

PRE-WORKOUT MEALS: (Usually more snack like in size; on the lighter side)

Main focus on carbohydrates for energy!



1. **Wheat toast with peanut butter & sliced bananas:** Complex carbs and simple carbs for energy. Bananas are high in potassium, which is perfect for when you sweat because (potassium drops) during a workout.

2. **Greek yogurt & trail mix:** Yogurt is easy on the stomach, and healthy sugars from dried fruit provide a quick energy boost. Nuts and seeds keep blood sugar levels from dropping during a workout.

3. **Smoothies:** When made with fresh fruit, a cup of milk or Greek yogurt, and some granola or oats for consistency.

4. **Oatmeal or cereal with fresh fruit:** Oatmeal is full of fiber to stick with you throughout your workout by gradually releasing sugar into the bloodstream. Fruit will help increase fluid content to help with hydration.

5. **Apples with Peanut butter/almond butter:** Avoid a sugar-crash while stocking up on vitamins, minerals, and antioxidants. Nut butter amps up protein levels!

6. **Fresh Fruit with Cottage Cheese:** Mix ½ cup of cottage cheese with a ½ cup of your favorite fruit

7. **Hummus and Pretzels:** Hummus is made from chickpeas, which offer a great mix of carbs, protein and fiber to get you through your workout.



POST-WORKOUT MEALS:

A combination of carbohydrates and protein to help restore lost energy and provide building blocks for growing muscles!

1. **Tuna fish sandwich on wheat bread:** Tuna is a good source of protein and whole wheat bread will provide sustainable long-lasting energy.

2. **Salmon (or other fish) with sweet potato:** Fish helps to regulate blood sugar levels and supports joints.

Potatoes provide complex carbs and restore glycogen levels, which are depleted after a workout.

3. **Veggie omelet with avocado and toast:** Eggs are great protein, which builds muscle mass, and aids in muscle recovery. Avocado provides fiber and monounsaturated fats (good kind)! They help your body better absorb the fat-soluble vitamins (A,D,E,K).



4. **Mixed veggies, rice and grilled chicken:** For muscle recovery mode. This meal is nutrient-dense. Lean protein and carbohydrates found in chicken will fill you up without bloating.
5. **Quinoa with Mixed Vegetables:** Quinoa is a complete protein that will help your muscles recover.
6. **Baked Sweet Potato stuffed with Black Beans and Vegetables:** This meal is packed with fiber and protein to keep you full and help promote muscle building and recovery.

REMEMBER: Hydrate with water before, during, and after you exercise! Milk is a good source of protein and carbohydrates for after your workout - but sweat loss calls for water consumption!

REMEMBER: It is also important to eat well even on rest days to support ongoing muscle repair and regrowth, as well as make sure you are adequately consuming the vitamins and minerals your body needs.