

Pre and Post Workout Fueling Guide

**Snacks are only needed if a regular meal isn't being consumed within 2 hours pre or post-workout. If workout is longer than 60 minutes or extremely high intensity of 45 minutes, have a post-workout snack within 30 minutes of exercising.*

- **Pre-workout snacks within 1-2 hours of starting exercise** = 100-200 calories; low-fiber; higher carbs/moderate to low protein.
 - 1 small Banana
 - 6oz low-fat or non-fat yogurt
 - 1 slice of whole grain bread or ½ English muffin with ½ tablespoon peanut butter
 - 3 Triscuits + 1 string cheese
 - 1 small apple with 10 almonds

- **Post-workout snack within 30-45 minutes of workout** = 100-200 calories; balance of protein and carbs
 - Hard-boiled Egg + 1 small fruit
 - 8oz (1 cup) Chocolate Milk or Meal Replacement/Shake
 - ½ Turkey Sandwich
 - 15 Almonds + 1 piece of fruit
 - Pretzels or carrot sticks + 2 tablespoons Hummus
 - Energy Bar: mini Lara, Luna, Kashi, KIND, or mini Clif Bar
 - 1 Vitatop Muffin
 - ½ cup Yogurt + Apple, Pear, or Berries

- **Post-workout meal within 2 hrs of workout** = 300-400 calories; balance of protein and carbs. If longer than 30-45 minutes until you eat a regular meal, have a post-workout snack and adjust meal according to hunger levels.
 - 2 chicken, shrimp, or steak tacos on corn tortillas with 1 cup vegetables or salad
 - Grilled chicken sandwich or wrap with vegetable soup
 - Open-face burger with side salad
 - 3-4 oz pork loin, 2 cups steamed veggies, and ½ baked sweet potato