

1 Week to the Broad Street Run: A comprehensive meal plan

By Katie Cavuto* for Philly.com

Whether you are an amateur or professional runner, tackling the 10-mile [Broad Street Run](#) course is no small feat. And when it comes to training for a successful race, understanding what and when to eat could be the difference between a sluggish run and a personal record.

Properly fueling your body does not have to be difficult or confusing. To demonstrate, I've put together an easy-to-follow guide to eating the week leading up to the run. The goal is to ramp up your carbohydrate intake and decrease fats and protein as the week progresses. Don't worry, there are options for the equal opportunity eater as well as those with dietary restrictions. I recommend that you choose serving sizes appropriate to your needs.

One week out: (Sunday–Wednesday)

Your focus should be on consistency, so don't drastically change your diet. However, you *can* focus on cleaning up your diet and eating appropriately, if you haven't already. Balanced meals with an emphasis on carbohydrates are your goal. Aim to fill half of your plate with carbohydrates (dairy, beans, grains, breads, fruit, etc) at each meal. Don't feel limited to refined pasta and potatoes, whole grains like brown rice and quinoa can be really nourishing.

- *Pro tip: Cook staples like rice, quinoa and pasta at the beginning of the week so you can easily incorporate them into meals.*

	The Norm	Gluten Free / Dairy Free / Vegan
Breakfast	Vegetable Frittata , English Muffin	Gluten Free Waffles (like Van's) with Nut Butter and Banana Slices
Snack	KIND Fruit and Nut Bar or Granola Bar	Nut Thins topped with Go Veggie! Dairy Free Cream Cheese, Dried Cherries and Pistachios
Lunch	Turkey Burger, Salad with Beans	Curried Quinoa , Veggies, Grapes
Snack	Hummus (or butternut squash hummus) and Pita or Veggies	Hummus (butternut squash hummus) with Cucumber
Dinner	Salmon , Brown Rice or Roasted Potatoes, Veggies	African Peanut Stew , Salad or left over Curried Quinoa with Veggies

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A Few Days Out: (Wednesday-Saturday)

Increase your carbohydrate intake a bit but don't overeat — instead you'll want to re-arrange your plate. If you need a visual of your plate, think 60-75% carbohydrates (basically an extra serving) that you can round out with lean proteins and fats. This will help increase your glycogen stores for race day. Make sure to eat something after a workout, as that's when your muscles are primed to store glycogen and need the protein for recovery.

	The Norm	Gluten-Free/ Dairy Free/ Vegan
Breakfast	Waffles with Nut Butter and Apple Slices	Quinoa Breakfast Cereal
Snack	Part-Skim Ricotta or Yogurt and Berries with Honey	Lara Bar
Lunch	Fresh Sliced Turkey, Avocado and Hummus in a Pita with Berries	Bean Soup (like Amy's), Hummus with Rice Cakes, Apple
Snack	Trail Mix or Energy Truffles	Energy Truffles or KIND Bar
Dinner	Rice and Bean Burrito with Pulled Chicken , Salsa	Roasted Root Vegetables with Chickpeas, Salad

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The Day Before: (Saturday)

Stick with foods you are familiar with. Consider having a large meal at lunch and keeping your “night before” meal simple and on the smaller side. Overeating can lead to an upset stomach and a poor night’s sleep.

Fill three-quarters of your plate with carbohydrates like easily digestible potatoes or pasta or, if your belly can handle it, whole grains like quinoa or farro. If you are not used to a lot of fiber, the night before the race is *not* the time to experiment. Then add a few ounces of lean protein like fish or chicken to round out your plate. Drink plenty of water leading up to the race and avoid alcohol.

- *Pro Tip: have a bedtime snack that is carbohydrate centric like some berries, a banana or a cup of decaffeinated tea with honey.*

	The Norm	Gluten-Free/ Dairy Free/ Vegan
Breakfast	Toast with Almond Butter and Sliced Banana, Glass of Milk	Gluten Free Whole Grain Flake (Like Mesa Sunrise, Nature's Path) with aded Dried Fruit and Slices Banana, Milk Alternative, Water
Snack	Fig Newton's	Apple with Almond Butter
Lunch	Farro with White Beans, Pesto and Kale , (grilled chicken optional), Berries OR Rice and Bean Burrito with Pulled Chicken and Salsa	Wild Rice Trail Mix Salad, Pear
Snack	Granola with Milk	Quinoa Tabbouleh or Dried/Fresh Fruit
Dinner	Pasta with Ground Bison or Turey and Marinara (you can even add beans), Roasted Carrots	Quinoa Pasta with Lentil Bolognese , Roasted Parsips

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The morning of:

Stick with what you know and eat at least 1-2 hours before the race to allow time for digestion. Avoid high fat foods and fiber as they can slow down digestion, leaving you feeling sluggish. Easily digestible carbohydrates are important to top off glycogen stores. Drink ample water or even a sports drink (16-24 ounces). Be sure to avoid dairy if it causes stomach upset.

If you prefer a protein fix, try a scoop of peanut butter or a hard-boiled egg.

Not hungry? Try a smoothie with easily digestible fruits like berries and bananas, a squirt of honey and a milk alternative.

- *Pro tip: For hunger pangs that hit right before the race, sip on a sports drinks or have a bite of a banana. Be sure to use the bathroom as the extra fluids will catch up to you.*

The Norm	Gluten Free / Dairy Free
Bagel with Jam, Banana, Sports Drink	Oatmeal with Raisins and Honey, Coconut Water
For the sensitive belly: Smoothie	Quinoa breakfast cereal , Sports Drink
Toast or Waffles (can choose a gluten-free variety) with Peanut Butter, Banana Slices and Honey, Water	Gluten Free Whole Grain Flake (Like Mesa Sunrise, Nature's Path) with added Dried Fruit and Slices Banana, Milk Alternative, Water

During the Race:

Be sure to practice your mid-race fueling plan while you train. You can try energy-replacement gels or simple foods like grapes, dried fruits or even a honey stick. The goal is to maintain blood sugar levels, which can be achieved by consuming easily digestible carbohydrates. Most people need 30-60 grams of carbohydrate per hour, but don't consume this all at once. The last thing you want while you're running is a full, upset stomach. For hydration, have a few sips of water or a sports drink starting 15 minutes into the race, and every mile after. Slow down as you sip so you don't gulp air instead of fluid.

- *Pro Tip: Don't rely on the sports drinks offered at hydration stations (water is fine) as you don't know what they are offering and your body may not be used to it.*

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Recovery:

Avoid eating a large meal during the 30-60 minutes after the race. Instead, have a snack that consists of easily digestible carbohydrates and protein at a 4:1 ratio. Something as simple as glass of low-fat chocolate milk will do the job of restoring blood sugar levels and providing protein for muscle recovery. Pro Tip: Avoid high fat foods post race as they inhibit digestion. Eat slowly to prevent an upset stomach.

For more coverage of the Broad Street Run, including a runner tracker, live race results, nutrition tips and more, visit philly.com/broadstreetrun.

** Katie Cavuto, MS, RD is a registered dietitian and trained chef. She is the president of [Healthy Bites](http://HealthyBites.com), a company offering local and national culinary nutrition services. Katie is also the consulting dietitian for the Philadelphia Phillies, and a regular contributor on local and national TV and radio as an expert in her field.*