



FUELING FOR TRAINING

PRE-WORKOUT

MEAL 3-4 HOURS BEFORE WORKOUT IS IDEAL

- HIGH CARBOHYDRATE (50-70% OF MEAL), MODERATE PROTEIN, LOW FAT & FIBER
- EXAMPLES OF PRE-WORKOUT MEALS BASED ON WORKOUT TIMES...
 - EARLY MORNING TRAINING: ENERGY BAR AND A BANANA OR A BAGGIE OF DRY CEREAL, GRANOLA, AND A FEW NUTS OR SHAKE WITH FRUIT AND LOW-FAT MILK
 - MID-MORNING TRAINING: OATMEAL WITH PEANUT/ALMOND BUTTER MIXED IN, 1 FRUIT, 12OZ LOW-FAT MILK MIXED WITH 1 SCOOP WHEY POWDER
 - AFTERNOON-TRAINING: THICK WHEAT BREAD SANDWICH W/3-5OZ TURKEY OR HAM WITH FIXINGS, CUP OF PASTA SALAD OR FRUIT, SMALL ENERGY BAR
- SNACK APPROXIMATELY 30 MINUTES BEFORE WORKOUT
 - HIGH CARBOHYDRATE, LOW PROTEIN
 - EXAMPLES: ENERGY BAR, GRANOLA BAR, FRUIT, SMALL FRUIT SMOOTHIE, SPORT GUMMIES OR GELS, FIG BARS, CEREAL

DURING-WORKOUT

WORKOUTS > 90 MIN CONSIDER FOOD-BASED CARBOHYDRATE CONSUMPTION OR CARBOHYDRATE SUPPLEMENT

- HIGH CARBOHYDRATE, LOW TO NO PROTEIN, NO FAT
- EXAMPLES: SPORTS DRINKS, SMALL ENERGY BAR, SMALL CHEWY GRANOLA BAR, FRUIT, CRACKERS, PEANUT BUTTER CRACKERS, FIG BARS, SPORT GUMMIES OR GELS

IF YOU ARE TRYING TO GAIN WEIGHT, WORK ON DRINKING OR EATING SOMETHING DURING WORKOUT LIKE AN ENERGY BAR, BANANA, GRANOLA BAR, SHAKE WITH CARBOHYDRATE AND SOME PROTEIN OR AMINO ACIDS (EX: ROCKIN' REFUEL, GATORADE WITH WHEY PROTEIN ADDED, MIX 1 SHAKE) OR SIP ON SPORTS DRINK CONSISTENTLY THROUGHOUT WORKOUT.



POST-WORKOUT

“2 HOUR WINDOW OF OPPORTUNITY” = EAT AS SOON AS YOU CAN POST-WORKOUT!!!

30 MINUTES POST WORKOUT IS THE MOST IMPORTANT TIME TO EAT. GRAB A RECOVERY SNACK OR DRINK WHILE STRETCHING, FOAM ROLLING, OR ASAP AFTER WORKOUT UNLESS YOU CAN EAT A FULL MEAL WITHIN THIS 30 MINUTE TIME FRAME.

GOAL IS TO EAT A 2:1-4:1 RATIO OF CARBOHYDRATES TO PROTEIN (2-4 GRAMS CARBOHYDRATE TO EVERY 1 GRAM PROTEIN) IN ORDER TO REPLACE ENERGY STORES LOST AND MUSCLE TEARS THAT HAPPENED DURING YOUR WORKOUT

IMMEDIATE POST-WORKOUT SNACK IDEAS:

- 16-20OZ LOW-FAT CHOCOLATE MILK
- CLIF BAR, GATORADE BAR, OR POWERBAR PROTEIN PLUS
- SMOOTHIE: 1-2 CUPS LOW-FAT MILK, FRUIT, 1 SCOOP WHEY PROTEIN POWDER
- 1-2 CUPS WHOLE-GRAIN CEREAL W/ MILK
- 1 CUP FRUIT YOGURT W/ GRANOLA
- GRANOLA BAR AND 12OZ LOW-FAT MILK
- SHAKE EX. ROCKIN REFUEL, MIX 1, GATORADE WITH SCOOP WHEY PROTEIN, EAS MYOPLEX LITE OR MUSCLE MILK W/ A BANANA (BANANA FOR MORE CARBS),

MEAL 1-2 HOURS POST-WORKOUT IDEAS:

- 2 EGG/2EGG WHITE OMELET WITH LOW-FAT CHEESE, VEGGIES & ½ C CHOPPED LEAN HAM, 2 WHOLE WHEAT EGGO OR KASHI WAFFLES WITH LOW-FAT BUTTER AND DRIZZLE SYRUP OR FRUIT
- 12” SUBWAY ON WHEAT OR HONEY OAT W/VEGGIES, LEAN MEAT, & CHEESE, BAKED CHIPS & FRUIT
- 5 OZ GRILLED CHICKEN BREAST, 2 CUPS PASTA W/ MARINARA SAUCE, 1 CUP GREEN VEGGIE, 1 WHEAT ROLL, 1PIECE FRUIT
- 1 GRILLED CHICKEN SANDWICH, 1 BAG BAKED LAYS, ENERGY BAR, & FRUIT
- 1 WHOLE WHEAT BAGEL W/ 3OZ LEAN HAM AND SWISS CHEESE, 1 CUP COLD PASTA SALAD, ENERGY BAR