



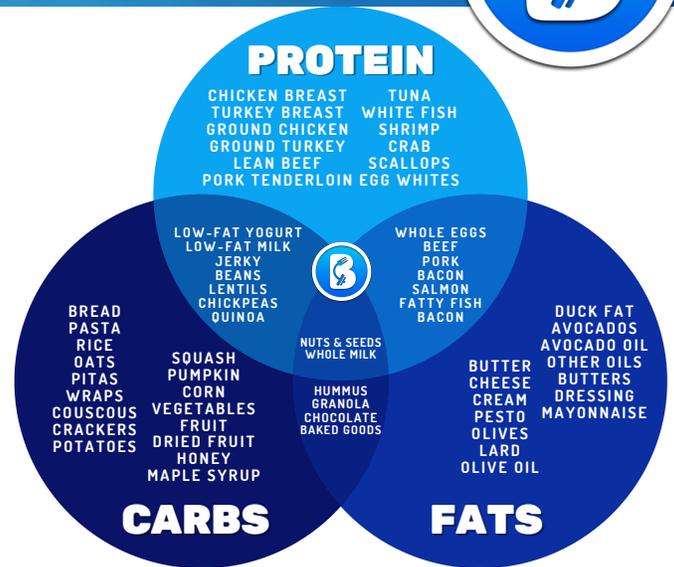
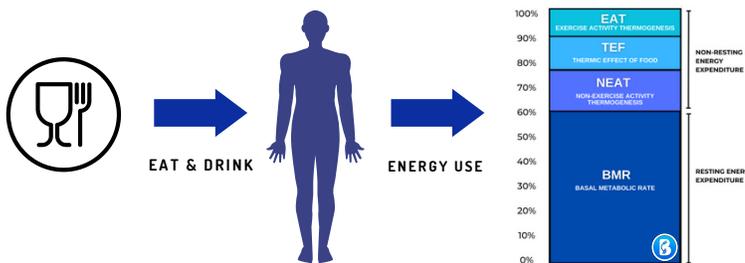
BEFORE & AFTER WORKOUT NUTRITION

**YOUR GUIDE TO BEFORE & AFTER WORKOUT
FUELING, HYDRATION, AND HEALTHY LIVING
FOR LONG-TERM SUSTAINABLE SUCCESS**

IMPORTANCE OF FUEL



ENERGY BALANCE



CARBOHYDRATES

- **4 CALORIES PER GRAM** - THEY GIVE US ENERGY.
- **QUICK ENERGY AND STORED ENERGY** - GOOD FOR PLAYING SPORTS OR RUNNING AROUND.
- **FIBER SOURCE** - HELPS OUR TUMMY FEEL GOOD AND KEEPS THINGS MOVING SMOOTHLY.
- **TURNS INTO SUGAR IN OUR BODY** - SO WE CAN USE IT TO MOVE, THINK, AND GROW!



FATS (LIPIDS)

- **9 CALORIES PER GRAM** - MORE THAN DOUBLE THE ENERGY OF CARBS OR PROTEIN.
- **VERY FILLING** - HELPS US FEEL FULL AFTER EATING.
- **HELPS US ABSORB VITAMINS** - MAKES SURE WE GET IMPORTANT NUTRIENTS FROM OUR FOOD.
- **BUILDS OUR CELLS AND SUPPORTS GROWTH** - HELPS OUR BODY STAY STRONG.
- **NEEDED FOR MAKING HORMONES** - KEEPS OUR BODY WORKING PROPERLY, LIKE A MACHINE WITH ALL THE RIGHT PARTS.



PROTEIN

- **4 CALORIES PER GRAM** - HELPS OUR BODY GROW.
- **VERY FILLING** - KEEPS US FROM FEELING HUNGRY TOO SOON.
- **NOT STORED BY OUR BODY** - WE NEED TO EAT IT EVERY DAY TO KEEP OUR MUSCLES STRONG.
- **MADE OF 20 BUILDING BLOCKS CALLED AMINO ACIDS** - HELPS BUILD MUSCLES, HAIR, AND NAILS.
- **FOUND IN FOODS LIKE MEAT, BEANS, AND NUTS** - HELPS US GROW STRONG AND STAY HEALTHY.



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.

BEST PRE-WORKOUT SNACK: 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?**

YES

NO

**DO YOU
FEEL
HUNGRY?**

NO

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

NO

YES

YES

**READY TO
WORKOUT!**

**PRE-WORKOUT
FUEL NEEDED!**

PRE-WORKOUT EXAMPLES



QUICK SNACKS (GRAB-AND-GO)

- 1 PIECE OF FRUIT + SMALL HANDFUL OF NUTS (~0.5 OZ)
- SMALL HANDFUL OF DRIED FRUIT + SMALL HANDFUL OF NUTS
- 1 STRING CHEESE + 1 SERVING FRUIT
- 1 FRUIT + COLLAGEN PEPTIDES + (HOT TEA OR COFFEE)
- RXBAR OR GOMACRO BAR

MEDIUM SNACKS (LIGHT BUT FILLING)

- 1 WHOLE GRAIN TOAST + NUT BUTTER (~1 TBSP)
- 1 RICE CAKE + NUT BUTTER + BANANA SLICES
- 1 MEDIUM BANANA + 1-2 HARD-BOILED EGGS
- 1 FRUIT + 1 SERVING PROTEIN SUPPLEMENT + WATER
- HANDFUL OF BERRIES + 1 CUP PLAIN, 0% GREEK YOGURT
- 1 SERVING OF CRACKERS + 1 SERVING HUMMUS/BEAN SPREAD
- 1/2 BAGEL + NUT BUTTER (~1 TBSP)

BIGGER SNACKS (MORE FUEL BEFORE LONGER WORKOUTS)

- 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

DURING WORKOUT



1

HYDRATION IS KEY BEFORE, DURING, & AFTER A WORKOUT

TRY TO SIP WATER TO AVOID FEELING THIRSTY.

2

THE IF / THEN RULE

IF MORE THAN 60 MINUTES, **THEN** USE SOME SPORTS DRINK
(CONTAINING UP TO 10-20G OF CARBS, YOU MAY ADD IT TO
YOUR WATER)

IF LESS THAN 60 MINUTES,
THEN WATER IS THE BEST FOR STAYING HYDRATED.

POST-WORKOUT FUEL



1

DON'T SKIP PROTEIN OR CARBS

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

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

IF YOUR WORKOUT WAS TOUGH, YOUR BODY NEEDS MORE FOOD AFTERWARD TO BOUNCE BACK.

GOALS:

20-45 GRAMS CARBOHYDRATE

20-35 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.

YOUR BODY WEIGHT \div 2.2 \times 1.2 = YOUR MINIMUM DAILY PROTEIN GOAL IN GRAMS

POST-WORKOUT FUEL



START
HERE

IS YOUR
NEXT MEAL
MORE THAN
2 HOURS
AWAY?

YES

NO

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

DO YOU HAVE A
STRENGTH GOAL OR
LEAN GOAL?

MORE
STRENGTH

LEAN
& CUT

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

LONG TERM SUCCESS



PER SERVING:



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLE

Women: 1 fist
Men: 2 fists



CARB

Women: 1 cupped hand
Men: 2 cupped hands



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to :

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

