



Fuel-Up *before you* Workout!

To achieve maximum results, it's essential to fuel your workout correctly.

What to look for in pre-workout meals:

- High-quality fats for sustained energy
- Easily digestible proteins
- Antioxidants
- Nutrient density, to supply and replenish the re-building of muscles
- High water content to stay ahead of any water lost through sweat
- Small amounts of caffeine to give you that extra boost when you need it

What to avoid:

- Lots of fibre. It slows down digestion and can cause cramping
- Processed sugar. After the sugar high comes an immediate low, causing a massive dip in performance during a workout
- Dense meats, vegetables and nuts. Save these for when your body can focus on digestion only.

Here are some examples:

- Wild smoked salmon, blueberries and cucumbers.
- Hard-boiled eggs, raw cherry tomatoes, and black olives
- A pre-workout smoothie, such as:
 - 1 cup spinach
 - 1/2 cup of strawberries
 - 1 cup of coconut milk
 - 1 scoop of vegan protein powder
 - 1/2 cup of blueberries
 - 1 tablespoon of nut butter

Blend until smooth and enjoy. If carbohydrates are desired, add a sliced banana.

*****Please note that for best results, solid food should be consumed 1-2 hours before a workout, and liquids should be consumed 30-45 minutes before a workout.***

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