

# FOUR DAY MARATHON MEAL PLAN

Meal	Day 1 pre event	Day 2 pre event	Day 3 pre event	Event day!
Breakfast	Banana pancakes with fruit Kcal: 232 Carbs (g): 40 Protein (g): 11	Banana and chocolate porridge Kcal: 415 Carbs (g): 69 Protein (g): 15	GF crumpets with almond butter and banana Kcal: 255 Carbs (g): 53 Protein (g): 9	'Fuelling' porridge • Kcal: 531 Carbs (g): 68 Protein (g): 23
Morning snack	Double berry muffins Kcal: 389 Carbs (g): 60 Protein (g): 10	Date milkshake Kcal: 285 Carbs (g): 52 Protein (g): 10	GF ginger nuts Kcal: 241 Carbs (g): 41 Protein (g): 2	During event fuel with energy drink and sweets like jelly babies
Lunch	GF pizza Kcal: 598 Carbs (g): 85 Protein (g): 38	Lentil soup with GF sourdough bread Kcal: 643 Carbs (g): 106 Protein (g): 18	Sweet potato cakes with kale and bean salad Kcal: 375 Carbs (g): 56 Protein (g): 21	Vegetable fajitas Kcal: 586 Carbs (g): 67 Protein (g): 31
Afternoon snack	GF banana bread Kcal: 268 Carbs (g): 44 Protein (g): 2	Flapjacks Kcal: 347 Carbs (g): 42 Protein (g): 3	Banana and blueberry smoothie Kcal: 335 Carbs (g): 62 Protein (g): 14	Date milkshake Kcal: 285 Carbs (g): 52 Protein (g): 10
Dinner	GF pasta with spicy chorizo sausage and mixed mushrooms Kcal: 866 Carbs (g): 119 Protein (g): 39	Falafel burger and polenta chips Kcal: 642 Carbs (g): 99 Protein (g): 22	Pasta with a mushroom sauce, with GF sourdough bread Kcal: 1,047 Carbs (g): 172 Protein (g): 31	Spinach, lentil and sweet potato curry with GF chapatis Kcal: 835 Carbs (g): 151 Protein (g): 32
Evening snack	Berry smoothie Kcal: 134 Carbs (g): 25 Protein (g): 39	Berry oat and nut slice Kcal: 186 Carbs (g): 23 Protein (g): 5	Fruit and seed energy balls Kcal: 60 Carbs (g): 6 Protein (g): 2	Chocolate orange bread and butter pudding Kcal: 430 Carbs (g): 43 Protein (g): 15

## FIND THE RECIPES IN YOUR HOME OF GLUTEN FREE

Every recipe featured in this plan is available on our Home of Gluten Free Recipes at [www.coeliac.org.uk/recipes](http://www.coeliac.org.uk/recipes). Just use the handy search function and save the recipes to your scrapbook.

## TOP PREMADE SWAPS AND EXTRAS

Strapped for time? Check out some Crossed Grain certified swaps and additions for the plan:

### Snack swaps

- **Genius** Blueberry Muffin
- **Prewett's** Biscuits Chewy Oat and Raisin/Spicy Dark Chocolate and Ginger
- **FREEE** Oat Bar (any flavour)
- **Eat Natural** Protein Packed Peanuts and Chocolate Bar

### Lunch swaps

- **Amy's Kitchen** Pizza
- **Warburtons** Sourdough
- **Costa** Chicken Wrap

### Breakfast swaps

- **Nairn's** Instant Porridge
- **Asda** Golden Syrup Flavour Porridge
- **Warburtons/Genius** Crumpets

### Dinner swaps

- **Asda** Spaghetti Bolognese
- **Aldi** Sweet Potato Burger
- **Kirsty's** Beef Lasagne Bolognese