



THE HIGH PROTEIN GUIDE FOR RUNNERS

THE SIMPLEST NUTRITION FIX FOR FAT LOSS AND RECOVERY

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Most runners under-eat protein.

This makes fat loss harder and recovery slower.

Increasing protein intake helps runners:

- **preserve muscle**
- **recover faster**
- **control hunger**
- **support metabolic health**

PROTEIN TARGET FOR RUNNERS

0.8 - 1.2 grams per pound of bodyweight

Example:

200 lb runner

Target = 160 - 240 grams daily



SIMPLE DAILY PROTEIN STRUCTURE

Breakfast

30–40g protein

Lunch

30–40g protein

Dinner

30–40g protein

Snack

20–30g protein



High Protein Breakfast Ideas

Protein oatmeal with whey
Greek yogurt parfait
Eggs + turkey bacon
Protein smoothie



High Protein Lunch Ideas

Chicken rice bowls
Tuna wraps
Turkey and avocado sandwich
Salmon salad



High Protein Dinner Ideas

Steak + potatoes
Chicken stir fry
Ground turkey taco bowl
Shrimp pasta



High Protein Snack Ideas

Cottage cheese + fruit

Protein shakes

Beef jerky

Hard boiled eggs

Aim for 30g protein per meal as a starting point.

This simple habit dramatically improves recovery.



If You Want Help Applying This

If you want help dialing in nutrition around your mileage and training schedule, you can schedule a consultation here:

[Click Here](#)

