

PRE WORKOUT MEALS

ITS A MUST!



WHATS THE PURPOSE?

All meals you eat should have a purpose and the pre workout meal is no different. The primary purpose of the pre workout meal is to provide a good amount of energy for the upcoming workout which you are about to complete.

The most important nutrient in the pre workout meal is called the carbohydrate, ideally, a natural, unprocessed complex carbohydrate is best. You can learn more about the 3 macronutrients in our Macronutrients guides in the member's area. Consuming protein is very important too as is fat to add taste and provide lower intensity energy to your workout, fats also reduce the absorption rate of carbohydrate which gives you more energy for longer.

On the next page are our top 5 tips which we recommend you should follow when making your pre-workout meal.



PRE WORKOUT TIPS

TIP #1

Eat two to four hours before activity if possible. Eat a larger meal closer to four hours and a smaller meal if closer to two hours. If you must eat within 1 hour cut the recommendations you are about to learn about it half.

TIP #2

Choose primarily complex, non-processed, natural forms of carbohydrates when possible such as oats or brown rice.

TIP #3

Eat the food that you like. Don't force foods you don't like down you. Going to the gym and its rituals before and after should be an enjoyable process. If you don't enjoy it over time you will become demotivated which will affect the end goal!

TIP #4

The more intense your workout. The more time you will need before your workout to digest your food. You should never train on a full stomach as this can affect your digestive system and in a worse case scenario cause you to be sick! We don't want to be wasting any food now, do we?

TIP #5

Aim for 50 to 200 grams of carbohydrates, between 20 and 50 grams of protein and 10 to 30 grams of fat. These are our suggested guidelines for the perfect pre workout meal! Remember Carbohydrates are the MAIN source of energy!



PRE WORKOUTS

Do these guidelines vary depending on my goal?

YES! Females and those wanting to lose weight are suggested to use the lower ranges of the guidelines provided. This is because they simply don't need the calories as their BMR is much lower than the average person. Larger males and those wishing to gain weight tend to use the higher ranges of the guidelines, again this is because they need the calories as they have a higher BMR. BMR is the total amount of calories your body needs to function on a day to day basis. If people eat significantly less they are likely to run out of energy during a hard workout and become tired a lot quicker. If people eat significantly more than the suggested amounts they are likely to feel stuffed and full before the workout begins, which does not promise maximal performance.

Below is a list of suggested foods to consume before your workout! We have also included a list of foods you should avoid!

CONSUME

- / Chicken Breast
- / Turkey Breast
- / Any form of fish
- / Potato (baked or mashed)
- / Oatmeal
- / Sweet Potato
- / Rice (brown or white)
- / Lean red meat
- / Piece of fruit or a glass of juice
- / Bagel or wrap
- / Olive Oil
- / Vegetables
- / Greek Yoghurt

AVOID

- / Cereals
- / Pastries and sweets.
- / Large amounts of milk
- / Soda (Coke, Pepsi including diet)
- / Large amounts of fruit
- / Fast Food
- / Fried Food
- / Deserts
- / Protein Bars*
- / Protein Shakes*

NOTE

Protein bars and shakes are often hard to digest before a workout. Remember protein should not be the primary nutrient before a workout. These foods and drinks can be consumed as part of a whole meal but should never be confused as the sole pre workout meal. The best time to take these foods is straight after a workout when your body needs to absorb the macronutrient protein.

We hope this guide has helped you out!

So to conclude, Make sure you always have a pre workout meal at least 2 hours before every workout, make sure your meals are high in carbohydrates and finally enjoy the process, eating should be a pleasure, so make every meal count!