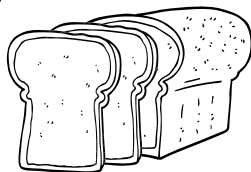


## PRE-WORKOUT FUEL

Carbs are key! Aim for 1g/kg of body weight times the number of hours prior to exercise. Also include a small amount of protein for exercise >1hr in duration and aim for 0.1g/kg of body weight.

### MEAL IDEAS (1-4 hrs prior)

- Peanut butter + Honey on Bread with Fruit/Yogurt Smoothie
- Oatmeal with Brown Sugar & Almonds + Banana
- Turkey + Cheese Sandwich + Fruit



### MEAL IDEAS(30-60 minutes prior)

- 1/2 Bagel
- 1 Rice Cake
- Banana
- Crackers
- Sports Gel, Beans, Gummies

If a 150lb (68kg) athlete is working out in 2hrs they would need:  $2(\text{hrs}) \times 68(\text{kg}) = 136$  g carbs AND  $0.1 \times 68(\text{kg}) = 7$ g protein

### TIP: Convert lbs to kg by dividing pounds by 2.2

## DURING YOUR WORKOUT

\*Consume ~15-20g carbs (sports gels, gummies, or beans) every 20 minutes so as to ease digestion when duration >1 hr

If <1 hr-->no nutrition needed

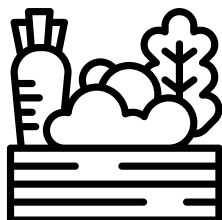
- If 1-2 hrs-->30g carbs/hr\*
- If 2-3 hrs-->60g carbs/hr\*
- If >3 hrs-->90g carbs/hr\*



## POST-WORKOUT FUEL

Post workout meals should be consumed within 30 minutes of completion for optimal recovery and include:

- 0.6-0.8g/kg carbohydrates**
- 0.2-0.6g/kg protein**



### MEAL IDEAS

- Veggie Omelette + Whole Wheat Toast + Fruit
- Grilled Chicken + Roasted Broccoli, Peppers, Carrots + Sweet Potatoes
- Wrap With Turkey + Spinach + Fruit, Chocolate Milk

For a 150lb (68kg) athlete this comes out to: 48g carbs + 16g protein within 30 minutes of completion of exercise

## HYDRATION + ELECTROLYTES

- Drink ~16oz of fluid 30 minutes before exercise and at least 8oz every 15 minutes during exercise.
- Plain water is ineffective at restoring hydration status as it does not replace electrolytes.

Instead of sports drinks, try one of these electrolyte containing foods:

- Chocolate Milk
- Bagel + Peanut Butter
- Leafy Greens
- Dried/Fresh Fruits
- Avocado
- Yogurt



# Sports Drink Recipe



from Run Fast Cook Fast Eat Slow:

Combine the following ingredients in a pitcher or glass jar and stir or shake vigorously to combine (makes 28 oz). Can keep in the fridge for up to 3 days.

- 2 cups water
- 2 cups coconut water (High in potassium & magnesium. Quick glucose boost)
- ½ cup tart cherry juice (High in potassium with anti-inflammatory/ antioxidant properties)
- 2 tbsp fresh squeezed lemon juice
- 1 tbsp black strap molasses or 100% pure maple syrup (High in iron, calcium, magnesium)
- ¼ tsp sea salt (Replenishes sodium and other trace minerals lost in sweat)