



Healthy Options to get you ready to run your 416 Run Challenge

[Ozery Bakery](#) has you covered from sunrise to sunset with lots of healthy options to fuel you up and get you ready to run the 416 Run Challenge.

Whole grain carbohydrates provide a powerhouse of nutrition and energy for runners in addition to important nutrients like the B vitamins which can aid in both performance and recovery, magnesium which is critical for dispersing the build-up of lactic acid, and of course, fibre! Paired with lean proteins and healthy fats, whole-grain carbohydrates deliver on fuel and flavour.

Morning runners looking to start the day off with a protein packed well-balanced breakfast must try the [Breakfast Omelette sandwich](#) or the [Eggcellent Avocado bun](#) combo. Feeling fancy for brunch? The [Peach and Blueberry Bake](#) can be made ahead and ready to enjoy when you and your running pals get back from the weekend long run.

Midday runners looking for a healthy and quick lunch solution, check out the [Sesame Tamari Salad](#) or why not give the [Gourmet Pizza](#) a try. Perfect for runners who prefer a plant-based diet or those who like to add dairy or other lean proteins.

After a long day or an great evening run, try the delicious [Spicy Black Bean Burger](#) or [Grilled Chicken Sandwich](#) for a couple of options to help you recover and re-fuel!

Looking for snacks or a quick pre-run energy boost? Ozery Bakery has you covered! Try the [Hummus and Sundried Tomato Spread](#) or the Best Ever Bruschetta. There are so many delish snack options you will never get bored and always remained fueled so you can be your best on the roads, trails or treadmill.

For more delicious [Ozery](#) Bakery products and helpful recipes to help fuel you to your 416 km finish line, click [here](#).