

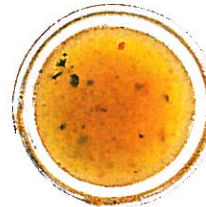
Power dressing

A special salad for every running occasion, from nutritionist Kim Pearson (www.equilibria-health.co.uk)



FOR POST-RUN RECOVERY

Organic chicken breast (grilled and sliced), rocket, orange segments, mango (sliced thinly), chickpeas, handful coriander leaves.



Dressing

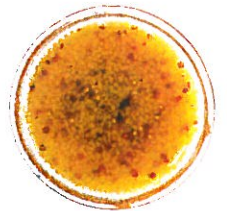
- 2 tbsp plum sauce
- 1 tbsp olive oil
- seasoning

FOR FAST-RELEASE ENERGY

Pasta (white), roasted beetroot, roasted butternut squash, sultanas, grated carrot.

Dressing

- 2 tbsp honey
- 1 tsp wholegrain mustard
- 2 tbsp orange juice



FOR SLOW-RELEASE ENERGY

Salmon fillet (marinated in half the dressing and grilled), quinoa, avocado, rocket, watercress, Edamame beans, coriander, ginger (finely chopped), garlic (finely chopped), flaked almonds.

Dressing

- 1 tbsp flax oil
- 1 tbsp balsamic vinegar
- fresh chilli, chopped
- 1 spring onion, finely sliced





FOR WEIGHT-LOSS

Fresh tuna fillet (grilled), new potatoes (three, with skins, halved), organic hard-boiled egg, black olives, cherry tomatoes (halved), anchovy fillets, French beans, sprigs of chervil.

Dressing

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper



FOR IMMUNITY

Broccoli (lightly steamed and cooled), red peppers (thinly sliced), red onions (sliced), ginger (grated), Puy Lentils (cooked and cooled) Feta cheese (crumbled).

Dressing (blend ingredients)

- 2 tbsp olive oil
- 5 cherry tomatoes
- 2 sun-dried tomatoes
- 1 chilli
- 1 clove garlic 