



Nutrition is one of the basic pillars of any fitness routine and so is Triathlon/ Running/ Cycling/ Swimming Training too.

How to eat mindfully, what to eat, how much to eat, when to eat, etc are all aspects of nutrition. And so planning nutrition helps you to keep yourself accountable and know what should go on your plate each day with each meal so that you don't have to think too much while eating which sometimes messes up things if you don't have a proper plan. No doubt once you get familiar you can decide on the go too, but most successful people try to have a plan.

So here I have laid down a basic nutrition plan that can be used by any Triathlete/ Runner/ Cyclist/ Swimmer to get started and get an idea about how things will look in terms of following a nutrition in a daily routine.

<b>Meal</b>	<b>Food options</b>	<b>Quantity</b>
Morning meal 1	Coffee (black or with milk) Fruits	½ cup 1-2
Breakfast	Oatmeal Dates Walnut Anjeer Raisin Eggs (Any recipe)	1 bowl 4 3 2 10-15 2 whole
Lunch	Bhakri Sabji Salad Oil Whey Protein Shake	1-2 1 bowl 1 bowl 2 tablespoon 1 scoop of water or milk
Snacks	Fruits Peanut Butter Limbu-Amla-Kokam Sharbat with less sugar & with a pinch	1-2 1 tablespoon 1 glass

	of salt Eggs (Any recipe)	2 whole
Dinner	Dal Rice Chicken /Fish (Any recipe except frying) Salad	1 bowl 1-2 bowl 150 gms 1 bowl

Note -

This is a general plan, not specific to anyone or not specific towards any goal

For vegetarian food, you can replace eggs/chicken/fish with paneer/tofu/soya chunks/sprouts/dals/beans

If whey protein is not preferable, you can replace it with other choices for protein intake as discussed in the above point.

Eat curd & drink coffee at least 15-20 mins after eating fruits & vice versa

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