



PRE- WORKOUT SNACKS AND MEALS

Fuel up before your workout



Pre-Workout Foods

~45g carbohydrates



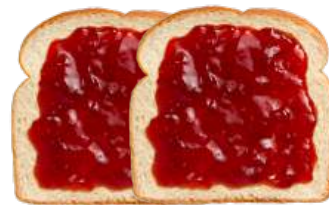
1 banana + 1 tub yoghurt
~40g carbohydrates



500ml orange juice
~45g carbohydrates



2 LCM bar + 1 mandarin
~45g carbohydrates



2 x white bread + 30g jam
~50g carbohydrates



1 cup cooked rice + 1 plain tin tuna
~50g carbohydrates



2 x dates + 1 Tbs maple syrup
~50g carbohydrates



3 rice cakes + 1 Tbs honey
~45g carbohydrates



9 x dried apricots
~45g carbohydrates

Pre-Workout Foods

60g carbohydrates



1.5 crumpet + 1Tbs honeuy
~60g carbohydrates



50g quick oats + 1Tbs sugar
~60g carbohydrates



1.5 servings cream of rice
~60g carbohydrates



1 x Bagel with banana
~60g carbohydrates



1.5 cup cooked rice
~60g carbohydrates



2 wraps + 30g nutella
~55g carbohydrates



1 cup berries + 30g cereal + 1 cup milk
~60g carbohydrates



600ml gaterade + 2 slices
~65g carbohydrates

Pre-Workout Foods

75g carbohydrates



2 pancakes + 2Tbs syrup
~75g carbohydrates



large fruit smoothie
~75g carbohydrates



1 sandwich + 30g pretzels
~75g carbohydrates



1.5 rice noodle, light dish
~75g carbohydrates



2 x Scrambled egg burrito
~75g carbohydrates



2 beans on toast + OJ
~75g carbohydrates



2-3 Sushi handrolls
~75g carbohydrates



2 x toast, PB, banana, honey
~75g carbohydrates