



PRE-WORKOUT MEAL AND SNACK SUGGESTIONS

< 30 minutes

- ✓ Fruit juice
- ✓ Apple sauce
- ✓ Fig cookies

½ to 1 hour

- ✓ Fruit + veggie smoothie
- ✓ Small bowl of cereal; small serving of pasta or quinoa salad
- ✓ Homemade muffin or banana bread and / or yogurt

1 to 2 hours

- ✓ Yogurt with fruit, granola and fruit juice
- ✓ Apple and mapple couscous (see recipe p. 7)
- ✓ Turkey tortilla with vegetable sticks

> 2 hours

- ✓ Rice with chicken and vegetables, homemade muffin and milk
- ✓ Quinoa with salmon, vegetables and fruit salad
- ✓ Baked potato with beef stir-fry and broccoli, banana bread and milk

Know your body!
Evaluate the foods that work best for you.