



PRE & POST WORKOUT NUTRITION

**YOUR GUIDE TO PRE- & POST-WORKOUT FUELING,
HYDRATION, AND HEALTHY LIVING FOR LONG-TERM
FITNESS**

PRE-WORKOUT FUEL



"YOUR BODY IS THE VEHICLE YOU TRAVEL THE WORLD IN... CHOOSE TO BE THE FERRARI, RATHER THAN THE GARBAGE TRUCK."

1

A FUELED WORKOUT IS A STRONGER WORKOUT

MORE LEAN MUSCLE IS BUILT & BETTER CONDITIONED WHEN YOU HAVE ENERGY FROM FOOD (FUEL).

2

DIGESTION IS IMPORTANT

TRY OUT DIFFERENT PRE-WORKOUT SNACKS & MEALS. SEE WHAT BEST SUITS YOU AND YOUR DIGESTION. MAKE SURE THERE IS NOT DISCOMFORT.

3

TIMING IS KEY

IF DIGESTION OF YOUR PRE-WORKOUT FOODS GOES WELL, TIMING IS THE NEXT PART TO CONSIDER.

THE "WINNING RECIPE"

WATER + CARBOHYDRATE + PROTEIN

30 MINUTES - 2 HOURS+

8-12 OZ OF WATER

MODERATE/HIGH CARBS + MODERATE PROTEIN
(+ LOW FAT + LOW FIBER)

< 30 MINUTES

A PIECE OF FRUIT + WATER
IS GOING TO BE YOUR BEST BET

PRE-WORKOUT FUEL



**START
HERE**

**HAVE YOU
EATEN IN
THE LAST
2 HOURS?**

Y

N

**DO YOU
FEEL
HUNGRY?**

N

Y

**WILL YOUR WORKOUT
INVOLVE RESISTANCE
TRAINING OR LAST
LONGER THAN 30
MINUTES?**

N

Y

**READY TO
WORKOUT!**

**PRE-WORKOUT
FUEL NEEDED!**

PRE-WORKOUT EXAMPLES



- 1 WHOLE GRAIN TOAST + NUT BUTTER (~1 TBSP)
- 1 FRUIT + 1 SERVING PROTEIN SUPPLEMENT + WATER
 - 1 RICE CAKE + NUT BUTTER + BANANA SLICES
 - 1 MEDIUM BANANA + 1-2 HARD-BOILED EGGS
 - 1 STRING CHEESE + 1 SERVING FRUIT
- 1 FRUIT + COLLAGEN PEPTIDES + (HOT TEA OR COFFEE)
- 1 PIECE OF FRUIT + SMALL HANDFUL OF NUTS (~0.5 OZ)
- SMALL HANDFUL OF DRIED FRUIT + SMALL HANDFUL OF NUTS
 - HANDFUL OF BERRIES + 1 CUP PLAIN, 0% GREEK YOGURT
- 1 SERVING OF CRACKERS + 1 SERVING HUMMUS/BEAN SPREAD
- 1/4 CUP OATMEAL WITH A COUPLE NUTS + BANANA SLICES
 - 1/2 BAKED SWEET POTATO + 1-2 HARD-BOILED EGGS
 - 1/2 BAKED SWEET POTATO + NUT BUTTER (~1 TBSP)
 - 1/2 TURKEY OR HAM SANDWICH
 - 1/2 BAGEL + NUT BUTTER (~1 TBSP)
 - RXBAR OR GOMACRO BAR

DURING WORKOUT



1

HYDRATION IS KEY BEFORE, DURING, & AFTER A WORKOUT

IF YOU ARE THIRSTY, YOU ARE ALREADY
DEHYDRATED.

2

THE IF / THEN RULE

IF MORE THAN 60 MINUTES, **THEN** USE OF A SPORTS DRINK
(CONTAINING UP TO 8% CARBS)

IF LESS THAN 60 MINUTES,
THEN WATER IS THE BEST FOR FLUID REPLACEMENT.

POST-WORKOUT FUEL



1

DON'T SKIP PROTEIN OR CARBS

PROTEIN & CARBOHYDRATES WORK TOGETHER AFTER WORKOUTS TO REPLENISH, RECOVER, & REBUILD MUSCLE.

SKIPPING PROPER POST-WORKOUT FUEL COULD MEAN THAT YOUR BODY RECRUITS ENERGY FROM LEAN TISSUE (SLOWING PROGRESS).

2

THE MORE INTENSE, THE MORE FUEL NEEDED

EXTREMELY INTENSE WORKOUTS REQUIRE IMMEDIATE REFUELING WITH ADEQUATE CARBOHYDRATES & PROTEIN.

**GOALS: 30-45 GRAMS CARBOHYDRATE
15-25 GRAMS OF PROTEIN.**

3

MAXIMIZE YOUR HARD WORK WITH PROTEIN

GIVE YOUR BODY THE PROTEIN IT NEEDS TO USE AND BUILD THE LEAN TISSUE YOU'VE BEEN WORKING HARD ON!

*GET THE MOST BENEFIT WHEN
PROTEIN IS EVENLY SPREAD OUT THROUGHOUT THE DAY.*

$$\text{YOUR BODY WEIGHT} \div 2.2 \times 1.2 = \text{YOUR MINIMUM DAILY PROTEIN GOAL IN GRAMS}$$

POST-WORKOUT FUEL



**START
HERE**

**IS YOUR
NEXT MEAL
MORE THAN
2 HOURS
AWAY?**

Y

N

**REFUEL WITH A
1:1 RATIO
CARB : PROTEIN
AFTER SESSION**
I.E. 20G CARBS : 20G PROTEIN

**DO YOU HAVE A
BULK GOAL OR
LEAN GOAL?**

BULK

LEAN

**REFUEL WITH A
3:1 RATIO
CARB : PROTEIN**
I.E. 30G CARBS : 10G PROTEIN

**REFUEL WITH A
1:1 RATIO
CARB : PROTEIN
AFTER SESSION**
I.E. 20G CARBS : 20G PROTEIN