

Pre-Race Nutrition Sunday through Thursday

Breakfast 8 am:

1 cup Kellogg's Raisin Bran
1 cup skim milk
1 banana

Snack 11 am:

1 slice Great Harvest Honey Whole Wheat bread
1 tsp Honey
½ tsp Butter

Lunch 1 pm:

1 cup Lentil Soup
1 srv Corn Bread
1 cup baby carrots
1 Oatmeal cookie (70 cal)
1 Apple

Snack 3 pm:

1 Light Yoplait Yogurt
1 cup Grapes
2 Tbs Grape-Nuts cereal

Dinner 6 pm:

½ cup long-grain brown rice
3 oz. chicken breast
1 cup broccoli (steamed)
1 cup cauliflower (steamed)
1 cup skim milk
2 cups Costco spinach
1 Tbs Hidden Valley Ranch, reduced fat & calories
½ cup tomato
3 Tbs cucumber
10 croutons (57 calories)
1 srv Sourdough bread (70 cal)