

PRINTABLEPLATE

# High Protein Meal Plan for Runners

Fuel endurance and recovery with a runner-specific  
nutrition plan

ATHLETE MEAL PLANS | 7 DAYS

Professionally designed printable PDF • Instant download •  
Includes daily menus, grocery lists & nutrition guide

## Plan Overview .

Runners need both high carbohydrate for glycogen and high protein for muscle repair. This plan delivers both — timing carbohydrates around training sessions and ensuring 130g+ of protein daily to prevent the muscle breakdown common in endurance athletes.

### DURATION

7 days

### TARGET GOAL

Endurance fuelling, muscle repair, glycogen management

### DAILY CALORIES

2,200 – 2,600

### DIET TYPE

Athlete Meal Plans

## WHAT'S INSIDE THIS PLAN

- ✓ Complete daily meal schedule — breakfast, lunch, dinner & snacks
- ✓ Printable grocery shopping list for each week
- ✓ Calorie and macronutrient summary for every day
- ✓ Practical meal prep tips and time-saving guidance
- ✓ Bonus wellness advice tailored to your goal

# Your Daily Meal Plan .

**Day 1**

~2,220 cal

**Day 2**

~2,220 cal

**Day 3**

~2,220 cal

**Day 4**

~2,220 cal

**Day 5**

~2,220 cal

**Day 6**

~2,220 cal

**Day 7**

~2,220 cal

# Grocery List .

Check items off as you shop. Quantities are based on one person for the full plan duration.

## PROTEINS

- Chicken breast (×3)
- Salmon fillets (×2)
- Lean beef (200 g)
- Prawns (200 g)
- Canned tuna (×3)
- Eggs (1 dozen)
- Turkey mince (300 g)

## GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (300 g)
- Rolled oats (400 g)
- Wholegrain bread
- Red lentils (300 g)
- Chickpeas (×1 tin)
- Black beans (×1 tin)

## FRUITS

- Mixed berries (300 g)
- Banana (×3)
- Apple (×3)
- Kiwi (×2)
- Mango (×1)
- Medjool dates (×6)

## DAIRY AND ALTERNATIVES

- Greek yoghurt (500 g)
- Cottage cheese (250 g)
- Feta (100 g)
- Kefir (200 ml)
- Almond milk (1 L)

## VEGETABLES

- Spinach (300 g)
- Broccoli (×2)
- Sweet potato (×3)
- Courgette (×2)
- Bell peppers (×4)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Avocado (×3)
- Asparagus (1 bunch)

## PANTRY

- Chia seeds (150 g)
- Flaxseed (100 g)
- Almond butter (1 jar)
- Tahini (1 jar)
- Hummus (1 tub)
- Pumpkin seeds (100 g)
- Walnuts (100 g)
- Almonds (100 g)
- Olive oil
- Tamari
- Dark chocolate 85% (1 bar)

## HERBS AND SPICES

Turmeric

Cumin

Cinnamon

Chilli flakes

Garlic (1 bulb)

Ginger (fresh)

Lemon (×3)

## Nutrition Summary .

Average daily nutritional targets for this plan. Individual needs vary.

Nutrient	Daily Target
Average Daily Calories	2,200 – 2,600 kcal
Protein	90 – 120 g
Total Carbohydrates	140 – 180 g
Dietary Fibre	25 – 35 g
Total Fat	50 – 65 g
Saturated Fat	< 15 g
Sugar (natural)	25 – 40 g
Sodium	< 1,500 mg
Glycaemic Load	Low to Medium

## Benefits of This Plan .

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- ✓ Provides complete, balanced nutrition tailored to High Protein Meal Plan for Runners goals
  - ✓ All meals are whole-food, minimally processed for maximum micronutrient density
  - ✓ High dietary fibre supports digestive health and sustained satiety
  - ✓ Adequate protein intake preserves lean muscle mass
  - ✓ Anti-inflammatory ingredients reduce systemic oxidative stress
  - ✓ Low-glycaemic carbohydrate choices support stable blood sugar throughout the day
  - ✓ Ready-to-print format makes daily meal planning effortless
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## Meal Prep & Wellness Tips .

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- ✓ Meal prep on Sundays to save time during the week — batch-cook grains and proteins in advance.
  - ✓ Drink at least 2 litres of water daily alongside this plan.
  - ✓ Feel free to swap any meal within the same day to suit personal preferences.
  - ✓ Store prepped meals in airtight containers for up to 4 days in the refrigerator.
  - ✓ If hunger increases, add an extra snack of nuts, yoghurt, or vegetables rather than processed foods.
  - ✓ Pair the plan with 150 minutes of moderate exercise per week for optimal results.
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### Important Notice & Disclaimer

This meal plan is for informational purposes only and does not constitute medical advice. Consult a registered dietitian or qualified healthcare professional before starting any new dietary programme, especially if you have a diagnosed medical condition.

The information provided in this meal plan is for general educational and informational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional or registered dietitian before beginning any new dietary programme, especially if you have a medical condition, are pregnant, breastfeeding, or taking prescription medications.

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