

# Pre-Workout Fueling



- Goal: Maximize energy stores with carbohydrates, begin muscle repairing and rebuilding with protein, hydrate with fluids and electrolytes
- Limit fat and fiber intake as exercise gets closer

## 1-3 HOURS BEFORE:



Have a small meal or large snack - Mostly carbohydrate, small amount of lean protein, fluids



- PB&J sandwich + milk
- Greek yogurt, granola, fruit + water
- Fruit smoothie

## 4 HOURS BEFORE:

Have a balanced meal to provide lasting energy - Include carbohydrate, lean protein, and fluids

- Scrambled eggs + English muffin with 100% fruit spread + glass of milk
- Turkey sandwich + pretzels + fruit salad + sports drink
- Grilled/baked chicken breast + rice + green beans + roll + water



## <1 HOUR BEFORE:

Carbohydrate-rich snack, fluids

- Applesauce + water
- Granola bar + water
- Sports drink containing carbohydrates and electrolytes

