

WHAT DO I EAT?

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PRE-WORKOUT MEAL OR SNACK

- 30 minutes to 2 hours before your workout.
- The closer to the workout the lighter the meal.
- Low to Moderate in Glycemic Load

Examples:

Fruit

Mix of Fruit and Nuts

Granola Mix

Oatmeal

Veggies and Hummus

Whole Grain Cracker and High Quality Cheese

Whole Grain bread with High Quality Natural Nut Butter

Whole Grain Fig Cookies

Whole Grain Pancakes

Lara Bar

Clif Bar

Home Made Energy Bar

* POST WORKOUT RECOVERY *

- Most important meal to think about!
- 30 –60 minute time window at completion of workout
- 4:1 or 3:1 ratio of carbohydrates to protein is optimal.
- The more liquid the better!

Examples:

Protein Shake (liquid – water, rice milk, milk, coconut water / fruit / protein powder, nuts or nut butter) *protein powder sources – hemp, rice, whey, soy

Protein Energy Bar

Home Made Energy Bar

Chocolate Milk (organic)

Spinach Salad with Lean protein

Fueling Resource List:

- www.marypatterson.myshaklee.com - Sports Nutrition Performance
- www.infnitnutrition.us
- www.accelerade.com/
- www.hammernutrition.com/
- www.larabar.com/
- www.clifbarstore.com/
- www.zico.com/
- www.OneNaturalExperience.com