



## Rock N' Roll Marathon Food For The Run



*Lazy Hippo Banana & PB Oatmeal (courtesy photo)*

If you are one of the thousands of San Diegans partaking in the most anticipated and entertaining marathon of the season, it can be tough to dictate your diet before and after the race. June 2<sup>nd</sup> and 3<sup>rd</sup> mark the **Rock N' Roll Marathon**, the ultimate summer running weekend in America's Finest City. Eating healthy doesn't have to be boring – keep your heart race-ready, muscles building, and taste buds singing with pre and post meals for the marathon!

Fuel for the finish line with the most important meal of the day at [Lazy Hippo](#), the Gaslamp's hit destination for breakfast and lunch with organic ingredients, lighter twists on traditional favorites, and cultural flavors. This one-stop location is serving up all of your sweet and savory breakfast and lunch favorites, so start your day with a breakfast of champions, complete with plenty of protein-packed eggs, oats, and **Banana & Peanut Butter Oatmeal**, a mason jar of Greek yogurt mixed with peanut butter, chia seeds, and nonfat milk with a sliced banana topping.

Prep for the big race with a marathon eve carbo-load from [Farmer's Table](#), La Mesa's inviting neighborhood food-to-fork eatery. Open for breakfast, lunch and dinner, this Sicilian-rooted spot demonstrates a commitment to authentic cooking methods and flavors to complement their rustic, vintage décor. Load up for the long day ahead with the carb-heavy **Pappardelle**, piled high with lamb ragu, crispy oyster mushrooms, and infused in local mint for a fresh finish.

Jog on over to healthy eats at [Wokou Ramen & Yakitori](#), the Asian-inspired dining destination that is shaking up the Carmel Valley culinary scene. Located at The Village at Pacific Highlands Ranch, Wokou is far more than your traditional ramen spot – it's urban, unique, and unexpected with sizzling plates of Japanese yakitori and slurp-worthy noodles. Dig into the **Seared Tuna Soba Noodles**, a bowl of buckwheat soba noodles, tuna, furikake, jalapeno, kaware sprouts, pickled ginger, green onion, and ginger dressing, to reap the benefits of the lean tuna and the muscle-fueling buckwheat noodles!

Run now and dine later at [Tajima](#), one of San Diego's top Japanese restaurants with a focus on traditional flavors and a premium selection of scratch-made plates. Quelling our hungry city's cravings for authentic Asian cuisine since its opening in 2001, Tajima has no shortage of diverse and delectable dishes that won't leave you

feeling heavy or overindulged. With five San Diego locations, Tajima makes it easy to savor light and heart-healthy selections for race day such as the **Salmon Poke Bowl**, filled to the brim with salmon poke, sesame seeds, seaweed salad, avocado, green onions, masago, tempura crunch, and seaweed over sushi rice.

Keep your body running like a clock with [Fish Shop Encinitas](#), a staple of this North County seaside town with a relaxed atmosphere, nautical ambiance, and family and dog friendly service. Home to some of the freshest seafood this side of the Pacific Ocean, this fast-casual spot offers a boatload of fresh-caught fish to choose from, whether it be tucked in a taco, sandwich, salad, or plate. Enjoy a guilt-free meal with a **Yellowtail Salad**, a plate of mixed greens, cherry tomatoes, cucumber, pickled red onions, and capers with yellowtail grilled to perfection and your choice of house dressing!