

# A Runners Fuel

Cooking in a Runner's House

Thursday, August 5, 2010

## Full Brain & Stomach

This morning started out rough with my sick little dog. It was a tough morning. Once I got to work, everything was pretty normal. I had my apple, and I was getting ready to have my home made granola a few hours later, when my boss comes in with one of my favorites...a chocolate donut. Heaven!!! I couldn't resist. How can someone turn down a yummy donut? I couldn't, I didn't. It lasted my about 1/2 hour this time.



After work, I headed to the gym. I was going to try to run about 4 1/2 miles. My head wasn't in the game. I have some much going on up there, it was impossible to drain it all out. I ended up running 2 1/2 miles, and then about mile all in hills. My workout wasn't so bad, but I just wanted to run the entire 4 1/2 miles without any hills. I guess you can't always do what you have planned. At least I got to the gym and pushed myself. I'm proud of what I've accomplished today. My next run is on Sunday, so I can't wait to get out on road and run!

When I got home, I needed to pick up after myself for a bit. I am such a messy person. I don't know how my husband puts up with me. While I was getting things put away, I munched on a banana. It tasted so good after my workout. I love potassium!



While looking through my pantry to see what to eat for dinner, I found my [Reed's Ginger](#)

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Runners Fuel



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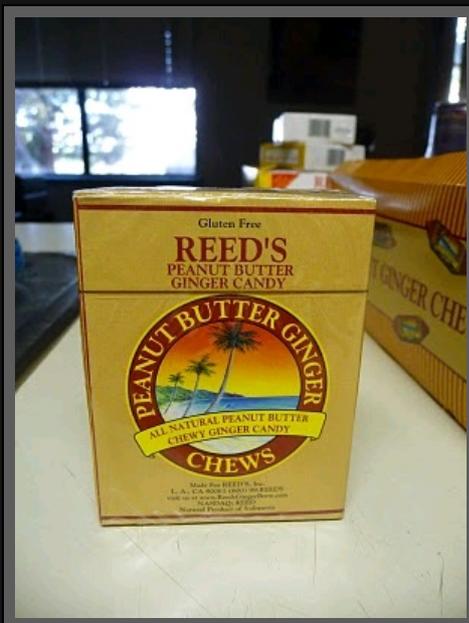
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**Chews.** I popped one of the Peanut Butter Ginger Chews in. At first, it tasted like yummy PB, then a few seconds later, the semi-spiciness of the ginger came around. It was so good. There's only 25 calories in each chew, not bad! The stats are pretty good: 0 trans fats, 0 saturated fats, 0 sodium, 6 grams of carbs, and only 4 grams of sugars. Pretty good to tied my over. I can't wait to try the other flavors. I'm bringing a couple of boxes to work, so I can munch on them there.



My dinner was kind of rare, for me. I toasted a piece of whole wheat bread, I topped that with some PB, some of [Uncle Sam's cereal](#) (which I will talk about this weekend), some rolled oats and just a few mini chocolate chips. I've never had this mixture before. It was soooo good and super filling.



As I'm typing, I'm finishing up a [Vita brownie](#). It's so hard to put it down, so I can type. I want to inhale it all. Everyone really should go out and buy some! Tonight has been a busy night of cleaning the house. I'm ashamed to say, I think it's been a couple months since I've cleaned it. It was pretty nasty in here. Everything is pretty clean. This weekend, I'm going to go back and detail everything and finally clean off my desk. It's such a mess. If I can remember, I'll take a picture of it and post it. I'll definitely be embarrassed. Oh well.

**Do you have any unusual dinners you've made before?**

**What do you do when you have a mental block while running?**

Posted by Runners Fuel at 10:23 PM



Labels: [Reed's Ginger Chews](#), [Uncle Sam's](#), [vita brownies](#)

## 7 comments:



**Leah B. said...**

I did some deep cleaning myself last night! And, it feels soooo good now! Sadly, I'm not adventurous with my meals. I'm not that creative but at least I'm cooking more now than ever. For mental blocks I try to drain it out with music



## About Me



### Runners Fuel

I am a 28 year old competitive runner. I have been married for five years. We have a six year old border collie mix, and an eleven year old kitty. I am a graphic designer and I love my job. I have been running for about 9 years. I am currently training for my first half marathon in May 2011. I love cooking and baking and trying new foods. I love going out to eat, but I do try to make as much from scratch as possible.

[View my complete profile](#)

## Previous Races

Davis Moo-nlight 5k 2010:  
30.58

Camp Sign Shine 5k 2010:  
31.57.0

Run for a Safe Haven 5k 2009:  
31.49.0

River City 5k 2006: 36.0.0

Women's Festival 5k 2006:  
34.51.7

Fair Oaks Fiesta 5 mile 2006:  
1.02.41.0

Folsom's Run with Nature 5k  
2006: 38.40.2

Run for a Safe Haven 5k 2006:  
38.48.8

Apple Hill Harvest 5k 2006:  
53.42.2

Davis Mile 2006: 9.22.0

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▼ 2010 (48)

▼ August (19)

Time to Clean Out  
the Freezer

My Work is  
Making Me Fat

Busy Little Bee

VERY Long Day

Breakfast for  
Dinner!!

A Better Saturday

Worst Day EVER!!

Rest is Almost  
Here...

when I work out. Sounds like you did a good job finishing yesterday! Yay!

August 6, 2010 8:19 AM

**Jarrelle said...**

Where do you find the Reed's chews? i up here on the east coast!

August 6, 2010 8:23 AM



**Jo Lynn said...**

Last week I had my usual green smoothie and went to work and there was chocolate cake. Damn cake! I had two pieces. I counted one as my lunch though. :-/

August 6, 2010 8:25 AM



**Leah B. said...**

Oh, and dinner looks AMAZING! I'm obsessed with BP right now :) Work always destroys healthy eating...

August 6, 2010 8:29 AM



**Jill said...**

I couldn't resist a chocolate donut either...why can't they make those things full of protein instead of fat?? :)

Have a great weekend!!

August 6, 2010 8:57 AM



**Marlene said...**

Mmm, donuts!! I couldn't have resisted that either!

Dinner looks interesting... and yummy!

August 6, 2010 10:29 AM



**Jamie said...**

Yum! What healthy snacks! Those ginger chews look so interesting I'm going to have to try them.

Somedays, it's hard to get out an run what you need to, but what you did was great! It's definitely better to run a little than not running at all. Anything helps. :)

August 6, 2010 12:12 PM

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My Legs are On Fire

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Another Uncomfortable & Unhappy Monday

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