



Pets change lives
We change theirs



Nutrition & recipes

Some great tips to keep you and your body a happy camper throughout your running journey

- 1** **Water** is your new best friend! Aim to drink two litres a day, and even more on running days, to help with recovery, injuries and performance
- 2** **Don't skip meals.** Pre, post and even on rest days, it is important to keep your protein and carbohydrate levels high, giving you the energy you need
- 3** Keep your diet **varied** to ensure you're getting a range of nutrients

- 4** **Snack** to avoid fatigue and to ensure you're ready to run with plenty of fuel in the tank

Turn over for some great and delicious recipes to keep your energy levels high!



Registered charity no:
224392 (England and
Wales), SC040154 (Scotland).

bluecross.org.uk



Chocolate coconut energy balls

Pure energy for your training or race that comes in delicious chocolate bite-sizes, what's not to love?

Instructions

- 1 First, place almonds into a food processor and process on high until you've created a fine almond meal*
- 2 Add the rest of the ingredients to the food processor and process on high until everything is combined**
- 3 Next, scoop a heaped tablespoon of dough into your hands and roll into a ball. Roll the ball in optional shredded coconut and place on a baking sheet. Repeat until dough is gone.
- 4 Place baking sheet in the freezer for 10-15 minutes and then transfer balls to a freezer safe bag and store in the freezer.

Ingredients

- 1 cup raw almonds
- 15 Medjool dates, pitted (1.5 cups)
- 1/2 cup unsweetened cocoa powder
- 1/3 cup unsweetened shredded coconut
- 1 teaspoon vanilla
- 1/4 cup mini chocolate chips



Prep time:
20 minutes



Cook time:
0 Minutes



Total time:
20 minutes

Nutrition

Serving Size: **1/18** Calories: **118**
Sugar: **14** Sodium: **1** Fat: **5**
Carbohydrates: **18** Fibre: **3** Protein: **3**

*Do not blend almond meal too long or it will turn into nut butter!

**You may need to add a few teaspoons of water to the mixture depending on how sticky your dates are.

Store in the freezer for up to three months.

The green light smoothie

Instructions

- 1 Add all ingredients and blend for one minute or until you have a smooth consistency. Pour and you're on your way.

Ingredients

- 1 cup of pineapple
- 1 cup of coconut water
- 1/2 avocado
- Generous handful of spinach



Prep time:
5 minutes



Cook time:
0 Minutes



Total time:
5 minutes

Adding green vegetables and fruits into your diet, especially over the final few days of training before a race, is a great way of giving your body the boost it needs. Add in some electrolyte-rich coconut water and it becomes a great post run choice too! You could also choose to add in an extra ingredient like matcha or turmeric to help reduce inflammation.

Serves: 1