

Pre and Post Workout Meals...

Pre-Workout: Eating and drinking water prior to your workout is vital for maximal performance and results. 70% of your meal should come from Carbohydrate (300-600 Calories) and focus on foods that carry a heavier density to them even if it's an Energy Bar. Carbohydrate to Protein ratio should be 2:1 and 3:1 for higher Intensity. It's best not to eat immediately right before your workout. Try to eat 3-4hrs prior to your workout. Avoid "CRAP" Carbonation, Refined Sugars, Artificial Sweeteners and other processed foods to avoid wild fluctuations with your blood sugar levels. Minimize Fiber in your pre-workout to avoid Stomach and Gastric discomfort.

Pre-Workout Top Foods:

-Oatmeal with Milk, Fruits, and Nuts, Veggies, Sweet Potato, Turkey Sandwich with Fruits, Cottage Cheese with Crackers and Fruit, Toast and Peanut Butter, Toast with Honey or Cinnamon, Apples, Watermelon, Energy Gels, Energy Bars with Density, Honey, Maple Syrup, and Bananas.

Post-Workout: The first two hours after your workout is the best time to eat and replenish Glycogen stores. Your post workout meal should be high in primarily Carbohydrate and some Protein. If you need a Sugar Fix, now is the best time to have it. Replenishing with a Protein shake is ideal, so getting in the habit of having a shaker cup on board is a good habit to get into. Cook your foods by baking, broiling, poaching, BBQ'ing, braising, grilling or steaming. STAY AWAY from anything that is fried, deep-fried, topped with Cheese or is in a Cream Sauce. Ask for your foods to be brought to you with the sauces and dressings on the side.

Post-Workout Top Foods:

-Grilled Chicken with Roasted Vegetables, Salmon, Sweet Potato, Eggs, Avocado, Salmon, Mackerel, Omelets, Tuna and Crackers, Whey Protein, Cottage Cheese, Fruits, Oatmeal, Brown Rice, Shredded Wheat, Banana, Almonds, Legumes and Grains.

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