

PRE VERSUS POST

GETTING THE MOST BANG FOR YOUR BUCK



3-4 hours prior to workout:
eat a full meal including carbs, fat, and protein.

1-2 hours prior to workout:
have a smaller snack that includes a carbohydrate

Less than 1 hour before:
~15-30 grams of carbohydrates.
Examples: English muffin, pretzels, cereal, granola bar.

If you need an extra punch of energy for your workout, drink a cup of coffee or caffeinated tea 30 minutes-1 hour beforehand.



Replenish post workout with 16-24 oz. of water for every 1 lb lost during exercise.

Refuel with 0.5 grams carbohydrates/kg body weight and 10-15 grams of protein within the first 30 minutes post-workout.

Examples: Peanut butter and banana toast, chocolate milk, 2 hard boiled eggs with whole wheat wrap, tuna and triscuits, cottage cheese and fruit.

To fight off inflammation, drink tart cherry juice, eat berries, or drink the perfect carb and protein post-workout pair drink on the back.

Post-Workout Cocoa Shake



- 1 frozen banana
- 1/4 cup blueberries
- 1.5 tablespoons cocoa powder
- 1 cup almond milk or low-fat cow's milk
- 2 tablespoons chia seed
- 1/4-1/2 teaspoon ground cinnamon
- 1 scoop chocolate protein powder, optional*
- 1/2 cup freshly brewed Community Coffee, chilled or add ice to smoothie, optional

Directions:

1. Blend all ingredients together.
2. To adjust sweetness, add 1-2 dates or a teaspoon of honey.

*If opting out of using protein powder, add in 1/2 cup plain Greek yogurt.