

FUEL YOUR LIFE MARATHON E-BOOK



The Fuel Your Life Marathon E-book is a collection of flavoursome, and nutritious recipes developed and tested by Accredited Sports Dietitians.

Distance running, in particular marathons are similar to most endurance sports that require heavy training loads to cope with the day of the event and still perform at their best on the day. Training will include many km's with varying intensities and dietary strategies can positively impact on performance. The balance of fluids, carbohydrate availability and prevention of lactic acid build up form the integral components of sports nutrition in Marathon runners.

Requirements for carbohydrates, micronutrients, fluids and protein should reflect training load, increasing total carbs and energy in high volume sessions, carbohydrate quality will vary dependant on the load and strategy.

As carbohydrate storage is limited within your muscle and liver, a high carbohydrate diet 1-2 days leading to an event may be necessary. Utilising sports gels and drinks can be beneficial in reaching carbohydrates pre and during events. Some of the recipes included in this e-book may be suitable for this purpose but speak to your dietitian about how to incorporate them into your individual carbohydrate loading plan.

Protein is also essential and generally fills out the carbohydrate intake in runners. With this in mind, each recipe has been created and carefully analysed, with tags used to inform you of the key nutrients to support your training and tantalise your taste buds.

ABOUT US - FUEL YOUR LIFE

Fuel Your Life is a nation-wide, Australian dietetic company with a strong client-centred focus. All of our Dietitians have completed 4+ years of university study and are the experts in nutrition.

We can assist with conditions including irritable bowel syndrome, healthy ageing, diabetes, heart disease, cancer, weight management and nutrition for mental health conditions such as PTSD. We also have a keen interest in improving the athletic and mental performance of individuals and teams across Australia.

Our Dietitian consults are guided by our clients and what they want to achieve. There is no one-size fits all approach and every one of our consults are supported by evidence and individualised education and intervention strategies. Our service provides in-depth nutrition analysis, body composition tracking, supermarket shopping tours, meal plan development, recipe modification and cooking tips. We will provide you with the information, support and tools to succeed.



Fuel Your Life Dietitians provide one-on-one nutrition consultations either in-clinic or in the comfort of your own home. Consultations involve setting your health and nutrition goals and discussing your motivation behind this, whether it be increasing your energy to keep up with kids or grandkids or increasing muscle mass to reach your performance goals. We take into consideration all aspects that affect food intake including time, budget, family, emotional and social wellbeing, cooking facilities and skills. We will carefully analyse your current nutritional intake and discuss achievable, sustainable changes to reach your goals. We provide ongoing support and long-term follow-up to ensure you maintain life-long goals.



SNACKS



Below is a list of snacks which can be utilised when looking for a quick meal before training or an event. All snacks are packed full of nutrients and provide a substantial amount of carbohydrates to fuel your run. Some recipes are lower in fibre and easy to eat making them ideal to consume whilst running. Snacks are vital with high training loads due to the inability to achieve adequate nutrition, particularly in endurance sports due to gastrointestinal discomfort, so choose some of these tasty morsels to help get you over the line.

FRENCH TOAST KEBABS

Serves: 2

Prep: 20 minutes

Cost: \$3.20



This twist on your classic kebabs are a perfect pre-marathon meal. Providing you with 52g of carbohydrate per serve they provide sustainable energy for your run. Through the addition of certain fruits these kebabs provide with immune and mood boosting properties. The high **vitamin C** and **selenium** within the kebabs provide your body with numerous antioxidants which help prevent cell damage and therefore illnesses.

INGREDIENTS

- 2 eggs
- 2 teaspoons caster sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup low fat milk
- 2 white English muffins, cut into 1 cm cubes
- 1 banana, chopped into 2 cm pieces
- 8 green grapes
- ½ punnet strawberries, cut in half
- 1 ½ teaspoons margarine
- Low fat yoghurt, to serve

INSTRUCTIONS

Step 1: Whisk eggs in a small bowl. Add caster sugar, cinnamon, vanilla extract and milk, mix until combined.

Step 2: Add English muffin pieces to mixture and let soak for 10 minutes.

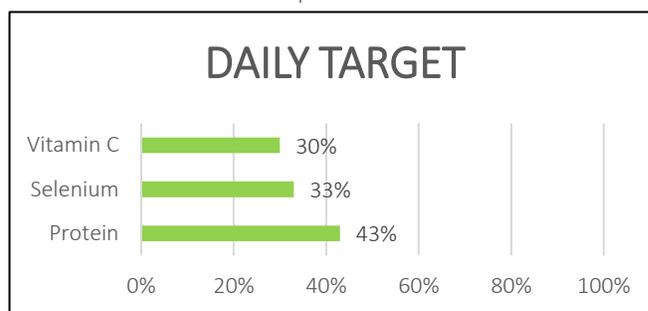
Step 3: Heat margarine in medium saucepan. Add English muffin pieces to pan and cook for 5-8 minutes or until brown.

Step 4: Add banana, muffin pieces, kiwi fruit and strawberries to kebab skewers in desired order.

Step 5: Top with low fat yoghurt and enjoy.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1636.6kJ	508.0kJ
PROTEIN	20.8g	6.4g
CARBOHYDRATES	52.6g	16.3g
FAT (TOTAL)	9.0g	2.8g
SATURATED FAT	2.3g	0.7g
DIETARY FIBRE	5.0g	1.5g



YOGHURT BREAKFAST BARS

Serves: 6

Prep: 15 minutes (excluding freezing time)

Cost: \$1.35

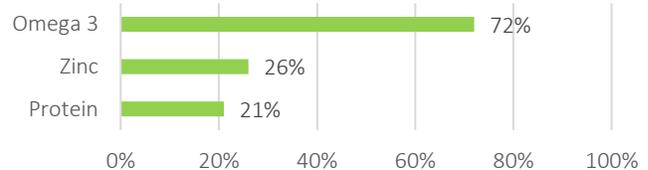


These twist on your classic muesli bar are perfect for pre-run or in between training when you're after a quick, delicious and carbohydrate rich snack. Each serve provides you with **38g of carbohydrates** along with 10g of protein, which supports you throughout your running. These bars are packed with **Omega-3** often low in most western diets. The addition of the flaxseed

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1172.3kJ	768.9kJ
PROTEIN	10.0g	6.5g
CARBOHYDRATES	38.0g	24.9g
FAT (TOTAL)	8.5g	5.5g
SATURATED FAT	1.0g	0.6g
DIETARY FIBRE	5.2g	3.4g

DAILY TARGET



INGREDIENTS

- 1 cup of frozen berries
- 4 pitted soft dates
- 1/3 cup honey
- 2 cups rolled oats
- 1/2 cup almond butter
- 1 tablespoon flaxseed
- 1 teaspoon ground cinnamon
- 1 1/2 cups low fat yoghurt

INSTRUCTIONS

Step 1: Add berries to medium saucepan and cook until stewed.

Step 2: In a blender or food processor, blend dates, honey, oats, almond butter, flaxseed and cinnamon until combined.

Step 3: Transfer the mix to a lined baking tray and press down. Top with yoghurt and spread out evenly.

Step 4: Dot the yoghurt with stewed berries and use a fork to swirl.

Step 5: Place tray into freezer and let freeze for 1-2 hours or until solid enough to cut.

Step 6: Remove from freezer and cut into squares. Let thaw for 3-5 minutes and enjoy or place back into freezer and enjoy the next morning or another day.



CHEESE AND CORN PANCAKES

Serves: 8

Prep: 15 minutes

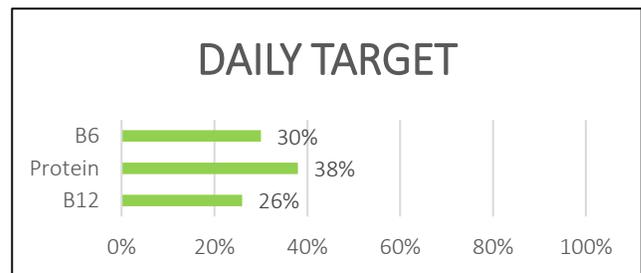
Cost: \$1.20



This savoury pancake is the perfect snack to have in your pocket whilst out running but also great for when you come home from a long run. It provides the right amount of carbohydrates per serve (30g) so you can guarantee you'll have enough energy to hit a PB. These pancakes not only are a source of protein, they are also high in **B6** and **B12**. **B6** and **B12** are involved in red blood cell formation. Red blood cells carry oxygen around your body which fuel you throughout your run. With extensive training throughout the prepping for a race, marathon runners require higher red blood cell production than normal. This smaller meal can help source that extra intake of **B vitamins** throughout the week and during events.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	847.4KJ	544.8kJ
PROTEIN	9.1g	5.9g
CARBOHYDRATES	30g	19.4g
FAT (TOTAL)	3.9g	2.5g
SATURATED FAT	1.0g	0.6g
DIETARY FIBRE	2.9g	1.8g



INGREDIENTS

- 340g can corn kernels
- 6 spring onions, chopped finely
- 1 red chilli, chopped finely
- 2 large eggs
- 200g cottage cheese
- 150g self-raising flour
- 1 teaspoon extra virgin olive oil
- 50ml reduced fat milk
- 4 small bananas cut into four long ribbons



INSTRUCTIONS

Step 1: Tip sweet corn, onion, chilli, eggs, cottage cheese, spring onion and flour into bowl. Mix together.

Step 2: Gradually stir through milk and lightly season with salt and pepper.

Step 3: Heat oil on medium frying pan and add batter in desired pan cake size.

Step 4: On one side of frying pan or a separate pan add banana. Cook banana until caramelised and flip.

Step 5: Flip pancakes once golden on the bottom.

Step 6: Serve pancakes with banana on top. Or enjoy pancakes whilst running as a sandwich with banana in between (they store well wrapped in foil) or alongside a whole banana.

TRAIL RUNNER COOKIES

Serves: 6

Prep: 30 minutes

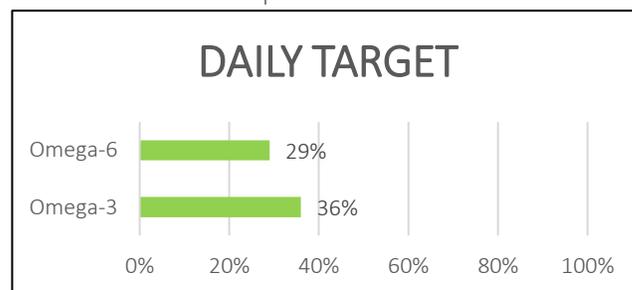
Cost: \$1.40



Enjoy these trail mix cookies before or during an event or longer training session. Small and packed full of high quality carbohydrates they are the perfect fuel source to get you through a tough running session. These are delicious cold and don't require refrigeration making them a staple for your long runs. These also contain high amounts of **omega-3** and **omega-6** which are essential fatty acids that counter the build up of waste products from training.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	914kJ	1013kJ
PROTEIN	3.7g	4.1g
CARBOHYDRATES	35g	39.0g
FAT (TOTAL)	6.5g	7.2g
SATURATED FAT	0.9g	1.0g
DIETARY FIBRE	3.3g	3.6g



INGREDIENTS

- 1 cup rolled oats
- 2 tablespoons white plain flour
- 1 ripe banana, mashed
- 100g apple puree
- 1 tablespoon extra-virgin olive oil
- 1/3 cup honey
- 2 teaspoons vanilla extract
- 1 egg, lightly whisked
- 2 teaspoons cinnamon
- 1/4 cup cranberries
- 1/4 cup walnuts



INSTRUCTIONS

Step 1: Preheat oven to 180°C.

Step 2: Place oats and flour in bowl and mix together.

Step 3: Add banana, apple, olive oil, honey, vanilla extract, egg, cinnamon, cranberries and almonds, combine.

Step 4: Roll mixture into palm sized cookies (approx. 12) and place on a lined baking tray.

Step 5: Bake for 20 min or until brown.

MILO BARS

Serves: 10

Prep: 10 minutes

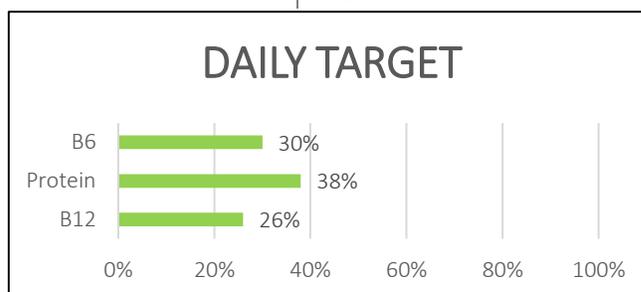
Cost: \$0.80



These two step bars are a great source of carbohydrates and are easy to consume making them idea for mid run and they are super cheap! These bars also pack a punch with nutrients with each ball containing a significant amount of **B1** and **B2** vitamins. These vitamins play an imperative role in releasing energy in your body, ensuring you have enough energy to complete events and training. You can enjoy more than one for higher energy needs and durig training, as these are well tolerated during long runs.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	649.6kJ	1335.7kJ
PROTEIN	5.9g	10.7g
CARBOHYDRATES	25.0g	52.3g
FAT (TOTAL)	3.4g	6.6g
SATURATED FAT	1.5g	2.5g
DIETARY FIBRE	3.0g	5.7g



INGREDIENTS

BASE

- 1 cup oats
- ¼ cup milo
- 1 tablespoon flaxseed meal
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 1 teaspoon water (if needed)

TOPPING

- 1 cup quick oats
- ½ cup Nestle milo
- 4 tablespoons skim milk powder
- 4 tablespoon cup honey
- 2 tablespoon reduced fat cow's milk
- 1 tablespoon shredded coconut



INSTRUCTIONS

Step 1: Combine all ingredients for base in a blender and blend until combined. Press onto a lined tray evenly (add a dash of water if not combining).

Step 2: In medium bowl add all dry ingredients for topping. Slowly add honey and milk until thick and combined consistency. Spread on top of base and top with coconut.

Step 3: Let set in the freezer for 1-2 hours and then slice into 10 small bars.

SPINACH POWER CAKES

Serves: 4

Prep: 45 minutes

Cost: \$2.80



These protein packed spinach cakes provide copious amounts of fuel and nutrients for your body, allowing you to optimise your performance. This simple snack can be frozen and kept as a snack option when re-fuelling between races or prior to training. These cakes also contain high amounts of **iron** and will leave you full.

INGREDIENTS

- ¾ cup white rice
- 1 teaspoon extra virgin olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 zucchinis, grated
- 150g baby spinach
- ½ cup spelt flour
- 2 free-range eggs
- 75g feta
- 1 lemon
- ½ bunch fresh mint
- 2 teaspoons harissa powder

INSTRUCTIONS

Step 1: Preheat oven to 200°C.

Step 2: Cook rice as per packet instructions.

Step 3: Heat oil in medium frying pan. Add onion and garlic and cook for 7 minutes, or until soft.

Step 4: Add zucchini and spinach to pan and cook for a further 1-2 minutes or until zucchini has softened.

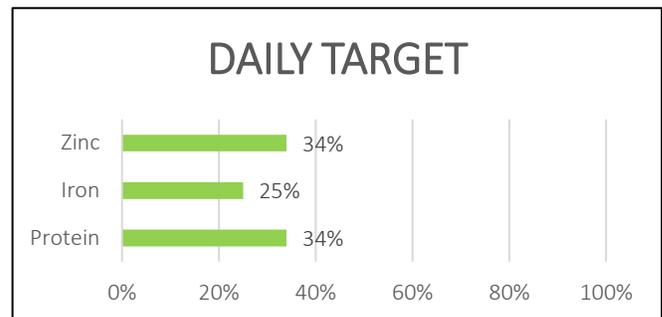
Step 5: Combine zucchini mixture with rice and flour in a bowl and leave to cool completely.

Step 6: Crack both eggs into the mixture and crumble in feta. Grate over the lemon zest and squeeze half the juice. Add mint leaves and harissa. Season with salt and pepper.

Step 7: With wet hands divide the mixture into 12 portions and shape into balls. Arrange on a lined baking tray and bake for 30 minutes or until golden and crisp.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1349.7kJ	451.4kJ
PROTEIN	16.8g	5.6g
CARBOHYDRATES	39.5g	13.2g
FAT (TOTAL)	8.9g	3.0g
SATURATED FAT	2.7g	0.9g
DIETARY FIBRE	5.8g	1.9g



MAIN EVENT MEALS



These main recipes are suited to meet your high volume, nutrient dense eating once you have stopped running for the day. The recipes are ideal after a marathon for replenishing your carbohydrate stores and providing efficient protein for muscle recovery. Some recipes are lower in fibre can be used throughout the week whilst carb-loading or 1-4 hours prior to an event. These meals may be supplemented with gels and drinks within your individual meal plan created by your dietitian.

PEANUT BUTTER & JELLY OVERNIGHT OATS

Serves: 1

Prep: 10 minutes

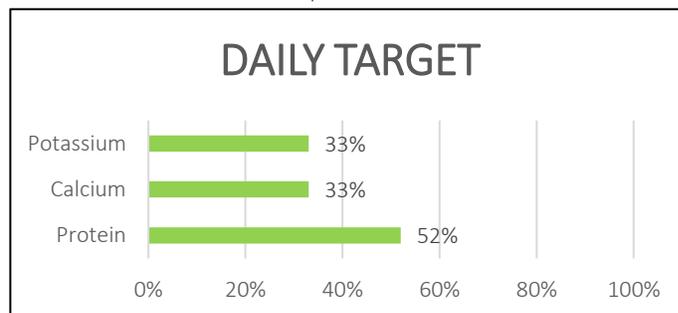
Cost: \$3.80

NUTRIENT INFORMATION



These overnight oats are a joyful option for breakfast in the morning throughout the week 3-4 hours prior to training. Each serve contains 47g of carbohydrates, starting your day off in an ideal way to meet your carbohydrate goals. These oats also provide you with key electrolytes; **calcium** and **potassium** which assist in muscle contraction and ensuring our heart functions properly. Intensive runs can put extra pressure on your heart. Meeting your requirements for both **calcium** and **potassium** is important to keep your heart functioning at its fullest.

NUTRIENT	PER SERVE	PER 100G
ENERGY	2540.3kJ	705.0kJ
PROTEIN	25.3g	7.0g
CARBOHYDRATES	47.4g	13.1g
FAT (TOTAL)	32.7g	9.0g
SATURATED FAT	6.8g	1.9g
DIETARY FIBRE	12.1g	3.3g



INGREDIENTS

- ½ cup oats
- ½ cup of low fat milk
- 2 tablespoon peanut butter
- 1 teaspoon chia seeds
- 1 teaspoon ground cinnamon
- ½ cup frozen berries
- 2 tablespoon low fat yoghurt
- Fresh berries, to serve



INSTRUCTIONS

Step 1: Combine the oats, milk, peanut butter, chia seeds and cinnamon in a mason jar or tight container.

Step 2: Add frozen berries, mix again and let sit overnight in fridge.

Step 3: The next morning top with yoghurt and fresh berries.

SOBA SALMON STIR FRY

Serves: 2

Prep: 35 minutes

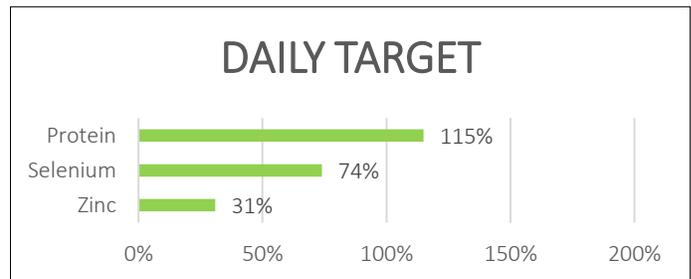
Cost: \$10.35

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	4145.2kJ	486.4kJ
PROTEIN	49.7g	5.8g
CARBOHYDRATES	83.1g	9.7g
FAT (TOTAL)	47.3g	5.5g
SATURATED FAT	8.7g	1.0g
DIETARY FIBRE	16.8g	1.9g



This Asian inspired Salmon stir fry is a quick and easy meal that will not only leave your taste buds satisfied but provide you with vital vitamins and minerals. Ideal for a post-race dinner, providing sufficient carbohydrate and protein replenishment to allow muscle recovery. This meal also contains high amounts of **omega-3**. Omega-3 is an important essential fatty acid that much be obtained from your diet. **Omega-3** plays many roles in your body including reducing inflammation within your joints and muscles. This is important throughout training to help prevent injury and reduce any pain and inflammation you may experience.



INGREDIENTS

- 200g soba noodles
- 1 ½ teaspoons extra virgin olive oil
- ½ medium onion chopped finely
- 2 cloves garlic chopped finely
- ¼ cup Tamari or salt reduced soy sauce
- 2 tablespoons sesame oil
- 2 medium salmon fillets
- 1 medium capsicum, sliced
- 2 medium bok choy
- 1 cup baby corn, chopped in half
- 1 cups green beans chopped in half
- 1 medium carrots, sliced
- 1 tablespoon sesame seeds



INSTRUCTIONS

Step 1: Preheat oven to 180°C. Bake salmon in oven for 20 minutes, bring large pot of water to the boil and cook the soba noodles for 4-5 minutes.

Step 2: Heat olive oil in medium fry pan, add onion and garlic. Cook until fragrant. Add capsicum, bok choy, baby corn, beans, carrot, soy sauce and sesame oil to fry pan. Cook for 10 minutes.

Step 3: Add noodles to fry pan and mix together. Divide mixture up and add salmon on top with sesame seeds.

BRUCHETTA

Serves: 2

Prep: 20 minutes

Cost per serve: \$3.90



This quick and tasty bruchetta is perfect for refueling between trainings or starting off your day right. Each serve contains 46g of carbohydrates making sure you won't run out of fuel mid run. They also contain significant amounts of both **vitamin C** and **zinc**. These nutrients help support immune system ensuring your body has the best defence to fight off any illness.

INGREDIENTS

- 225g cherry tomatoes, cut into quarters
- ½ cup fresh basil
- 25g semi-dried tomatoes
- ½ tablespoon capers
- 2 cloves garlic, crushed
- 1 teaspoon onion powder
- 1 teaspoon extra virgin olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- ½ cup balsamic vinegar
- 4 slices of white bread

INSTRUCTIONS

Step 1: Combine the chopped tomatoes, basil, sun-dried tomatoes, capers, garlic, onion powder, salt and pepper in a bowl. Mix to combine and set aside to soak.

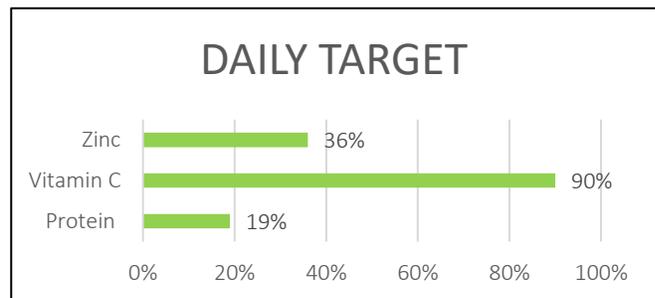
Step 2: While tomato mixture is resting pour balsamic vinegar in a small sauce pan and bring to boil. Boil for approximately 5-10 minutes, until reduced by a quarter.

Step 3: For toast brush both sides of bread slices with olive oil and toast on a frying pan on high heat.

Step 4: Top the bread with tomato mixture and enjoy.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1216.9kJ	454.3kJ
PROTEIN	9.2g	3.4g
CARBOHYDRATES	46.7g	17.4g
FAT (TOTAL)	4.3g	1.6g
SATURATED	0.6g	0.2g
DIETARY FIBRE	8.7g	3.2g



PUMPKIN PENNE

Serves: 4

Prep: 45 minutes

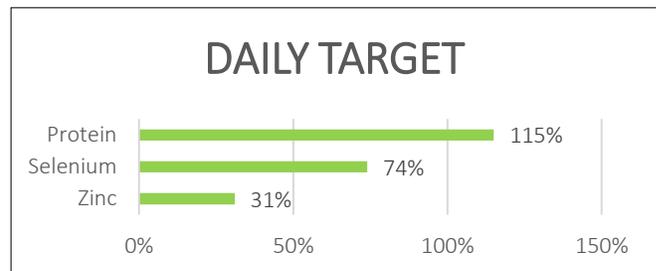
Cost: \$3.00



This delicious pasta meal contains immune boosting ingredients and is full of protein. Providing you with 66g of carbohydrate per serve, its ideal for carb-loading prior to an event. The smart swaps will leave you feeling full but without the GI upsets. It also provides immunity benefits from its high content of **zinc** and **selenium**. The last thing you want before an event is to become unwell. **Zinc** and **selenium** play important roles in strengthening your immune system by ensuring you heal properly from intensive training and combat any oxidative stresses within the body.

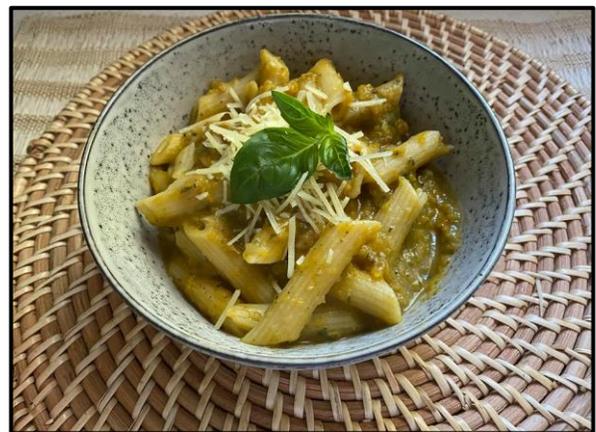
NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	2151.1kJ	582.1kJ
PROTEIN	41.9g	11.3g
CARBOHYDRATES	65.7g	17.7g
FAT (TOTAL)	7.2g	1.9g
SATURATED FAT	2.6g	0.7g
DIETARY FIBRE	5.9g	1.6g



INGREDIENTS

- 320g dried penne
- 1 small (500g) Kent pumpkin chopped into cubes
- 1 brown onion chopped roughly
- 1 teaspoon fennel seeds
- 1 small red chili, chopped roughly
- ½ bunch fresh sage
- 400g chicken breast, diced into small 1cm cubes
- 1 vegetable stock cube, prepared as per label
- 20g grated parmesan cheese
- ½ bunch parsley, chopped finely



INSTRUCTIONS

Step 1: Preheat oven to 180°C. Bake pumpkin in oven for 30 minutes.

Step 2: Add pasta to medium sauce pan and cook as per instructions.

Step 3: Add pumpkin, onion, fennel seeds, dried chilli and sage leaves to food processor or large blender. Blend until combined.

Step 4: Place chicken in saucepan and cook over medium heat for 4 minutes until brown. Add stock and continue to cook with lid on. Drain the pasta, add to chicken along with pumpkin mixture and stir together. Serve with parmesan and parsley.

RICE BAKE

Serves: 4

Prep: 35 minutes

Cost: \$1.20

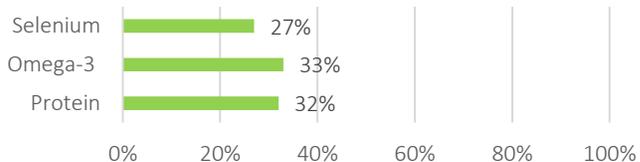


This rice bake is a great vegetarian option which meets your protein requirements and gives you a break from your standard chicken and broccoli combo. Through the use of inflammatory spices and ingredients this meal contains high amounts of **omega-3**. **Omega-3** plays an imperative role in brain function and reducing inflammatory markers. Reducing the inflammatory stress on the body from long distance running, can help allow for optimal recovery and keep you on track with your training.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	1831.1kJ	618.3kJ
PROTEIN	15.3g	5.1g
CARBOHYDRATES	76.5g	25.9g
FAT (TOTAL)	6.0g	2.0g
SATURATED FAT	2.6g	0.8g
DIETARY FIBRE	6.2g	2.1g

DAILY TARGET



INGREDIENTS

- 1 ½ cups white rice
- 1 medium onion, diced
- 1 red capsicum, seeded and dices
- 3 cloves garlic, crushed
- 1 tablespoon cumin
- ½ teaspoon turmeric
- 2 teaspoons chilli powder
- 2 medium zucchinis, cut into small moons
- 1 cup corn kernels
- ½ cup reduced fat cheese, grated

INSTRUCTIONS

Step 1: Preheat oven to 180°C.

Step 2: Add rice to a boiling pot of water and cook as per instructions.

Step 3: Place onion and capsicum in a large non-stick saucepan and cook for 3-5 minutes or until onions are fragrant. Slowly add water (1 teaspoon at a time) to ensure they don't stick.

Step 4: Add garlic, cumin, turmeric and chilli powder and cook for 4 minutes.

Step 5: Remove from heat and add cooked rice, zucchini and corn. Stir together.

Step 6: Add mixture to oven proof dish and top with cheese. Bake for 25 minutes or until cheese has melted.



MEXICAN LASAGNE

Serves: 4

Prep: 60 minutes

Cost: \$2.30



This Mexican twist on your classic lasagne will become your new go to. Whether you enjoy this fresh out of the oven or from the freezer when you need a quick and easy delicious meal. This is a great vegetarian option, high in **iron** to help replenish stores and ensure no deficiencies. Iron depletion can reduce performance capacity particularly during long distance running.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic chopped
- 1 teaspoon salt
- 2 teaspoons cumin
- 2 teaspoons chilli powder
- 400g can diced tomatoes
- 2 tablespoons honey or maple syrup
- 1 cup canned kidney beans, drained
- 5 small wraps
- ½ cup shredded cheese

INSTRUCTIONS

Step 1: Preheat oven to 180°C.

Step 2: In a frying pan, heat oil on medium. Sauté onion and garlic for 5 minutes, stirring occasionally.

Step 3: Add salt, cumin, chilli powder, tomatoes, honey and kidney beans. Bring to the boil and simmer for 20 minutes or until thickened.

Step 4: Pour ¼ of the sauce on a square 20cm baking dish then cover with a wrap.

Step 5: Repeat sauce and wrap layers 4 times.

Step 6: Bake for 30 minutes or until brown.

NUTRIENT INFORMATION

NUTRIENT	PER SERVE	PER 100G
ENERGY	2016.8kJ	532.8kJ
PROTEIN	14.4g	3.8g
CARBOHYDRATES	56.4g	14.9g
FAT (TOTAL)	20.1g	5.3g
SATURATED FAT	6.3g	1.6g
DIETARY FIBRE	9.0g	2.3g

DAILY TARGET

