



BY LIZ APPLIGATE, PH.D.

Fridge Wisdom

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

[PersonalBest]

Make It To Go

Portable meals for time-pressed runners

YOU DON'T NEED to sacrifice your health—or taste buds—because a leisurely meal won't fit into your schedule. These fast breakfast and lunch ideas are loaded with runner-friendly nutrients—better yet, they're designed to take with you to eat wherever you need quick refueling.

IMMUNITY SMOOTHIE

In a blender, whirl together 1½ cups frozen berries, 1 medium peeled carrot, 1 cup plain kefir (a yogurtlike drink), and a dash of cinnamon. Transfer to a thermos.

HEALTH TO GO → Immunity-boosting kefir and berries packed with anthocyanins (a type of antioxidant) help keep you healthy after a tough run.

MOROCCAN OATMEAL

Microwave a packet of frozen, ready-to-eat steel-cut oatmeal (try *Good Food Made Simple*). Put into a wide-mouth thermos. Top with chopped dates, shredded coconut, nutmeg, and plain Greek yogurt.



FAST FUEL
Egg wraps provide protein and vitamins.

HEALTH TO GO → The combination of protein from yogurt and whole-grain carbs and fiber from oatmeal speeds muscle recovery and keeps you full all morning.

EGG POWER WRAP

Whisk two eggs with salt, pepper, and garlic powder. Microwave for one to two minutes. Place on a whole-grain tortilla with sun-dried tomatoes, ¼ cup Asiago cheese, and baby greens. Wrap in foil.

HEALTH TO GO → Two eggs provide 12 grams of protein, plus brain-boosting choline. Sun-dried tomatoes are rich in vitamin C and the antioxidant lycopene.

TURKEY PITA POCKET

Combine 3 ounces shredded roasted turkey, 1 ounce grated smoked Gouda, ¼ cup chopped walnuts, 1 tablespoon mayo, half a diced pear, and a sprinkle of poultry seasoning. Spoon into a whole-wheat pita.

HEALTH TO GO → This meal provides a third of your daily protein needs. Walnuts are rich in omega-3s, which soothe inflammation and boost your immune system.

BLACK-BEAN ROLL

Smash 1 cup canned, drained black beans with 2 tablespoons green salsa. Spread between a four-inch wheat roll and top with ½ cup green cabbage and cilantro.

HEALTH TO GO → Black beans provide carbs, protein, and fiber; cabbage contains compounds with anticancer properties.

HAWAIIAN RICE BOWL

Heat a ready-to-eat bowl of sticky brown rice (try Annie Chun's Rice Express); add ½ cup pineapple, ¼ cup macadamia nuts, 2 ounces diced ham, and ½ cup coconut.

HEALTH TO GO → A little bit of lean ham adds protein and big flavor; the rice and pineapple provide plenty of carbs. **W**

