



Runner's Essentials Grocery List

PROTEIN

- Beef, lean
- Chicken
- Cottage cheese (cultured)
- Edamame
- Eggs/egg whites
- Greek yogurt, plain
- Low-fat milk
- Pork, lean
- Salmon (frozen, fresh or canned)
- Sardines
- Tofu, firm or extra firm
- Tuna (frozen, fresh or canned)
- Turkey

CARBOHYDRATES

- Applesauce
- Beans (white, kidney, black, lentils)
- Bread, bagels, English muffins
- Cereal
- Dried fruits
- Graham crackers, graham bears
- Pasta
- Potatoes (white and sweet)
- Pretzels
- Oats (steel cut or rolled)
- Quinoa
- Rice
- Waffles

FRUITS & VEGETABLES

- Asparagus
- Bananas
- Beets
- Bell peppers (all colors)
- Berries
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Collard greens
- Kale
- Mushrooms
- Oranges
- Peas
- Spinach
- Tomatoes

FATS

- Almonds/almond butter
- Avocado
- Cashews
- Dark chocolate (70+% cocoa)
- Flax seeds (ground)
- Olives
- Olive oil
- Peanut butter
- Seeds (chia, pumpkin, sunflower)
- Walnuts



Sample Meal Ideas

Now that you know what to buy, let's figure out what to eat!

In general, you want to include a protein, carbohydrate and fat source at each meal, plus add in a fruit or vegetable serving.

Your activity level will determine your portion sizes. A registered dietitian can work with you on a plan that meets your needs, based on your activity level and goals.

MEAL IDEAS

BREAKFAST

- Egg or tofu scramble with tomatoes and spinach + sprouted grain toast
- Oatmeal topped with berries, pumpkin and chia seeds + Greek yogurt

LUNCH

- Grain bowl with salmon, leafy greens and pumpkin seeds + orange slices
- Pita stuffed with chicken or tempeh and shredded cabbage + apple

DINNER

- Pasta with meatballs + roasted broccoli & cauliflower
- Tofu stir fry with rice, bok choy and mushrooms

SNACK

- Waffle with peanut or almond butter + strawberries
- Pretzels, string cheese and carrots

SNACK

- Avocado toast topped with tomatoes and sprinkled with nutritional yeast
- Greek yogurt with blueberries and walnuts