



READY, SET, FUEL

5 DAY RUNNERS MEAL PLAN

Between uni lectures, work, exercise and your social calendar, eating well can feel complicated. But fuel matters, especially for those who are studying, working and living life to the full. Regular training places extra demands on the body, making it important to eat well to support energy levels, recovery, muscle repair and long-term health.

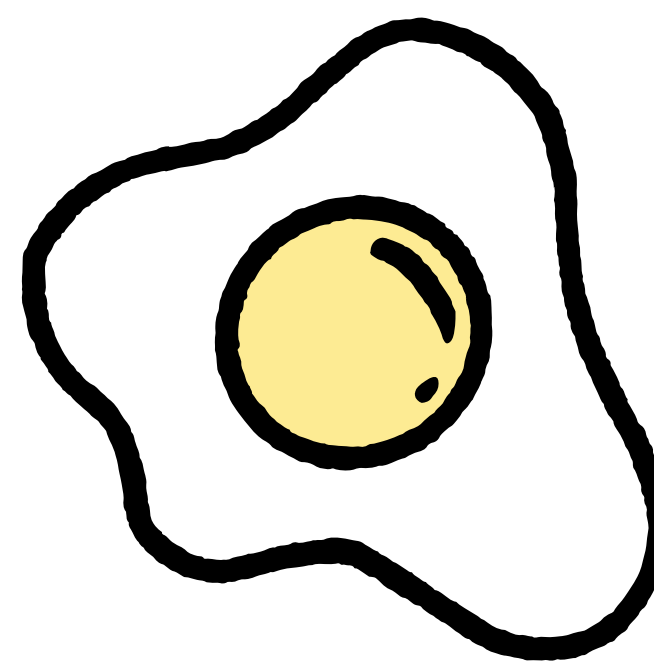
This simple meal plan is designed to make healthy eating easier during busy study and training weeks, using affordable, everyday foods. It includes regular meals and snacks, with eggs featured as a convenient, nutrient-dense source of high-quality protein, helping you meet your nutritional needs with confidence. Whether you're heading out for your first run, joining a run club, or just trying to eat better without overthinking it, this plan has you covered.

Five days of easy meals, a simple shopping list, and practical nutrition tips to help you get more out of every run - and every day.

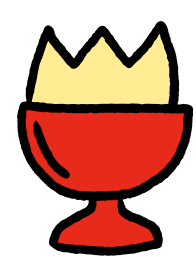
Note: Unless otherwise stated the recipes serve 1 person



DAY ONE



BREAKFAST



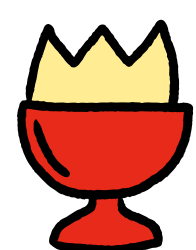
PERFECT POACHED EGGS

WITH SPINACH & MUSHROOMS ON WHOLEGRAIN TOAST

Use your preferred method to poach 2 eggs, then serve with 2 slices wholegrain toast, stir-fried mushrooms and spinach on the side.

Plus a Latte or glass of milk.

LUNCH

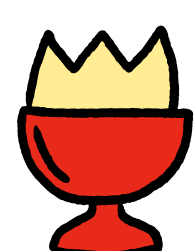


CHICKEN & SALAD WRAP

Spread a wholegrain wrap with avocado, mayo or hummus then top with ~80g shredded, cooked chicken, lettuce, tomato, grated carrot and 40g cheese.

Plus 1 piece fresh fruit.

DINNER

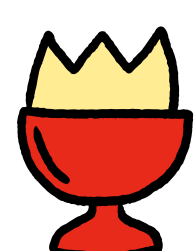


SPAGHETTI BOLOGNESE

Stir fry 2 cloves garlic, $\frac{1}{2}$ onion and 1 cup minced meat (or brown lentils) until cooked through. Add 2 tsp Italian seasoning mix and 1 tbsp tomato paste plus 2 cups passata sauce. Season with salt and pepper and simmer for 10 mins. Serve with basil leaves, crusty bread and a large side salad.

Serves 2.

DESSERT

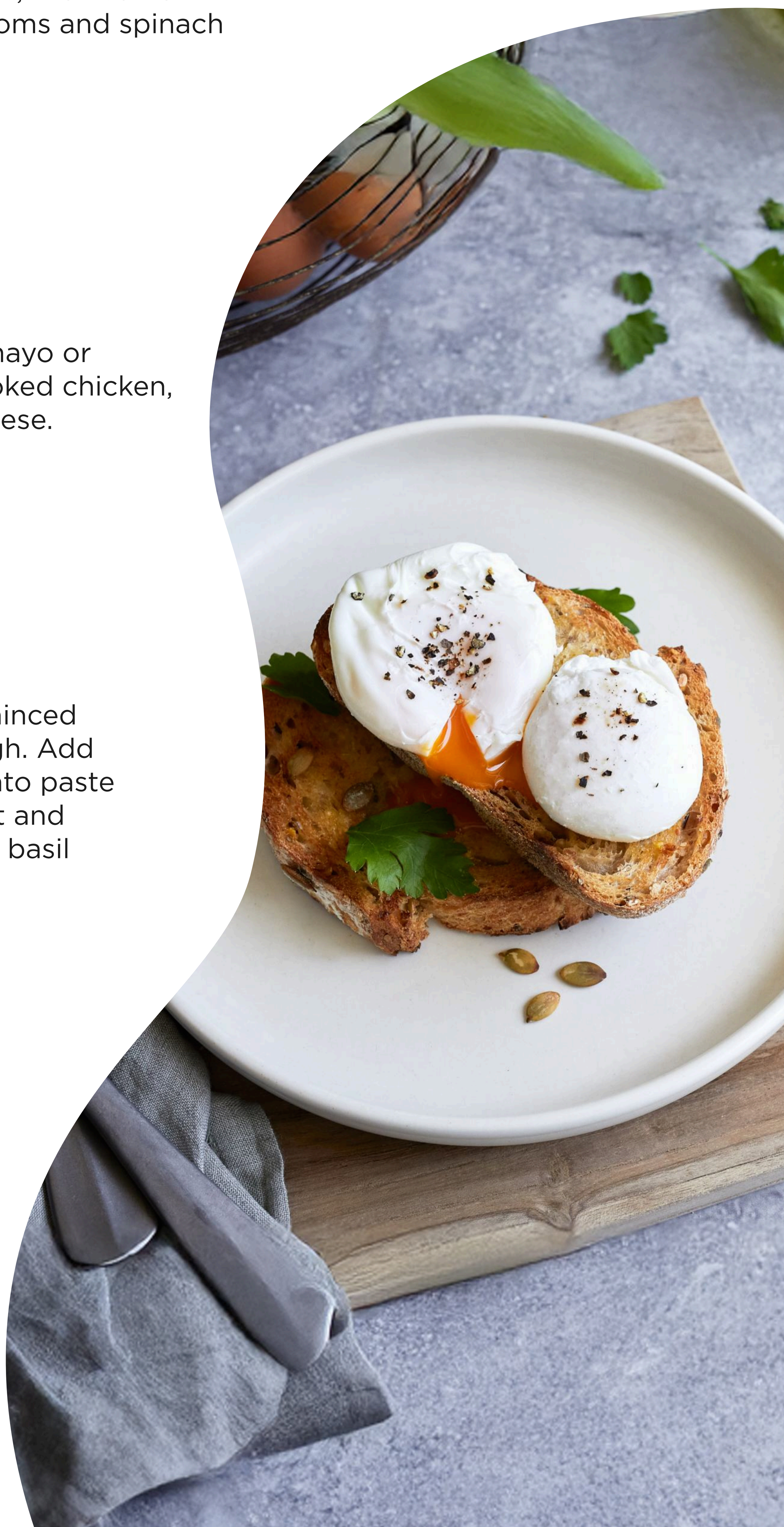


FRUIT SALAD & YOGHURT

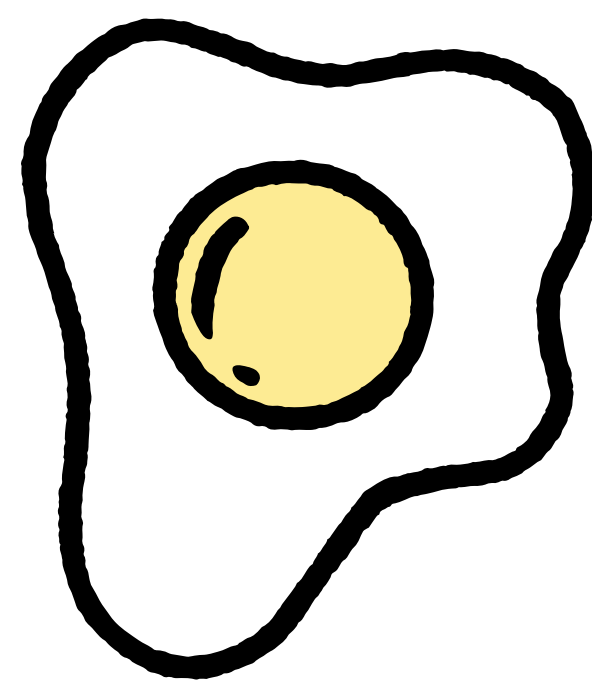
Slice fresh fruit to make up 1 cup and serve with 200g yoghurt.

SNACKS

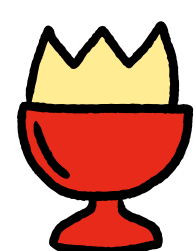
~2 tbsp trail mix
(seeds, nuts, dried fruit)



DAY TWO



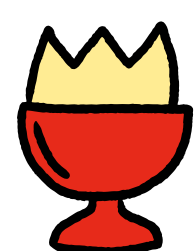
BREAKFAST



PORRIDGE WITH BERRIES

Cook $\frac{1}{2}$ cup oats with 1 cup milk to make porridge. Top with $\frac{1}{2}$ cup berries in season. Sprinkle with 1 tbsp sunflower or chia seeds and add honey to taste.

LUNCH

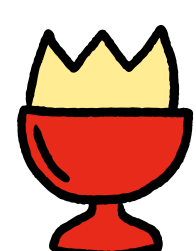


CHILLI SCRAMBLED EGGS ON CIABATTA

Whisk 4 eggs with 1 tbsp milk. Stir fry $\frac{1}{2}$ red chilli in butter for 10 secs then add eggs and drag the mixture until cooked. Crumble 50g goat's cheese over the top. Serve with 2 slices toasted ciabatta, chilli jam and a side salad.

Serves 2.

DINNER

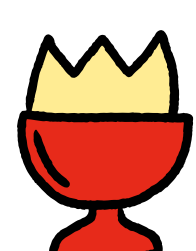


CHICKEN STIR FRY

Stir-fry 200g chicken strips in peanut oil until cooked through. Remove from pan. Add $\frac{1}{2}$ diced onion, 1 crushed garlic clove and 1 tsp ginger. Cook for 2 mins then add $\frac{1}{2}$ red capsicum, $\frac{1}{2}$ carrot, $\frac{1}{2}$ cup green beans, 1 cup mushrooms and 1 zucchini. Cook through then return chicken to pan with soy sauce and oyster sauce to taste. Serve with 1 cup boiled rice.

Serves 2.

DESSERT



CHEESE & CRACKERS

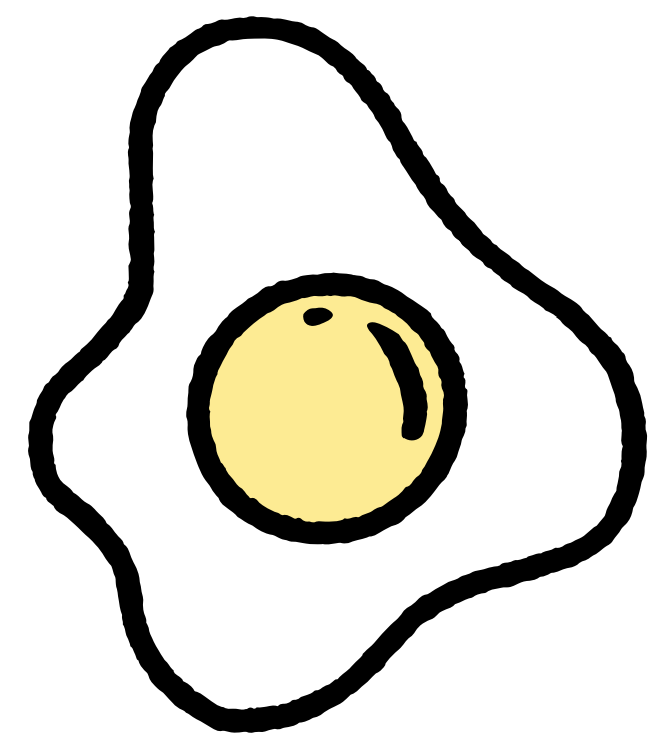
3 crispbreads with 40g cheese slices.

SNACKS

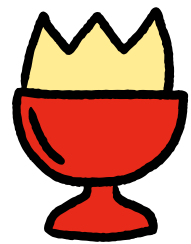
1 piece of fruit with a handful of nuts (~30g).



DAY THREE



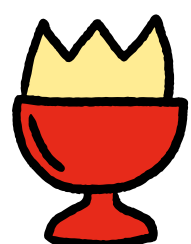
BREAKFAST



BOILED EGGS WITH TOAST & FRUIT

Boil 2 eggs and serve with wholegrain toast spread with butter, a piece of fruit and a glass of milk or a latte.

LUNCH

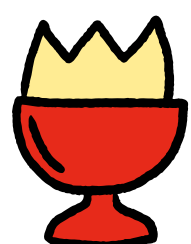


MEXICAN BEAN & RICE SALAD

Place a cup of cooked brown rice in a bowl and stir in 1 tsp Mexican spice mix. Add drained and rinsed canned mixed beans, avocado, corn, peas and quartered cherry tomatoes.

Plus 200g fruit flavoured yoghurt.

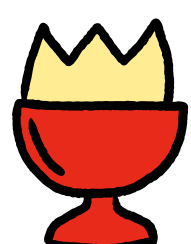
DINNER



BAKED FISH

Place a 200g fillet of fish on a piece of foil, drizzle with olive oil, and top with tomato slices. Season to taste then bake in oven at moderate temperature for around 20 mins. Check fish is cooked through before serving with ½ cup mashed potato and 2 cups cooked green beans, pumpkin and broccoli.

DESSERT



BANANA & BERRY SMOOTHIE

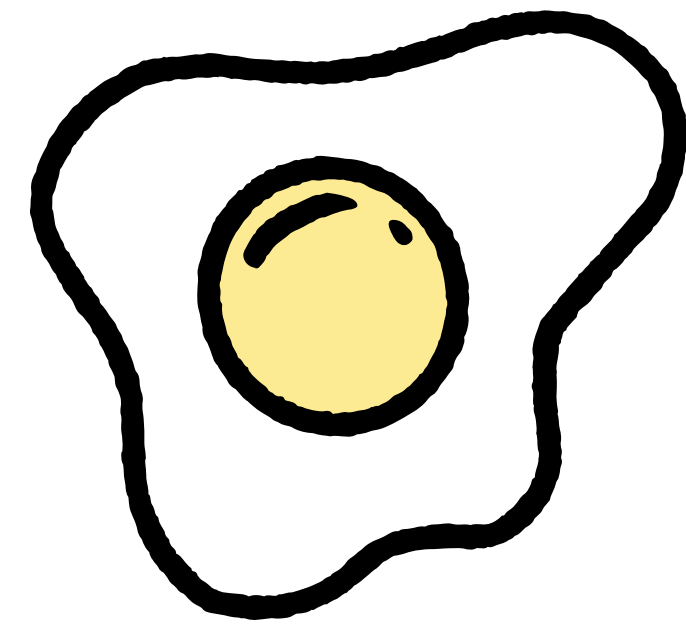
Place ½ cup milk, ½ banana, ½ cup berries and ¼ cup oats in a blender. Blend until smooth and add honey to taste.

SNACKS

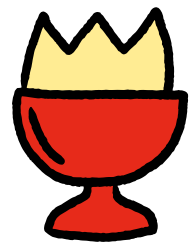
3 wholegrain crackers with hummus.



DAY FOUR



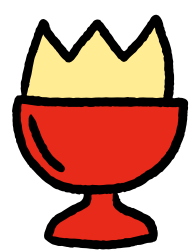
BREAKFAST



MUESLI WITH FRUIT

½ cup natural muesli topped with 1 cup seasonal fruit and 1 cup milk.

LUNCH

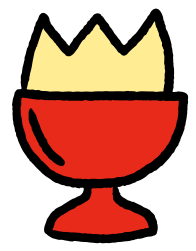


CHEESE & VEGGIE EGG MUFFINS

Combine 6 eggs, ½ cup milk & 2 tbsp flour in a bowl. Add 100g roughly chopped broccolini, 1 large, grated carrot & ¾ cup frozen peas. Stir in ¾ cup grated cheese. Pour mixture into a 6-hole muffin tray & bake until cooked through.

Serve with 2 cups mixed garden salad and a small wholegrain bread roll.

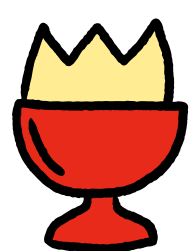
DINNER



SIMPLE BEEF CURRY

Cook 150g lean diced beef, with ½ small onion, 1 garlic clove and 1-1 ½ tsp curry paste until browned and fragrant. Add 1-1 ½ cups mixed chopped vegetables (e.g. carrot, capsicum, zucchini, cauliflower) and a small can of tomatoes or a splash of coconut milk. Simmer until the beef is tender and vegetables are cooked. Serve with 1 cup cooked rice.

DESSERT



RICOTTA & FRUIT

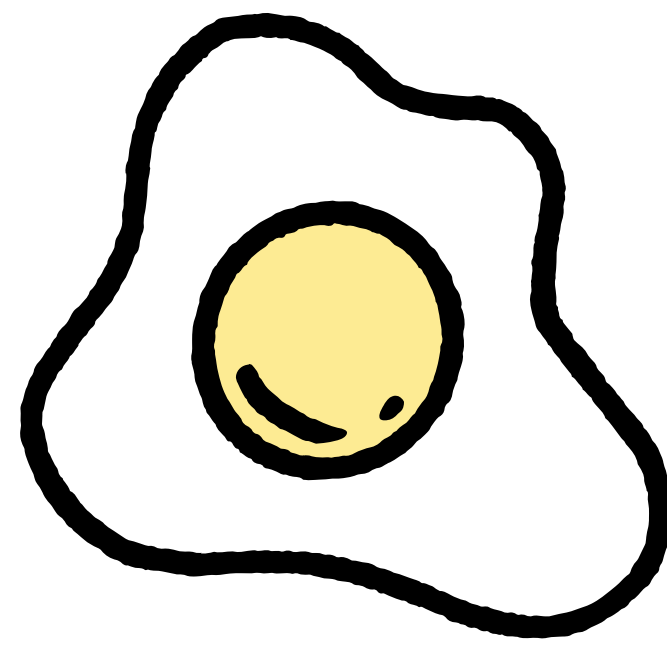
Whip 1 cup ricotta cheese, add honey to taste and stir through 1 cup fresh chopped fruit.

SNACKS

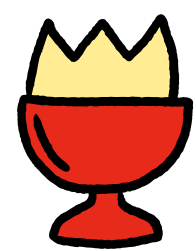
1 slice wholegrain toast with peanut butter.



DAY FIVE



BREAKFAST

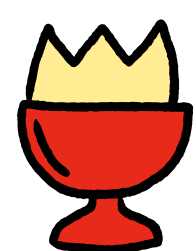


BAKED BEANS ON TOAST

Heat 1 cup baked beans and serve with 2 slices of wholegrain toast.

Plus 1 piece fruit.

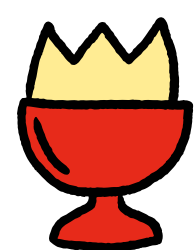
LUNCH



PASTA & TUNA SALAD

Cook pasta, drain and stir in 1 tbsp basil pesto. Add 5 halved cherry tomatoes, 5 fresh basil leaves, 5 pitted and halved black olives and 100g canned and drained tuna. Mix and top with 1 tbsp grated Parmesan.

DINNER

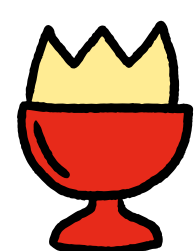


ZUCCHINI & EGG PIZZA

Grate and squeeze moisture from 4 zucchini, then mix with $\frac{1}{2}$ cup Parmesan, $\frac{1}{3}$ cup quinoa or buckwheat flour, $\frac{1}{2}$ tsp dried Italian herbs and 1 beaten egg. Press onto a lined tray and bake until set. Top with 1 tbsp pizza sauce, 3 sliced asparagus stalks, 50g cooked chicken, $\frac{1}{4}$ sliced red capsicum, 4 halved bocconcini, leaving space for 3 eggs. Crack eggs on top and bake until just set. Serve with rocket salad and crusty bread.

Serves 2.

DESSERT



APRICOTS & ALMONDS.

4 dried apricots and 30g roasted almonds

SNACKS

200g yoghurt plus 1 slice raisin toast with butter.



SHOPPING LIST

FOR 5 DAY RUNNERS MEAL PLAN

VEGETABLES & HERBS

(fresh, frozen or canned as appropriate)

- ☐ Avocado
- ☐ Asparagus
- ☐ Broccolini
- ☐ Broccoli
- ☐ Basil leaves
- ☐ Baked beans
- ☐ Carrots
- ☐ Corn kernels
- ☐ Cauliflower
- ☐ Canned tomatoes
- ☐ Fresh ginger
- ☐ Frozen peas
- ☐ Garlic
- ☐ Green beans
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Mixed salad vegetables
(garden salad mix)
- ☐ Mixed canned beans
- ☐ Onion
- ☐ Pumpkin
- ☐ Potato
- ☐ Red chilli
- ☐ Rocket
- ☐ Red capsicum
- ☐ Tomatoes *(regular
and cherry tomatoes)*
- ☐ Spinach
- ☐ Zucchini

FRUIT

- ☐ Apples or other
seasonal fruit
- ☐ Bananas
- ☐ Berries *(fresh or frozen)*
- ☐ Dried apricots
- ☐ Mixed fresh fruit *(for fruit
salad, ricotta & fruit, desserts)*

GRAIN BASED FOODS

- ☐ Wholegrain bread
- ☐ Wholegrain bread rolls
- ☐ Wholegrain wraps
- ☐ Wholegrain crackers
/crispbreads
- ☐ Ciabatta/crusty bread
- ☐ Raisin bread
- ☐ Rolled oats
- ☐ Natural muesli
- ☐ Brown rice
- ☐ White rice
- ☐ Pasta
- ☐ Quinoa or
buckwheat flour
- ☐ Plain flour

MEAT & ALTERNATIVES

- ☐ Eggs
- ☐ Chicken breast or
thigh fillets
- ☐ Cooked shredded
chicken *(or roast
chicken)*
- ☐ Lean minced beef
*(or brown lentils
as alternative)*
- ☐ Lean diced beef
- ☐ Fresh fish fillets
- ☐ Canned tuna
- ☐ Mixed nuts
- ☐ Almonds
- ☐ Hummus
- ☐ Trail mix *(nuts,
seeds, dried fruit)*
- ☐ Sunflower or
chia seeds

DAIRY & ALTERNATIVES

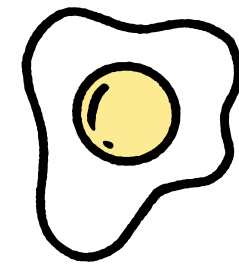
- ☐ Milk
- ☐ Yoghurt
(plain & fruit-flavoured)
- ☐ Ricotta cheese
- ☐ Grated cheese
- ☐ Parmesan cheese
- ☐ Bocconcini
- ☐ Cheese slices or
block cheese
- ☐ Goat's cheese

PANTRY & EXTRAS

- ☐ Olive oil
- ☐ Peanut oil
- ☐ Butter
- ☐ Peanut butter
- ☐ Olive oil spray
- ☐ Black olives
- ☐ Coconut milk
- ☐ Honey
- ☐ Soy sauce
- ☐ Oyster sauce
- ☐ Basil pesto
- ☐ Italian seasoning mix
- ☐ Passata
- ☐ Pizza sauce
- ☐ Tomato paste
- ☐ Curry paste or
curry powder
- ☐ Mexican spice mix
- ☐ Chilli jam
- ☐ Salt & pepper
- ☐ Coffee *(if drinking)*
- ☐ Mayonnaise *(if using)*

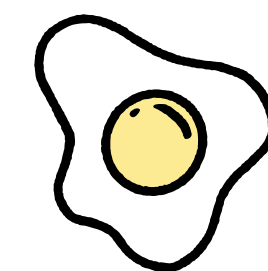
NUTRITION TIPS FOR YOUNG RUNNERS

No.1 FUEL FOR PERFORMANCE



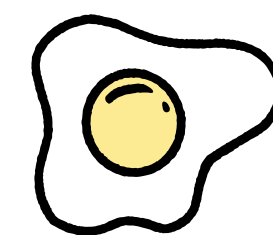
- Carbohydrate is your main running fuel. Foods like bread, rice, pasta, oats, crackers, milk and fruit top up muscle glycogen so you can train harder and recover faster.
- Eat regularly across the day. This provides a consistent source of energy for the body. Skipping meals can leave you under-fuelled, increasing fatigue and injury risk.
- Plan meals around training. A carbohydrate-rich meal or snack before running and a balanced meal after training supports performance and recovery.

No.2 PROTEIN FOR RECOVERY & STRENGTH



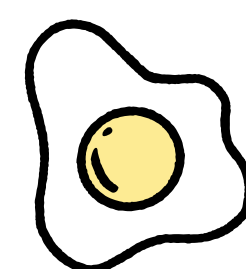
- Protein supports muscle repair after running. Regular protein intake from foods like eggs, meat, chicken, fish, tofu, legumes, nuts, milk and dairy, helps muscles adapt and grow stronger.
- Spread protein intake across the day. Including protein at each meal is more effective for muscle recovery and strength than saving it all for dinner.
- Eggs are a high-quality protein choice. Eggs provide all essential amino acids in a convenient, affordable and nutrient rich food.
- Eggs help recovery without heavy prep. An omelette, boiled or scrambled eggs are quick options for busy study and training schedules.

No.3 WHY EGGS WORK FOR RUNNERS



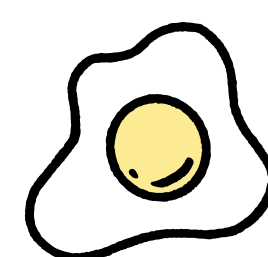
- Eggs deliver more than just protein. They're a source of vitamin B12, iodine, choline and vitamin D - nutrients important for energy metabolism and muscle function.
- Eggs fit easily into any meal. Breakfasts, lunches or dinners with eggs help meet daily protein needs without relying on supplements.
- Eggs support lean muscle without overdoing the calories. This helps runners fuel adequately while reducing the risk of weight gain.

No.4 MICRONUTRIENTS MATTER



- (legumes) help reduce fatigue, especially important for female runners who have naturally higher iron requirements.
- Calcium and vitamin D support bone strength. Dairy foods like milk, cheese and yoghurt for calcium, along with eggs for vitamin D, help protect bones as they undergo significant load during training.
- Fruits and vegetables support immunity and muscle repair. Vitamins A and C, along with other antioxidants and fibre found in fruit and vegetables, help keep runners healthy, therefore assisting with consistent training and performance.

No.5 TIMING & PRACTICAL HABITS



- Eat soon after training. A meal or snack with carbohydrate and protein within 1-2 hours supports recovery.
- Simple planning beats perfection. Having a basic meal plan to follow helps ensure you eat enough, eat regularly, and fuel training without stress.

NOTES ABOUT THIS MEAL PLAN

- This meal plan is designed for healthy, active runners aged 17-25 years.
- Specific quantities are a guide only as individual energy requirements vary depending on age, activity, health status, height, and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- Averaged across the five days, this meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating* for adults 19-50 years. It contains 9 ½ eggs over the 5 days.
- It is also important to drink enough water daily.
- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.

*Australian Guide to Healthy Eating, NHMRC, Commonwealth of Australia, 2013 <http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

