Three days menu plan for a marathon runner

Marathon runner was one of the most exciting clients because she was already motivated and want to get better. She wants to lose weight without losing muscle and getting ready for the marathon events. She was off sports season that get her out of her shape and reach out to get hep to get back. I create her meal plan and food analysis. I worked around her three days eating diary that she provided by using her favorite food. I added some food items and removed some to meet her micronutrient need that I calculated for her body needs. I added extra calories from snacks and sports drinks on the days she trains or while she is training.