



## Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less

By Joanna Sayago Golub

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While all runners need to eat well to fuel their performance, most don't have the time to cook complex or labor-intensive meals to meet their unique nutritional needs. But if you've got 30 minutes, you can prepare fresh, delicious meals that will bolster your running and satisfy your appetite. *Meals on the Run* includes more than 150 healthy, energy-packed recipes that can all be prepared in small windows of time?some in 10 minutes or less!

From simple snacks and smoothies to weeknight dinners, you'll find everything you need to get high-quality food on the table fast. If you follow a specialized diet?vegetarian, vegan, low-calorie, or gluten-free?or need your meals to match your training plan, each recipe is marked so you can easily see if a particular recipe fits your needs.

Every delicious, healthy recipe in *Meals on the Run* features fresh, minimally processed ingredients that offer superior nutrition and taste. Once you get cooking, you'll find that fast meals can be synonymous with good taste, good health, and good running.

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#### About the Author

Joanna Sayago Golub is the nutrition editor of *Runner's World*. She resides in Pennsylvania.

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