

# Fuel Right:



The Endurance Athlete's Guide Daily Nutrition, Training  
Nutrition, and Achieving an Optimal Weight  
*(preview edition)*

Kelli Jennings, RD

**Fuel Your Adventure, Nourish Your Body.**



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# Introduction

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As an endurance athlete, you want the most out of your body. You have high demands. Especially as you leave your 20s, you realize that it takes more than just training to accomplish your goals. You need fuel. You need training nutrition, daily nutrition, and a healthy metabolism that uses the nutrients you're giving your body effectively. No matter your current fitness level, training schedule, or goals, you must support your body with nutrition and "fuel" your training.

But, you don't want to put just any fuel in your body, right? You need the right fuel, at the right times. Just like you wouldn't pour motor oil into your car's gas tank (the wrong fuel), you don't want to put "junk" into yours. On a daily basis, you want to eat "clean," aiming for wellness and disease prevention. For training, you need a different kind of fuel. You certainly don't want "roughage" setting in your belly while you're trying to power up a climb. You want easy-to-digest fuel that leaves your stomach quickly and reaches your bloodstream efficiently to give you immediate energy.

To add to the demands, many athletes strive to change their bodies while training. They want a better strength to weight ratio, and for good reason! If you can drop fat but maintain strength, you will improve as an endurance athlete. Even just 1, 2, or 5 pounds can make a difference when you climbing hills, doing speedwork, or on your 99<sup>th</sup> mile of a century.

**As an example, just think of the amount of money it takes to upgrade to a high-end cycling component that weighs 100s of grams less than the lower-end one...by losing just 1 pound, you'll lose almost 500 grams!**

You're in luck. Adequate fuel, healthy eating, and a better strength to weight ratio are in your grasp. My name is Kelli Jennings and I can help you achieve all three. I'm a Registered Dietitian, Sports Nutritionist, and avid endurance athlete. I've used my knowledge of nutrition, metabolism, physiology, and endurance sports to help hundreds of clients, from beginners to competitive amateurs to professional athletes – and myself! They've (and I've) had similar goals. And, we've been successful in achieving them!

The ebook you're reading, *Fuel Right*, is designed to give you this same success. It will provide all the information you need to:

- Identify daily vs. training nutrition needs
- Understand digestion, nutrition, and metabolism for the athlete
- Set up a healthy eating plan for day-to-day eating
- Add training nutrition that's appropriate for your goals, level of training and competitions
- "Prime" your body and metabolism to lose fat rather than store it
- Decrease inflammation in your body
- Use the right supplements for overall health, fat loss, and athletic goals
- Kick bad nutrition habits

All this, without all the information you don't need!

This ebook uses the same format and information I've created for my Custom Sports Nutrition clients. It begins with a "Guide" chapter - this is me walking you through my recommendations and all the tools I've provided as if we're sitting down face-to-face. From there, you can skip to different tools that are most appropriate for you. And, best of all, I've included a variety of "Dynamic Eating Plans." These plans give you specific choices for all Daily Nutrition (meals and snacks) and Training Nutrition (before, during, and after training) – with specific

portions, brands, and recommendations. If you want specific eating instructions, your “Dynamic Eating Plan” will simply tell you what to eat!

There’s a lot of information in this ebook – everything you need for healthy eating and training nutrition. Start with your guide and utilize your eating plan. You’ll automatically accomplish all the nutrition recommendations with it. Then, you can increase your knowledge with the other tools as you are able. I wish you the best and hope you enjoy the ride!

# Eating Plan Instructions

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## Dynamic Eating Plan Instructions and Training Nutrition

### Directions:

#### Identify Your Eating Plan:

- Determine your Foundational calorie level – the amount of calories you burn EXCLUDING the calories expended during training. Your foundational calorie amount is your calorie output determined by your metabolic rate + calories for everyday activities.
- If you'd like to lose weight, subtract 200-500 calories per day from your foundational calorie level.
- Choose your calorie level and find the corresponding Dynamic Eating Plan.

#### Daily Nutrition:

- Follow the eating pattern to include Breakfast, snack, lunch, snack, dinner, optional snack
- For each meal:
  - Choose 1 meal option.
  - Add a protein add-on.
- At dinner:
  - Use the meal options or follow the plate model if using a different recipe or out to eat.
  - Add a Healthy Fat add-on (olive oil or extra virgin coconut oil)
  - Try to skip the carbohydrate and use an additional healthy fat add-on more than 50% of the time (as described in the dinner section)
  - If dinner is your pre-training meal (early dinner and 8 pm run), include carbohydrate source and try to eat at least 2 hours prior to run.

#### Training Nutrition:

- All Training sessions: If you're unable to eat an easy-to-digest meal 1-3 hours or a snack 30-90 minutes before training, add a pre-training fuel option 15-30 minutes before working out, especially in early morning.
- Training Sessions that are <60 minutes: Time your subsequent meal/snack within 60 minutes of finishing training (as recovery) and drink 16-32 ounces water. Use water, if necessary, during training as well.
- For training that is 60-180 minutes and moderate to high intensity:
  - Add "during training" fuel as described below per hour. If you're a runner, this during training fuel is optional for runs between 60 and 90 minutes, but absolutely necessary for runs 90+ minutes
  - Add a recovery option within 30 minutes of finishing
- For training >180 minutes:
  - Follow recommendations for 60-180 minutes
  - Add additional protein add-on at dinner meal

#### General Supplement Recommendations (daily):

- Multivitamin with at least 18 mg iron
- 1000 mg DHA/EPA (omega-3s) daily.
- 1000 IU Vitamin D
- 1000 mg Calcium

**To make any eating plan grain-free:**

- Breakfast: Use any of the first several listings. If you'd like to include baked products, consider experimenting with almond flour.
- Lunch: Use large lettuce leaves to wrap many sandwich ingredients including meats, hummus, etc. Omit bread in other sandwiches, such as a banana-peanut butter sandwich, and serve in a bowl.
- Bread, omit carbohydrate source completely or use fruit, yams, peas, or beans as your carbohydrate source.

**Quick Guide to Portions:**

Here are some visuals to help you with portions:

- 3 ounces of meat, fish, poultry = the palm of your hand or a deck of cards
- 1 ½ ounces cheese = 6 dice
- 1 ounce nuts = a handful ; 2 tbsp nuts = 1 ping-pong ball
- 1/2 cup potatoes, hot cereal, cooked vegetables, chopped, canned or cooked fruit = a tennis ball
- One serving fresh fruit = a tennis ball or 1 cup berries/melon = 1 fist
- 1 cup cooked vegetables or fruit = the size of your fist
- 1 cup raw leafy vegetables = the size of your fist
- 1 teaspoon oil or butter = the size of the tip of your thumb (3 tsp = 1 tbsp)

# About the Author

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Kelli Jennings, RD



Kelli is a Registered Dietitian with a passion for healthy eating, wellness, & sports nutrition. She is an avid athlete herself, and has become a leader and expert in the field of Sports Nutrition for endurance athletes. Her journey started with graduating from the University of Northern Colorado with a degree in Dietetics, earning a residency at Sibley Memorial Hospital in Washington, DC, and accepting a position from George Washington University Hospital as a clinical dietitian specializing in cardiac disease, neurology, neonates, and diabetes. From there, she began a private practice to focus on preventative nutrition, wellness and endurance sports.

While living in the mountain sport mecca of Crested Butte, Colorado, she quickly become a competitive athlete in endurance sports and began fine-tuning her expertise to help herself and other excel in health and

performance. She has studied and worked in a variety of nutrition areas and is accredited by the Commission on Dietetic Registration.

Outside of work, Kelli loves living with her husband and 2 boys in Colorado where she spends her free time backcountry skiing, mountaineering, cycling, cooking, reading and mountain biking. She's often found in the midst of her own long distance mountain bike adventure and occasionally competing in a race like the Crested Butte Classic ('09 2nd place female finisher, 19th place overall). Or, just pulling her kids up a nice road climb in their Chariot. With a love of all things mountain, she spends a lot of time in the backcountry and has climbed all 54 summits of Colorado's 14,000 foot peaks (including 8 snow climb/ski descents). These activities give her plenty of challenge and balance with the added bonus of an opportunity to perfect endurance sports nutrition plans and sports nutrition recipes.



