



MOORE

TO EXPLORE

FAST TIMES, BIG DEALS: NIL'S IMPACT ON COLLEGIATE TRACK & FIELD

THE EVOLUTION OF RUNNING SHOES

ARE WE LOSING MORE THAN WE'RE GAINING?

WHAT'S IN YOUR PANTRY?

SMART STOCKING: ESSENTIAL FOODS FOR RUNNERS ON THE GO.

The Runner's Grocery List: Stock Your Pantry Like a Pro

By Cassandra Padula Burke, RDN, LD, CPT, USAT Triathlon Coach, and RRCA Running Coach

When it comes to fueling your training, what's in your pantry (and fridge) matters. Trust me, there's nothing worse than finishing a long run and realizing your pantry is as empty as your energy tank! Meeting your daily and performance nutrition needs doesn't have to be complicated. A few staple pantry items that are quick and easy to prep will make all the difference in helping you power your performance.

LET'S TALK CARBS

I know carbs get a bad rap but trust me on this one, they're your superpower when it comes to meeting your energy needs. I'm a huge fan of quick-cooking oats (game-changer for busy mornings), quinoa, rice and whole grain or protein pasta because they cook up fast and pair with pretty much any protein you throw on top. For pre-race fueling, plain old white rice or a PB&J sandwich can kickstart your energy reserves.

PROTEIN POWER

Ever finish a workout and think, "I'll just grab something later"? Your muscles are practically begging for protein after training. Protein is the key to repairing and rebuilding so you can continue performing strong. Keep your pantry stocked with canned meats like tuna and chicken (preferably no-salt-added) and plant-based options such as lentils, black beans, pinto beans and chickpeas.

THE FAT FACTS (DON'T FEAR 'EM!)

Choosing the right fats matters. Your body needs healthy fats to support your joints and help it absorb essential vitamins like A, D, E, and K. Heart-healthy oils like olive oil are perfect for low-heat cooking or salad dressings, while avocado and canola oils are better suited for high-heat cooking due to their higher smoke points. Avocado is another great heart healthy fat that adds flavor and counts as a fruit serving!



Cassandra has nearly a decade of experience combining evidence-based nutrition and personalized coaching strategies to help youth and adult athletes, cancer survivors, and active individuals reach their nutrition and performance goals. As a trusted media dietitian, she has been featured in major media outlets. Learn more at <https://catalystperformancelab.com>

SPICE IT UP

Let's be honest, plain chicken and rice gets old real fast. I've got a whole Lazy Susan dedicated to spices and seasonings because your food doesn't need to be boring! My favs are cinnamon, cumin, and garlic powder. The science nerd in me loves their anti-inflammatory properties and my body loves the warm, earthy flavors they add to my meals.

HYDRATION STATION

Let's not forget about hydration. Keep a variety of electrolyte options in your pantry and test them out during training. Spoiler Alert: You're going to need these during 90+ minute training sessions and hot, humid weather.

PANTRY PICKS FOR RUNNERS

Carbs:

- Brown rice, quinoa, and whole-grain or protein pasta
- Oatmeal - nothing beats a warm bowl before a chilly morning run
- Whole grain cereals (but skip the sugary stuff - save that for post-race treats!)
- Whole grain bread and tortillas

Protein:

- Canned tuna and chicken (choose the no-salt versions)
- Legumes & Beans - Lentils, black beans, pinto beans, chickpeas, etc. They're a secret budget-friendly protein hack and perfect for stretching out more expensive proteins.
- Nuts and nut butters. Warning: these are super calorie-dense! Stick to about one ounce of nuts or two tablespoons of nut butter per day or less, especially if you're concerned about weight gain.
- Quality protein powder - 100% whey isolate or plant-based protein powder. I recommend Informed Choice or NSF Certified for Sport brands, especially if you're at the competitive level and might be subject to performance enhancing drug testing.



Healthy fats:

- Olive oil for everyday cooking and dressing
- Avocado and canola oil for high-heat cooking
- Seeds: pumpkin, sunflower, chia seeds and hemp seeds
- Avocados
- Dark chocolate

Quick fuel On-the-Go options:

- Energy gels and chews (Test these during training to figure out what works for you)
- Dried fruits (dates and raisins are a favorite mid-run fuel)
- DIY energy balls
- Rice cakes (the perfect pre-run snack when topped with banana and honey)
- Pretzels (sometimes you just need salty carbs)

Flavor Enhancers:

- Your favorite spices and seasonings (watch for hidden sodium)
- Condiments such as hot sauce, soy sauce, salsa, mustard and vinegars
- Natural sweeteners like honey and maple syrup (perfect for homemade energy balls)

Hydration essentials:

- Various electrolyte options and sports drinks (Test these during training to figure out what works for you)
- Coconut water (great for easy training days)
- Broth and stock (great for rehydrating especially on a cold day)

Before you hit the store, you don't need to overhaul your entire pantry overnight. Start with the basics and build from there. Pay attention to what foods work for your body during training. Everyone's gut is different, and what works for your training buddy might not work for you.

Now, go make your shopping list and get ready to stock that pantry like a pro!

