

# Plant-Based Ultra Runner Essentials

## Vegan Ultra Runner Supplement Checklist

- Vitamin B12 - 1000 mcg/week or 100 mcg/day - Essential - always supplement
- Vitamin D3 + K2 - 1000-2000 IU/day - Especially important in winter
- Algae-based Omega-3 - 250-500 mg/day - ALA conversion is limited
- Iron - 15-30 mg/day if ferritin is low
- Zinc - 10-15 mg/day - Optional if not covered by diet
- Magnesium - 200-400 mg/day - Supports sleep, muscle relaxation

## Sample Vegan Training Day - Meal Plan (3000+ kcal)

Breakfast:

- Rolled oats + soy milk
- Banana, flaxseeds, peanut butter
- B12 spray + coffee

Snack:

- Smoothie (plant protein, oats, berries, almond butter)
- Handful of walnuts

Lunch:

- Quinoa, black beans, avocado, kale
- Olive oil + lemon dressing
- Pickled beets

Afternoon Snack:

- Dates stuffed with tahini
- Homemade energy bar

Dinner:

- Tofu stir-fry with broccoli, sesame oil, soba noodles
- Side of kimchi or sauerkraut

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Before Bed:

- Tart cherry juice
- Magnesium + D3 supplement

### Recovery Toolkit (Post-Race or Hard Long Run)

- Tart cherry juice (anti-inflammatory)
- Tofu/quinoa/sweet potato bowl
- Fermented foods (gut recovery)
- Stretch + foam roll + early sleep
- Algae omega-3 + magnesium before bed

### Essential Plant-Based Grocery List (Runner Edition)

Protein: Tofu, Tempeh, Lentils, Chickpeas, Vegan Protein Powder

Carbs: Oats, Rice, Quinoa, Potatoes, Fruit

Fats: Nuts, Seeds, Avocados, Olive Oil

Extras: Nutritional yeast, Kimchi, Sea salt, Soy milk, Dark chocolate

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