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# INTRODUCTION

Regardless of your athletic goals and motives, whether you spin for an hour three times a week or are training for an ultramarathon, your diet affects not just your performance, but the enjoyment you get from working out.

The nutritional needs of athletes vary tremendously from one sport to another. This book focuses on endurance sports, such as running, hiking, cycling, cross-country skiing, snow-shoeing, swimming and so on. However, you will also find it useful if you enjoy activities such as tennis, Zumba or any other cardio workout, including outdoor boot camp, cardio boxing and stroller cardio.

The first part of this book teaches you where and how your body gets the energy it needs and provides key information about sports nutrition, including both general and specific recommendations (for before, during and after exercise). The second part provides 21 days of menus based on your training and competition schedule so you will have energy at the right times and can recover more easily on rest days. Finally, the third part contains nearly 50 recipes designed to meet the needs of athletes who like to eat healthy, tasty foods, but also want to spend more time in their running shoes than in the kitchen!

# DAY 1

## BREAKFAST .....



Granola #1 (p. 98)  
Milk, soy milk or yogurt

### **Snack**

Energy Balls (p. 117)



 45 to 60 minute workout

## LUNCH .....



Savory Rice Balls (p. 140)  
Hard-boiled eggs  
Raw vegetables  
Cheese

### **Snack**

Chocolate Pudding (p. 118)



## DINNER .....



Chicken Pizza (p. 142)  
Green salad

### **Snack**

Pineapple Strawberry Salad (p. 120)



# COFFEE

## Energy Bars

12 bars • PREPARATION: 10 minutes • COOKING TIME: 5 minutes • REFRIGERATION: 4 hours

### INGREDIENTS

½ cup (125 ml) almond butter

½ cup (125 ml) strong coffee

½ cup (125 ml) maple syrup

2 cups (500 ml) quick-cooking rolled oats

1 cup (250 ml) almonds, coarsely ground, or almond powder

½ cup (125 ml) dried apricots or apples, coarsely chopped

### METHOD

Line a 9-inch (23 cm) square pan with parchment paper.

In a saucepan over medium-high heat, whisk almond butter, coffee and maple syrup for 5 minutes until smooth.

In a large bowl, combine rolled oats, almonds and dried fruit. Using a wooden spoon, incorporate liquid mixture.

Pour mixture into prepared pan and press down firmly. Refrigerate for 4 hours prior to cutting into 12 bars.



### TIP

The bars can be stored in an airtight container in the refrigerator for up to 7 days or in an airtight bag in the freezer for up to 3 months.

### Nutrition Facts

Per bar

#### Amount

Calories	218 kcal
Fat	12 g
Sodium	4 mg
Carbohydrate	23 g
Fiber	4 g
Protein	7 g

