

Pre-Workout Snacks for Runners

Bread (or Bagel)
+ Peanut Butter
+ Banana



Jill Merkel, Sports Performance & Wellness Dietitian
www.JillMerkelRD.com

Pre-Workout Snacks for Runners

Oatmeal
+ Walnuts
+ Cinnamon



Fruit Smoothie

Ex: Strawberries,
Banana, Pineapple
+ Greek Yogurt
+ Almond Milk

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Pre-Workout Snacks for Runners

Sweet Potato
+ Almond Butter
+ Low-fat Milk



Yogurt
Parfait
+ Fruit
+ Granola

Nutrition for Endurance

Overall Health & Athletic Performance



**Personalized Coaching
to help you reach
YOUR GOALS**

Fuel for Performance

Increase Energy

Optimize Recovery



Call today for a FREE 15 min. consultation
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