

Pre- & Post Workout Meals: General Guidelines

Pre- & Post-Workout Meals

Eat a good amount of carbs and protein before and after your workout

Recommendation:

0.2 – 0.25 g/lbs (for both carbs and protein) before your workout and the same amount after your workout

Around 3 to 4 hours in between the pre and post workout meals

Sample Meals

Up to 1 hour before workout:

- Oatmeal with whey protein
- Large chicken sandwich with whole grain bread
- 2 or more hard-boiled eggs on an avocado toast
- Whole grain pasta with some sort of protein

Sample Meals

Snacks 30min or less before your workout:

- Banana with whey protein shake
- Protein bar