

MARATHON RUNNERS DIET

BREAKFAST

1 slice Ezekiel Bread, 2 eggs,
4 oz avocado, 1/2 cup
strawberries



LUNCH

4 oz chicken breast, 2 cups
greens, 4 oz potato, avocado
slices and dark chocolate



DINNER

6 z ground turkey, 4 oz
sweet potato, asparagus



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Results On The Run Diet Guide

Mike Jess



Results On The Run Diet Guide:

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