



The Friendly Diet Plan

Love Running is primarily about three things: Getting Fit, Getting Fit and Changing the World! This friendly diet plan is really about number one and three, getting fit and changing the world. After all, what you eat has an enormous effect on your health; don't take it from me, it was Arnold Schwarzenegger who said that 'abs are made in the kitchen!'. Eating for health might be obvious, but perhaps less so is the idea that what you eat has a massive effect on the planet.

We don't want to tell you what to eat during your training, but the following three ideas may just help you to not only feel more energetic and lean, but also help you develop a diet which is friendlier to the planet!

The Idea	Less Meat, Less Dairy	Smaller Portions	More wholefoods, less rubbish...
The excuse	Yes, I can hear you think it: 'You must be having a laugh? Where am I going to get all my protein and nutrients?'	If I'm doing a lot of exercise then surely I need that extra bite to eat?	But the sugar I consume helps me gain energy...
Love Me	Did you know that a plant-based diet is linked to average drop of 35% in cholesterol...	Eating smaller amounts of food will help you to absorb greater levels of nutrients like iron!	Processed sugary food often turns to fat and has a negative impact on metabolism.
Love The Planet	Approximately 925 million people worldwide do not have enough to eat, yet the world's cattle alone consume enough grain to meet to caloric needs of 8.7 billion people!	1.1 billion tons of food is wasted annually. This has a negative effect on green house gas emission, water wastage and land use and costs us billions!	Processing food and using extra packaging is an extreme drain on resources. It accounts for 20% of all energy use in America for instance!
Tips and Ideas...	The following have high levels of protein: seeds, nuts, beans, spinach, broccoli, potato.	As well as consuming good amounts of water, the following healthy foods lead to being filled up: soup, hummus, pistachios, berries and low-starch vegetables!	Replace simple carb foods with complex ones for slow releasing energy such as: nuts, oats, seeds, pulses and fresh fruit.