

WHAT TO EAT PRE AND POST-WORKOUT

Before a Workout:



Banana



Peanut Butter



Granola Bar



Dried fruit



Whole Grain Toast
or Granola



Nuts

After a Workout:



Protein Shake



Banana



Fruit



Cottage Cheese



Greek Yogurt with
Granola



Lean Protein like Boiled
Eggs, Chicken, or fFsh



Vegetables with Quinoa

Pre-workout meals

2-4 hours before exercise

Sandwich, roll, bagel, wrap filled with chicken, fish, cheese, egg or peanut butter and a salad

Pasta with tomato-based pasta sauce plus cheese and vegetables

Chicken with rice and salad

Stir-fry with noodles or rice

Porridge made with milk

Wholegrain cereal (bran or wheat flakes, muesli or Weetabix) with milk or yogurt

Pre-workout snacks

1-2 hours before exercise

Fresh fruit

Dried apricots, dates or raisins

Smoothie homemade or ready bought

Yogurt

Homemade shake or meal replacement shake

Energy or nutrition bar

Cereal bar

Toast with honey or jam

Porridge or wholegrain cereal with milk