

FAST Running - Performance Shopping List

Carbs for Energy

- Rolled oats
- Wholemeal or seeded bread
- Brown rice or microwave rice cups
- Wholegrain wraps or sandwich thins
- Sweet potatoes or white potatoes
- Pasta (wholemeal or high-protein)
- Corn thins or rice cakes
- Weet-Bix, muesli, or high-fibre cereal

Proteins for Recovery + Muscle Building

- Eggs
- Chicken breast or thighs
- Tuna or salmon tins
- Lean beef mince or kangaroo
- High-protein Greek yogurt (YoPro, Chobani Fit)
- Cottage cheese or ricotta
- Tofu or tempeh
- Milk (dairy or high-protein plant milk)
- Protein powder (HASTA certified if possible)

Fruit & Veg for Immune Support + Recovery

- Bananas
- Apples, oranges, mandarins
- Berries (fresh or frozen)
- Spinach or mixed salad leaves

- Carrot, cucumber, cherry tomatoes
- Avocados
- Frozen mixed veg

Hydration Helpers

- Water bottles or jugs
- Coconut water
- Hydralyte or electrolyte tablets
- Low-sugar sports drinks
- Choc milk

Smart Snacks

- Trail mix or dried fruit + nuts
- Muesli bars (4+ Health Star Rating)
- Up&Go Energize
- Smoothie packs (frozen fruit + yogurt)
- Popcorn (lightly salted)
- Nut butters (peanut/almond)
- Wholegrain crackers or corn thins
- Hard-boiled eggs
- Protein bars

Pantry Staples for Fast Meals

- Tinned beans or chickpeas
- Tinned tomatoes
- Wholemeal flour or baking mixes
- Olive oil or avocado oil
- Stir-fry sauces (low sugar/salt)

- Honey or natural maple syrup
- Nutritious spreads: hummus, tahini

Optional Extras

- Sushi
- Frozen edamame
- Greek yogurt dips (tzatziki)
- Protein ice cream (Denada, Halo Top)
- DIY smoothie packs (frozen banana, berries, spinach)