



*Pre & Post
Workout*
Nutrition Guide

THE BEST FOODS AND
SUPPLEMENTS TO FUEL YOUR BODY
PRE AND POST WORKOUT

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NUTRITION

PRE + POST WORKOUT NUTRITION

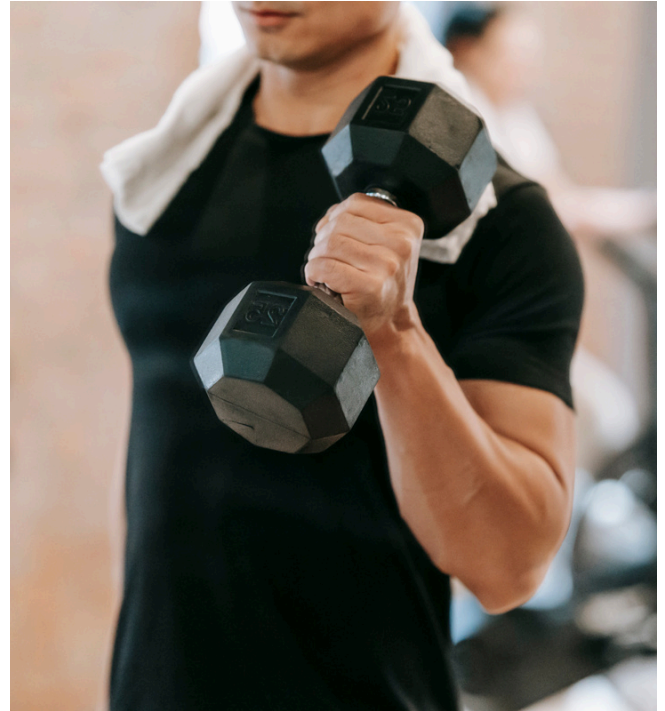
Why it matters

Whether playing a sport, doing Pilates, or weightlifting is your preferred activity, what you eat matters. **Fueling your body with the right foods at the right time helps you reach your fitness goals faster.**

Your pre and post-workout nutrition depends on the type of workouts you do, your body composition, and your goals.

This guide will walk you through how and when to fuel your body to get the best results.

But before we get into more details, here are some general nutrition guidelines to keep in mind when exercising:



Workout Nutrition Tips

- **Quality matters.** Opt for wholesome foods like fruits, veggies, high quality protein, whole grains, nuts and seeds. High quality, minimally processed foods are easier to digest and higher in nutrients.
- **Watch portion sizes.** Large meals are best consumed 3-4 hours before workouts. Small meals and snacks work well 1 hour before exercising.
- **Drink up.** Anytime you break a sweat, you lose body fluid. So be sure to drink plenty of water before, during and after exercise.

PRE WORKOUT NUTRITION

The goal of pre-workout nutrition is to be sure your muscle has enough glycogen, your body's main energy source. Glycogen is stored in your muscles and liver and comes from carbohydrates.

For this reason, **most of your pre-workout nutrition should come from carbohydrates.**

Carbs get a bad rap these days. But they're an essential macronutrient -- and act as the fuel for your engine.

Pre-workout meals and snacks should also include some **protein**. Protein is what repairs and rebuilds muscles. Eating a bit of protein before exercise can boost protein synthesis during your workouts. Just be sure it's easy to digest.

Go easy on foods high in fat before workouts as this can slow digestion.



Pre Workout Meal & Snack Ideas

- Oatmeal with peanut butter and hemp hearts
- Boiled eggs & whole grain toast
- Fruit smoothie with protein powder
- Low fat Greek yogurt with berries & granola
- Apple with almond butter and hemp hearts
- Protein pancakes

POST WORKOUT NUTRITION

The goal of post workout nutrition is to refill your energy stores and help your body build muscle. Exercise depletes glycogen. If you had an intense workout or did not get a pre-workout meal with carbs, you may need to **replenish these energy stores**.

Protein is also crucial post workout. Consuming protein after exercise **prevents excessive muscle breakdown** and supplies your body with amino acids to **promote muscle synthesis**.

Ideally, snacks and meals should include carbs and protein and be eaten **within 30-60 minutes post workout**. Aim for at least 20 gram of protein (or more) for each post workout meal, more if you lifted heavy weights.

If building lean muscle is your goal, you'll want to bump up your protein, carbs, and portion sizes. You will want to aim for one gram of protein per pound (2.2 g per kilogram) of body weight total protein for each day. Approximately 1/3 of this should be soon after your workout. Remember that lean muscle mass helps with weight loss and control.



Post Workout Meal & Snack Ideas

- Grilled chicken with veggies and rice
- Protein smoothie with fruit & spinach
- Low fat cottage cheese with fruit
- Scrambled eggs and egg whites with potatoes
- Salmon with baked sweet potato
- Tuna sandwich on whole grain bread
- Turkey in whole grain wrap w/veggies

WORKOUT SUPPLEMENTS

When it comes to workout recovery, there's no substitute for proper nutrition. However, science shows some supplements may enhance athletic performance. Here are a few popular workout supplements and the best times to use them:

Pre-Workout

Caffeine

Caffeine increases alertness and endorphin release, which may improve athletic performance. That said, caffeine can disrupt sleep, so don't overdo it. Try drinking 1 cups of coffee preworkout and see if you notice a difference.

Beta-Alanine

This amino acid boosts the production of carnosine, a compound which reduces lactic acid buildup. Lactic acid buildup is a common cause of muscle fatigue. Beta-alanine helps reduce muscle fatigue and is shown to improve athletic performance.

L-Citrulline

This amino acid converts into another amino acid: arginine. Arginine helps your body make nitric oxide, which improves blood flow. L-citrulline is shown to reduce exercise fatigue and muscle soreness during workouts.

Pre or Post Workout

Creatine

This compound is found in skeletal muscle. It helps the body produce adenosine triphosphate (ATP), the primary energy source for muscle contractions. Creatine is shown to increase training volume (more repetitions).

BCAAs

There are three branch chain amino acids: leucine, isoleucine, and valine. Your body uses BCAAs to produce energy during workouts. BCAA supplements help restore amino acids to prevent muscle breakdown and repair muscle damage.

Electrolytes

Electrolytes are the spark plugs of your body. They're important for hydration and nerve and muscle function. You lose electrolytes when you sweat. Electrolyte supplements help replenish electrolytes to boost hydration and reduce muscle cramps.