

**THE** **RUN** **EXPERIENCE**

**PRODUCE**

**PRODUCE**

**PROTEIN**

**PANTRY**

**SPECIAL**

**SCHEDULE**

# THE **RUN** EXPERIENCE

## PRODUCE

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## PRODUCE

APPLES  
AVOCADOS  
ARTICHOKES  
BANANAS  
BUSSETS SPROUTS  
CHERRIES  
CHARD

## PROTEIN

## PANTRY

## SPECIAL

- MAKING DINNER FOR FAMILY SO NEED TO DOUBLE THE CHICKEN THIGH RECIPE
- HAVE TO GO TO THE SPECIAL ASIAN MARKET TO GET THE SPICES FOR TUESDAY DINNER
- PICK UP THE COCONUT AMINOS SO I DON'T HAVE TO USE SOY SAUCE

## SCHEDULE

MONDAY - LENTIL BURGERS W/ PARSNIP FRIES  
TUESDAY - JAMAICAN JERK FISH TACOS  
WEDNESDAY - WORK DINNER @ GARY DANKO  
THURSDAY  
FRIDAY  
SAT/SUN

# THE **RUN** EXPERIENCE

## FOOD JOURNAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
COMMENTS							

# THE **RUN** EXPERIENCE

## FOOD JOURNAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	PRE - RUN SNACK: 1/2 AVOCADO WITH 1 TBSP HEMP SEEDS SOS HYDRATION = 1 BOTTLE						
MEAL 2	POST - RUN BREAKFAST: CILANTRO BLUEBERRY SMOOTHIE (ALMOND MILK, PROTEIN POWDER, BERRIES, CILANTRO, MACHA, 1/2 AVOCADO, 2TBSP FLAXSEED 2 TBSP GREEN POWDER, SEA SALT, ICE)						
MEAL 3	1 BOTTLE WATER W/ SEA SALT, GRAPEFRUIT AND 1/2 TSP RAW HONEY						
MEAL 4	LUNCH: 3C GREENS, 6OZ GRILLED SALMON, 1/3C STRAWBERRIES, 1/3C BLACK BEANS, 1/2 C LEFTOVER ASPARAGUS, 1/4C WALNUTS, 1 TBSP DRESSING - 8OZ WATER						
MEAL 5	DINNER - 6OZ GROUND BISON W/ TOMATE PASTE, GARLIC, ONIONS, 1 SMALL ROASTED SWEET POTATO W/ 2 TBSP COCONUT OIL AND 2 C SAUTEED KALE						
MEAL 6	PRE-BED COLLAGED, TURMERIC 'GOLDEN MILK'						
COMMENTS	FELT GREAT ALL DAY, NO DIPS IN ENERGY, RUN WAS FASTER THAN NORMAL, HAD 9 HRS SLEEP SO THAT HELPED WAS THIRSTY AFTER DINNER?						

INCLUDE EVERYTHING YOU EAT AND DRINK, PORTION SIZES, WHAT TIME, HOW YOU FELT BEFORE AND AFTER, HOW IT EFFECTED YOUR TRAINING, SLEEP, DIGESTION ETC.

# THE **RUN** EXPERIENCE

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## NUTRITION

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JAMAICAN JERK TACOS



BUTTERNUT GRAIN BOWL



SWEET & SPICY SRIRACHA MEATBALLS



HOISIN SALMON W/ ZUCCHINI SLAW



MAPLE TEMPEH SRIRACHA BURGERS



CHILI CASHEW SHRIMP NOODLES



# THE **RUN** EXPERIENCE

## SWEET & SPICY SRIRACHA MEATBALLS

### INGREDIENTS FOR THE MEATBALLS

1 LBS GROUND BEEF OR CHICKEN (90- 95% LEAN)  
2 TBSP OR MORE SRIRACHA  
1 TBSP APPLE CIDER VINEGAR  
1 TSP MINCED GARLIC  
1/4 TSP SEA SALT DASH OF BLACK PEPPER  
2 TBSP TAPIOCA OR POTATO STARCH  
(ARROWROOT STARCH WORKS TOO)  
1/2 TSP GROUND GINGER  
1 WHISKED EGG  
GARNISHES - CILANTRO, CHILI PEPPER,  
OPTIONAL COCONUT SUGAR TO TOP.

### FOR THE SWEET AND SPICY SRIRACHA SAUCE

1/4 CUP DICED ONION OR SHALLOT  
1 CUP CRUSHED TOMATOES (DRAINED  
EXCESS WATER IF USED CANNED)  
1/2 CUP NATURAL KETCHUP  
3-4 TBSP SRIRACHA ( MORE THE SPICER) CRUSHED PINEAPPLE  
(ABOUT 1/2 CUP DRAINED TO MIX INTO THE SAUCE)  
1.5 TBSP APPLE CIDER VINEGAR  
1/4 TSP GROUND GINGER  
1 TBSP RED PEPPER FLAKES (TO MAKE SPICIER ADD MORE)  
2 TBSP MAPLE SYRUP OR HONEY  
1 TBSP MINCED GARLIC SALT/PEPPER TO TASTE

### INSTRUCTIONS:

1. PREHEAT OVEN TO 450F.
2. PLACE ALL YOUR MEATBALLS INGREDIENTS (WHISKED EGG LAST) IN A LARGE BOWL. USING A HANDS OR A MIXER, MIX ALL INGREDIENTS UNTIL COMBINED. I FIND A STAND MIXER WORKS BEST.
3. NEXT ROLL MEAT BATTER INTO BALLS (A LITTLE LARGER SIZE THAN A GOLF BALL). PLACE ON GREASED BAKING SHEET. BAKE AT 450F FOR 12-14 MINUTES OR UNTIL THEY ARE FIRM AND SLIGHTLY COOKED/BROWNED.
4. WHILE THE MEATBALLS ARE BAKING, BLEND UP YOUR YOUR SWEET AND SPICY SRIRACHA SAUCE.
5. BLEND TOGETHER ALL INGREDIENTS LISTED IN THE SAUCE. BEST TO USE A HAND HELD BLENDER, FOOD PROCESSOR, OR BLENDER. THEN POUR THE SWEET AND SPICY SAUCE IN MEDIUM PAN.
6. BRING TO A SOFT BOIL THEN REDUCE. PLACE YOUR BAKED MEATBALLS IN SAUCE. ADD 1/2 CUP CRUSHED PINEAPPLE (DRAINED IF CANNED). SIMMER FOR 10 -15 MINUTES COATING ALL THE MEATBALLS EVENLY.
7. ONCE COOKED, REMOVE AND GARNISH WITH EXTRA CILANTRO, CHILI PEPPER FLAKES, AND OPTIONAL SPRINKLE OF COCONUT SUGAR TO TOP.
8. IF NOT SERVING RIGHT AWAY, KEEP IN SEALED CONTAINER IN FRIDGE OR FREEZE FOR LATER.

# THE **RUN** EXPERIENCE

## HOISIN SALMON WITH ZUCCHINI SLAW

### INGREDIENTS

GLAZE

JUICE OF 2 LIMES

1/4 TEASPOON RED PEPPER FLAKES

1/4 CUP LIQUID AMINOS OR LOW SODIUM SOY SAUCE

1/4 CUP HOISIN SAUCE

1 (1 1/2 INCH) PIECE FRESH GINGER, PEELED AND CHOPPED

2 CLOVES GARLIC, PRESSED

2 (6OZ) SALMON FILLETS

### ZUCCHINI SLAW

2 LARGE ZUCCHINI, SPIRALIZED

3 SCALLIONS, THINLY SLICED

2 CARROTS, PEELED, SPIRALIZED

1 RED BELL PEPPER, SPIRALIZED

1 YELLOW BELL PEPPER, SPIRALIZED

2 TABLESPOONS CHOPPED FRESH CILANTRO

1 TEASPOON WHITE SESAME SEEDS, FOR GARNISH

IF YOU DON'T HAVE A SPIRALIZER - YOU CAN  
USE A GRATER OR VEGGIE PEELER OR MANDOLIN

### INSTRUCTIONS:

1. PREHEAT THE OVEN TO 400 DEGREES F. LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. MAKE THE GLAZE. PLACE ALL THE INGREDIENTS FOR THE GLAZE IN A FOOD PROCESSOR AND PULSE UNTIL SMOOTH.
3. PLACE A MEDIUM SKILLET OVER MEDIUM HIGH HEAT. WHEN WATER FLICKED ONTO THE SKILLET SIZZLES, ADD THE PREPARED GLAZE, RESERVING 1/4 CUP IN A SMALL BOWL.
4. SIMMER UNTIL THE GLAZE HAS REDUCED AND THICKENED INTO A SYRUP, ABOUT 15 MINUTES.
5. REMOVE PAN FROM THE HEAT SET THE SALMON FILLETS ON THE PREPARED BAKING SHEET AND BRUSH WITH A THIN LAYER OF THE RESERVED GLAZE. BAKE THE SALMON FOR 9-12 MINUTES OR UNTIL IT IS OPAQUE AND FLAKES EASILY.
6. MEANWHILE, HEAT A LARGE SKILLET OVER MEDIUM-HIGH HEAT. WHEN WATER FLICKED INTO THE SKILLET SIZZLES, ADD THE ZUCCHINI, SCALLIONS, CARROTS AND BELL PEPPER AND COOK UNTIL AL DENTE, ABOUT 3 MINUTES.
7. DRAIN THE VEGETABLES IN A COLANDER, THEN RETURN THEM TO THE SKILLET OVER HIGH HEAT AND IMMEDIATELY POUR OVER THE RESERVED GLAZE. TOSS TO COAT WITH THE GLAZE FOR ABOUT 1 MINUTES, THEN STIR IN THE CILANTRO.
8. DIVIDE THE SLAW BETWEEN TWO PLATES AND TOP EACH WITH A SALMON FILLET. GARNISH WITH SESAME SEEDS

# THE **RUN** EXPERIENCE

## JAMAICAN JERK FISH TACOS WITH CAULIFLOWER FRIED RICE

### INGREDIENTS

1 POUND SALMON, LEFT WHOLE OR CUT INTO STEAKS  
2 TABLESPOONS OLIVE OIL  
1 1/2 TEASPOONS CUMIN  
1 1/2 TEASPOONS CHILI POWDER  
1/2 TEASPOON CURRY POWDER  
1/2 TEASPOON ALL-SPICE  
1/4 TEASPOON CAYENNE PEPPER  
1/4 TEASPOON CINNAMON SALT + PEPPER JUICE FROM  
1 ORANGE + LIME CORN OR FLOUR TORTILLAS,  
WARMED PLAIN GREEK YOGURT, FOR SERVING

### CAULIFLOWER FRIED RICE

4 CUPS CAULIFLOWER RICE (ABOUT 1 LARGE HEAD CAULIFLOWER)  
3 TBSP COCONUT OIL SALT + PEPPER  
1/2 CUP COOKED BLACK BEANS  
1/4 CUP FRESH CILANTRO, CHOPPED

### PINEAPPLE SALSA (TOTALLY OPTIONAL)

1 RIPE PINEAPPLE  
1 TABLESPOON COCONUT OIL  
1-2 JALAPENOS, SEEDED, + CHOPPED (I USED 2)  
JUICE OF 1 LIME  
1/3 CUP FRESH CILANTRO, CHOPPED SALT, TO TASTE

### INSTRUCTIONS:

1. PLACE THE SALMON IN A 9X13 INCH PYREX PAN AND RUB WITH OLIVE OIL. IN A SMALL BOWL, COMBINE THE CUMIN, CHILI POWDER, CURRY POWDER, ALL-SPICE, CAYENNE, CINNAMON AND A PINCH OF SALT + PEPPER. RUB THE SPICE MIXTURE OVER THE SALMON. DRIZZLE OVER THE ORANGE JUICE AND LIME JUICE. COVER AND PLACE THE SALMON IN THE FRIDGE WHILE YOU PREPARE THE RICE AND SALSA.
2. IF YOU WANT TO MAKE YOUR OWN- PINEAPPLE SALSA... YOU CAN USE REGULAR SALSA, MANGO OR ANY OTHER FRUIT SALSA FROM THE STORE TO SWEETEN IT UP. SKIP TO STEP 4 IF NOT MAKING YOUR OWN.
3. PREHEAT THE OVEN TO 450 DEGREES F. RUB THE PINEAPPLE WITH COCONUT OIL AND PLACE ON A PARCHMENT LINED BAKING SHEET. ADD THE JALAPEÑO. ROAST FOR 20 MINUTES OR UNTIL THE PINEAPPLE IS CHARRED AND CARAMELIZED. TURN THE PINEAPPLE HALF WAY THROUGH COOKING. REMOVE FROM THE OVEN AND LET COOL. ONCE THE PINEAPPLE IS COOL ENOUGH TO HANDLE, FINELY CHOP THE PINEAPPLE AND ADD TO A BOWL. REMOVE THE SEEDS FROM THE JALAPEÑO, CHOP AND ADD TO THE BOWL WITH THE PINEAPPLE. STIR IN THE LIME JUICE, CILANTRO AND A PINCH OF SALT.
4. START THE CAULIFLOWER RICE- IT WILL TAKE 15MIN TO COOK OUT THE MOISTURE. COMBINE INGREDIENTS IN LARGE SKILLET AND COOK UNTIL GOLDEN BROWN AND MOISTURE IS REMOVED.
5. PLACE A LARGE CAST IRON SKILLET OR GRILL PAN ON HIGH HEAT, OR PREHEAT THE GRILL TO HIGH. ONCE HOT, ADD THE FISH AND COOK UNTIL YOUR DESIRED DONENESS IS REACHED. I COOKED ABOUT 4 MINUTES PER SIDE. REMOVE FROM THE HEAT. USING A FORK, FLAKE THE SALMON INTO PIECES.
6. TO ASSEMBLE YOUR TACOS, ADD THE CAULIFLOWER RICE TO THE WARMED CORN TORTILLAS. ADD THE SALMON AND TOP WITH PINEAPPLE SALSA AND A DOLLOP OF YOGURT AND PUMPKIN SEEDS IF DESIRED. GARNISH WITH FRESH CILANTRO AND LIMES. EAT!



# THE **RUN** EXPERIENCE

## CHILI CASHEW SHRIMP NOODLES

### INGREDIENTS

7-8 OUNCES UNCOOKED RICE NOODLES

2 TABLESPOONS HONEY

2 TABLESPOONS FISH SAUCE

1/4 CUP SOY SAUCE

1/4 CUP HOISIN SAUCE

2 TABLESPOONS FRESH LIME JUICE (ABOUT 1 LIME)

2 TABLESPOONS PEANUT OR SESAME OIL

1 POUND RAW SHRIMP, PEELED AND DEVEINED

1 CLOVE GARLIC, MINCED OR GRATED

4 RED CHILLIES, SEEDED + CHOPPED

1 RED BELL PEPPER, SLICED INTO MATCHSTICKS

2 CUPS CAULIFLOWER FLORETS

1/2 CUP WHOLE ROASTED CASHEWS

4 GREEN ONIONS, CHOPPED

1/4 CUP FRESH CILANTRO, CHOPPED

### INSTRUCTIONS:

1. BRING A LARGE POT OF SALTED WATER TO A BOIL. COOK THE RICE NOODLES ACCORDING TO PACKAGE DIRECTIONS, LEAVING THE NOODLES WITH JUST A BIT OF A BITE AS THEY WILL CONTINUE TO COOK IN THE SAUCE. DRAIN THE NOODLES.

2. IN A BOWL COMBINE THE HONEY, FISH SAUCE, SOY SAUCE, HOISIN SAUCE AND LIME JUICE. SET ASIDE.

3. HEAT A LARGE SIDED SKILLET OR WOK OVER MEDIUM HIGH HEAT. ADD 1 TABLESPOON OF THE PEANUT OR SESAME OIL AND THE SHRIMP IN AN EVEN LAYER. SEAR THE SHRIMP UNTIL COOKED THROUGH, ABOUT 2-3 MINUTES PER SIDE.

4. REMOVE THE SHRIMP FROM THE PAN. ADD THE SECOND TABLESPOON OF OIL AND THE GARLIC, RED CHILLIES AND RED PEPPERS.

SAUTÉ FOR 3-5 MINUTES OR UNTIL JUST SOFT. ADD THE CASHEWS AND STIR FRY FOR ABOUT A MINUTE. ADD THE SAUCE AND THE SHRIMP BACK TO THE PAN. STIR AND COOK ONE MORE MINUTE. ADD THE NOODLES AND STIR FOR 2-3 MINUTES.

5. REMOVE FROM THE HEAT AND STIR IN THE GREEN ONIONS AND CILANTRO. SERVE.

# THE **RUN** EXPERIENCE

## MAPLE TEMPEH SRIRACHA BURGERS

### INGREDIENTS

1 (8 OUNCE) PACKAGE TEMPEH  
1 CUP GF OATS  
1 SMALL ONION, DICED  
2 GARLIC CLOVES, MINCED  
1 CUP DICED CARROTS (ABOUT 2 CARROTS)  
3/4 CUP CANNED BLACK BEANS, DRAINED AND RINSED  
2 TABLESPOONS SRIRACHA SAUCE (OR TO TASTE)  
2 TABLESPOONS SOY SAUCE OR TAMARI  
2 TABLESPOONS MAPLE SYRUP  
1/2 TEASPOON LIQUID SMOKE  
OIL OR COOKING SPRAY, FOR GRILLING  
4C HALVED BRUSSELS SPROUTS - 2TBSP OLIVE OIL,  
CAYENNE PEPPER AND ROASTED IN OVEN AT 425 FOR 20 MINUTES.

### FOR SERVING:

4 TO 6 LETTUCE BURGER 'BUNS'  
KETCHUP  
SRIRACHA SAUCE  
AVOCADO SLICES  
TOMATO SLICES  
CARAMELIZED ONIONS

### INSTRUCTIONS: SERVES 4

1. POUR A FEW INCHES OF WATER INTO A MEDIUM SAUCEPAN AND FIT IT WITH A STEAMER BASKET. BREAK THE TEMPEH INTO 5 OR 6 CHUNKS AND PLACE THEM IN THE BASKET. SET THE PAN OVER HIGH HEAT AND BRING THE WATER TO A BOIL. LOWER HEAT SO THE WATER IS AT A SIMMER, COVER, AND ALLOW THE TEMPEH TO STEAM FOR 10 MINUTES. ALTERNATIVELY, IF YOU DON'T HAVE A STEAMER BASKET, YOU CAN PLACE THE TEMPEH PIECES RIGHT INTO THE WATER. AFTER 10 MINUTES, REMOVE THE SAUCEPAN FROM THE HEAT, TRANSFER THE TEMPEH PIECES TO A PLATE, AND ALLOW THEM TO COOL A BIT WHILE YOU GATHER YOUR OTHER INGREDIENTS.
2. PLACE THE OATS INTO THE BOWL OF A FOOD PROCESSOR FITTED WITH AN S-BLADE. BLEND TO A POWDER, THEN ADD THE STEAMED TEMPEH, ONION, GARLIC, CARROTS, BEANS, SRIRACHA SAUCE, SOY SAUCE OR TAMARI, MAPLE SYRUP, AND LIQUID SMOKE TO THE BOWL. PULSE UNTIL INGREDIENTS ARE FINELY CHOPPED AND WELL MIXED, SCRAPING DOWN THE BOWL BETWEEN PULSES AS NEEDED.
3. SHAPE THE TEMPEH MIXTURE INTO 4 TO 6 PATTIES.
4. LIGHTLY OIL A LARGE SKILLET AND PLACE IT OVER MEDIUM HEAT. WORKING IN BATCHES IF NEEDED, PLACE THE PATTIES INTO THE SKILLET AND COOK FOR ABOUT 4 MINUTES ON EACH SIDE, UNTIL NICELY BROWNED.
5. STUFF THE PATTIES INTO BUNS AND TOP WITH KETCHUP, EXTRA SRIRACHA SAUCE, AVOCADO, LETTUCE, AND TOMATO SLICES. SERVE WITH ROASTED BRUSSELS SPROUTS.

# THE **RUN** EXPERIENCE

## SPICY BUTTERNUT SQUASH BROWN RICE BOWL W/ CUMIN-LIME CREMA

### INGREDIENTS

#### SQUASH:

1 TABLESPOON EXTRA VIRGIN OLIVE OIL  
2 C CUBED AND PEELED BUTTERNUT SQUASH  
½ ONION, FINELY CHOPPED  
½ TEASPOON CHILI POWDER  
¼ TEASPOON CUMIN  
¼ TEASPOON CORIANDER  
JUICE OF ¼TH A LIME  
2 TEASPOONS MAPLE SYRUP

#### ROASTED VEGETABLES:

1 MEDIUM SUMMER SQUASH, CHOPPED  
INTO ¾-INCH CHUNKS  
1 RED BELL PEPPER, STEMMED, SEEDED AND SLICED  
1 TABLESPOON OLIVE OIL

#### CUMIN-LIME CREMA:

½ CUP YOGURT  
JUICE OF ½ LIME  
1 TEASPOON MAPLE SYRUP  
½ TEASPOON CUMIN

#### BOWL:

1/3 C COOKED BROWN RICE  
1/3 CUP BLACK BEANS, DRAINED AND RINSED  
1/2 AVOCADO, PEELED, PITTED AND SLICED  
FERMENTED VEGGIES  
(I USED FARMHOUSE CULTURE TAQUERIA MIX)  
FRESH SALSA  
TOASTED PEPITAS  
CILANTRO AND/OR SLICED GREEN ONIONS

### INSTRUCTIONS: SERVES 2

1. PREHEAT OVEN TO 400 DEGREES.
2. HEAT OLIVE OIL IN A LARGE SKILLET ON MEDIUM-HIGH HEAT. ADD BUTTERNUT SQUASH AND SAUTÉ FIVE MINUTES. ADD ONION, SALT AND PEPPER AND CONTINUE COOKING, STIRRING OCCASIONALLY, UNTIL THE SQUASH IS TENDER AND GOLDEN, ABOUT 15 MINUTES. ADD CHILI POWDER, CUMIN, CORIANDER, LIME JUICE AND MAPLE SYRUP AND COOK ABOUT 1 MINUTE LONGER UNTIL FRAGRANT.
3. MEANWHILE, TOSS SQUASH AND PEPPERS TOGETHER WITH OLIVE OIL AND SPREAD EVENLY ON A LARGE BAKING SHEET. SEASON WITH SALT AND BLACK PEPPER. ROAST 20-25 MINUTES UNTIL TENDER AND GOLDEN.
4. WHILE VEGETABLES ARE COOKING, WHISK TOGETHER INGREDIENTS FOR CUMIN-LIME CREMA. SEASON WITH SALT AND PEPPER AND SET ASIDE.
5. DIVIDE BROWN RICE BETWEEN BOWLS. TOP WITH BLACK BEANS, AVOCADO, FERMENTED VEGETABLES, ROASTED VEGGIES AND BUTTERNUT SQUASH. ADD A SCOOP OF SALSA. SPRINKLE WITH PEPITAS, AND HERBS.