

Pre and Post-Workout Ideas

Pre-Workout: Just as you'd fill up your car's gas tank before a road trip, it is vitally important to make sure your body has the right fuel to sustain you during a workout. Your pre-workout meal should include low GI carbs to give you the energy you'll need, and protein-rich foods to store in reserve.

*Consume 1 hour before exercise

Simple ideas:

- Egg white omelet with spinach
- Greek yogurt with banana/apple
- Oatmeal and fruit combo- easily digestible, low-sugar
- Half a chicken, or sandwich on whole-wheat bread
- Low-fat string cheese and 6 whole-grain crackers
- Hard-boiled eggs, yolks removed and replaced with hummus
- Skim milk blended with frozen fruit to make a smoothie

Post-Workout: It is best to eat something immediately after your workout to replenish your body's energy stores and repair muscle tissue. After a workout your muscles are depleted of nutrients, specifically carbohydrates and electrolytes such as potassium. The key is to follow your workout with meals that combine protein, which helps your muscles recover, and carbohydrates, which replenish energy stores.

Main goals: Hydrate, Refuel, Replenish

1. Protein shake- best to mix with water

What to look for: Low Fat (1-5 grams), Low Carb (1-5 grams), High Protein (20-30 grams per serving)

2. Chocolate milk- carbs, protein and electrolytes all in one! Excellent for muscle recovery
3. Quinoa- easily-digested protein and low-glycemic (meaning it won't mess with your blood sugar) complex carbohydrates.
4. One or two poached eggs on whole-wheat toast
5. Bean burrito: a whole-wheat tortilla filled with black beans, salsa and low-fat cheese
6. Stir-fried chicken and vegetables over brown rice
7. Whole-wheat pasta tossed with chicken, broccoli and eggplant
8. Whole-grain cereal or oatmeal, with milk and fruit (such as a sliced banana)

Reminder: Watch your portion sizes ☺

****These recommendations are not intended for patients following a protein restricted diet****