

# URSA 6 Day Menu 2019



All lunch options are gluten free and vegan.

Gluten free cereal and sandwiches will be available.

Evening meals will be catered by The Rezz.

Nutrition values are all averages. Please consider your personal nutrition needs when using this information.

## Breakfast

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Pancakes</b>	1 medium	380	12	3	3	1	32	Easy, portable and digestible fuelling option.
<b>Yoghurt - fruit</b>	200g (small tub)	810	23	9	7	0	140	High quality protein for recovery and repair. Higher carbs than plain yoghurt for additional fuel boost.
<b>Yoghurt - plain</b>	200g (small tub)	740	10	12	9	0	150	High quality protein for recovery and repair.
<b>Eggs, fried</b>	1 egg	600	0	8	10	0	86	High quality protein for recovery and repair.
<b>Cereal</b>	1 cup (35g)	543	29	3	0	1	184	Excellent fuelling option. Cereal options will be low fibre for quicker digestion and comfort when running.
<b>Muesli</b>	½ cup	842	33	6	4	6	17	Long-lasting fuelling option. High fibre content may not sit well in some runner's stomachs.
<b>Sugar/maple syrup/honey</b>	1 TBSP	316	20	0	0	0	3	Quickly available fuel source to add to pancakes and cereal.

## Lunch

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Sandwich – cheese &amp; salad</b>	1 sandwich	1166	28	12	8	2	281	A good option to settle hungry stomachs and provide a little fuel.
<b>Sandwich – chicken and salad</b>	1 sandwich	616	28	6	1	1	137	A good option to settle hungry stomachs and provide a little fuel.
<b>Fried rice (Sun &amp; Wed)</b>	2 cups cooked	2515	120	14	6	7	1300	Excellent, quickly digestible fuel source.
<b>Lentil ragu with pasta (Mon &amp; Thurs)</b>	2 cups cooked	2265	87	22	8	13	94	Long-lasting fuel source to settle hungry stomachs. Also a good option for repair and recovery if taking a break over lunch.
<b>Bean &amp; rice burritos (Tues &amp; Fri)</b>	1 wrap	1720	61	10	13	6	455	Long-lasting fuel source to settle hungry stomachs.

## Dinner – The Rezz

Nutrition values n/a

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Pasta (Sun, Wed &amp; Fri)</b>	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Replace depleted fuel stores.
<b>Soup (Mon &amp; Thurs)</b>	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Fluid and sodium for rehydration.
<b>Spag. bol. (Tues)</b>	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Replace depleted fuel stores, recover and repair.
<b>Potatoes</b>	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Replace depleted fuel stores.

## Always on hand for snacking

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Fruit (average)</b>	1 medium piece	240	15	0	0	3	0	Quick fuel source. Higher fibre fruits e.g. oranges may not sit well in some runner's stomachs.
<b>Plain/cream biscuits (average)</b>	1 biscuit	203	9	1	1	0	42	Quick fuel source.
<b>Lollies</b>	4 lollies (e.g. party mix)	292	16	1	0	0	19	Quick fuel source.
<b>Chips</b>	1 handful	240	6	1	4	0	78	Fuel source. Sodium to replace sweat losses and improve taste.
<b>Cake</b>	1 small slice	800	27	3	8	1	287	Quick fuel source.
<b>2 Minute Noodle cups</b>	1 cup	1448	44	7	14	0	1474	Quick and rich fuel source, with sodium and fluid to replace sweat losses.
<b>Sandwich (thick jam/honey &amp; marg)</b>	1 sandwich	1292	50	6	11	1	137	Quick fuel source.
<b>Sandwich (Vegemite &amp; marg)</b>	1 sandwich	1119	30	7	16	1	592	Quick fuel source, with sodium to replace sweat losses.
<b>Sandwich (thick peanut butter)</b>	1 sandwich	1110	32	10	12	2	231	Long-lasting fuel source.

## Dessert

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Coconut rice pudding</b>	1 cup cooked	800	45	2	5	1	70	Rich fuel source.

## Drinks

Food	Serve size	kJ	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)	Sodium (mg)	Nutritional benefits
<b>Electrolyte (Gatorade)</b>	250ml	248	15	0	0	0	128	Quick carb, fluid and sodium source for fuelling and hydration.
<b>Soft drink</b>	250ml	440	27	0	0	0	25	Quick carb and fluid source for fuelling and hydration. Cola 24mg caffeine/250ml.
<b>Juice</b>	250ml	400	21	1	0	1	8	Quick carb and fluid source for fuelling and hydration. May not sit well in sensitive stomachs.
<b>Up &amp; Go Energize</b>	1 tetra pak	908	25	18	5	3	225	Recovery option for refuelling, rehydration and repair. Good option for when taking breaks.
<b>Milk (full fat cow's milk &amp; soy varieties)</b>	250ml	735	16	9	9	0	112	Recovery option for refuelling, rehydration and repair.
<b>Coffee, tea</b>	250ml	0	0	0	0	0	0	Rehydration. Caffeine to reduce fatigue and perception of effort.
<b>Water</b>	250ml	0	0	0	0	0	0	Rehydration
<b>Milo</b>	2 tsp	160	6	1	1	0	12	Fuel top up, add to milk for recovery and repair.