinsed  
1/2 tablespoon olive oil  
1 onion, chopped  
2 cups small mushrooms, sliced  
1 cup carrots, chopped  
1 red bell pepper, chopped  
1/2 cup parsley, chopped  
5 cups baby spinach  
1 1/2 teaspoons ground cinnamon  
3/4 teaspoon ground cumin  
Salt and pepper to taste  
1 cup large roasted, salted cashews  
6 bell peppers (red, orange, and yellow), tops removed and reserved, seeds and cores discarded

Directions Preheat the oven to 350° F. Cook the quinoa according to package directions. Set aside.



Heat 1/2 tablespoon of the oil in large skillet over medium heat. Add onions and cook about 10 minutes, until transparent. Add mushrooms and continue cooking another 4 to 5 minutes. When mushrooms are softened, add carrots and red bell peppers. Cook for a few minutes, and then add parsley and spinach, mixing after each addition. Let spinach wilt and then stir in cinnamon and cumin.

Add cooked quinoa and toss gently to combine. Season with salt and pepper. Remove from heat and stir in cashews. Divide quinoa mixture evenly between red and yellow bell peppers, gently packing it down and making sure to fully fill each pepper.

Top each with its reserved top and arrange peppers, upright, in a greased deep baking pan. Cover the pan, bake for 45 to 50 minutes. Peppers are done when there is just a slight give to the flesh. Serves six.

### Chicken Stir-Fry

Stir-fry's are a speedy way to cook chicken and ensure you get a few servings of health-boosting vegetables.

- Two boneless, skinless chicken breasts (or three to four skinless thighs), cut into 1/2- to 3/4-inch cubes or strips
- 3 tablespoons unrefined sesame oil, divided
- 4 cups total raw Napa cabbage, bok choy, red peppers, and scallions, thinly sliced
- 1/4 to 1/3 cup of your favorite bottled stir-fry sauce (or make your own with 1/4 cup soy sauce, 1 teaspoon grated fresh ginger, and 1 clove chopped garlic).

Directions: In a deep skillet, heat the two tablespoons peanut oil on medium-high heat. Add Napa cabbage, bok choy, red peppers, and scallions, and stir-fry until cooked (you may need to stir-fry in batches to handle the volume). Remove veggies from skillet and heat one tablespoon sesame oil. Add the chicken and stir-fry until it has lost its pink color, about three to five minutes. Add cooked vegetables to skillet and toss with stir-fry sauce. Serve over brown rice.

### Salad Nicoise

Stay well fueled on this simple summer salad.



## SALAD

- 1/2 cup canned tuna in water
- 1 head Bibb or romaine lettuce
- 4 hard-boiled eggs, cut into quarters
- 4 cooked Red Bliss potatoes, cut into quarters
- 1/2 cup green beans, blanched
- 4 teaspoons cured black olives
- 2 ripe tomatoes, cut into six wedges
- 8 anchovy fillets

## DRESSING

- 2 teaspoons Dijon mustard
- 3 teaspoons red-wine vinegar
- 1 cup olive oil
- Salt and pepper to taste

Directions: To make the salad, arrange Bibb lettuce leaves on the bottom of a bowl.

Place the tomatoes, potatoes, green beans, eggs, and olives all around. In the center, place the tuna and top it with the anchovies.

To make the Dijon-mustard vinaigrette, mix together the mustard, vinegar, salt, and pepper; slowly whisk in the oil. Drizzle four tablespoons of the vinaigrette over the salad.

Serves four.