



## Marathon Training Fall 7-Day Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Post long run: Oatmeal Banana Pancakes with nut butter or butter, scrambled eggs with spinach, seasonal fruit	Race Day Oatmeal II or Apple Pie Steelcut Oatmeal	Pumpkin Spice Superhero Muffin + Immune Boost Smoothie	Leftover Oatmeal Banana Pancake + Can't Beet Me Smoothie 2.0	Pumpkin Spice Superhero Muffin + Hardboiled egg + seasonal fruit	Rad Raspberry Beet Smoothie Bowl	Tempeh Scramble with whole grain toast and butter, fruit salad
<b>Lunch</b>	DIY Grain Salad (farro, beets, Brussels) + leftover chicken or hardboiled egg	Leftover meatballs + simple salad	Leftover DIY Grain Salad + leftover salmon	Leftover meatballs + simple salad, baguette	Broccoli Chevre Soup (from freezer) + baguette	Leftover Thai Quinoa Salad	Leftover Thai Quinoa Salad + egg
<b>Snack</b>	Savory Pretzel Granola (add more snacks as needed depending on hunger/training)	Pumpkin Spice Superhero Muffin	Honey Cardamom Granola with whole milk yogurt	Apple slices with Chai Cashew Butter or nut butter	Honey Cardamom Granola with whole milk yogurt	Savory Pretzel Granola	Apple slices with Chai Cashew Butter
<b>Dinner</b>	Turkey Trot Meatballs + Simple Marinara + rice or pasta, simple salad	Miso Butter Salmon + Miso Fast Greens + Sunday Sweet Potatoes	Power Bowl, brown rice, roasted veggies, protein, guac or avocado	Power Bowl	Thai Quinoa Salad + grilled steak	Bison Chili + baguette, salad	Leftover Bison Chili + leftover brown rice

### RECIPE INDEX

#### Breakfast:

Race Day Oatmeal II (RFCFES, p.59)

Rad Raspberry Beet Smoothie Bowl (RFCFES, p. 56)

Immune Boost Smoothie (RFCFES, p. 55)  
Pumpkin Spice Superhero Muffins (RFCFES, p. 62)  
Can't Beet Me Smoothie 2.0 (RFCFES, p. 52)  
Tempeh Scramble (RFCFES, p. 74)

**Mains:**

DIY Grain Salad (RFCFES, p. 95)  
Turkey Trot Meatballs (RFCFES, p. 147)  
Basic Marinara Sauce (RFCFES, p.182)  
Sunday Sweet Potatoes (RFCFES, p. 161)  
Miso Butter Salmon (RFCFES, p. 155)  
Power Bowls (RFCFES, p. 122)  
Thai Quinoa Salad (RFCFES, p. 90)  
Roasted Brussels Sprouts (RFES, p. 158)  
Bison Chili (RFCFES, p. 120)  
Broccoli Chevre Soup (RFES, p. 102)

**Snacks:**

Chai Cashew Butter (RFCFES, p. 222)  
Honey Cardamom Granola (RFCFES, p. 64)  
Savory Pretzel Granola (RFCFES, p. 191)