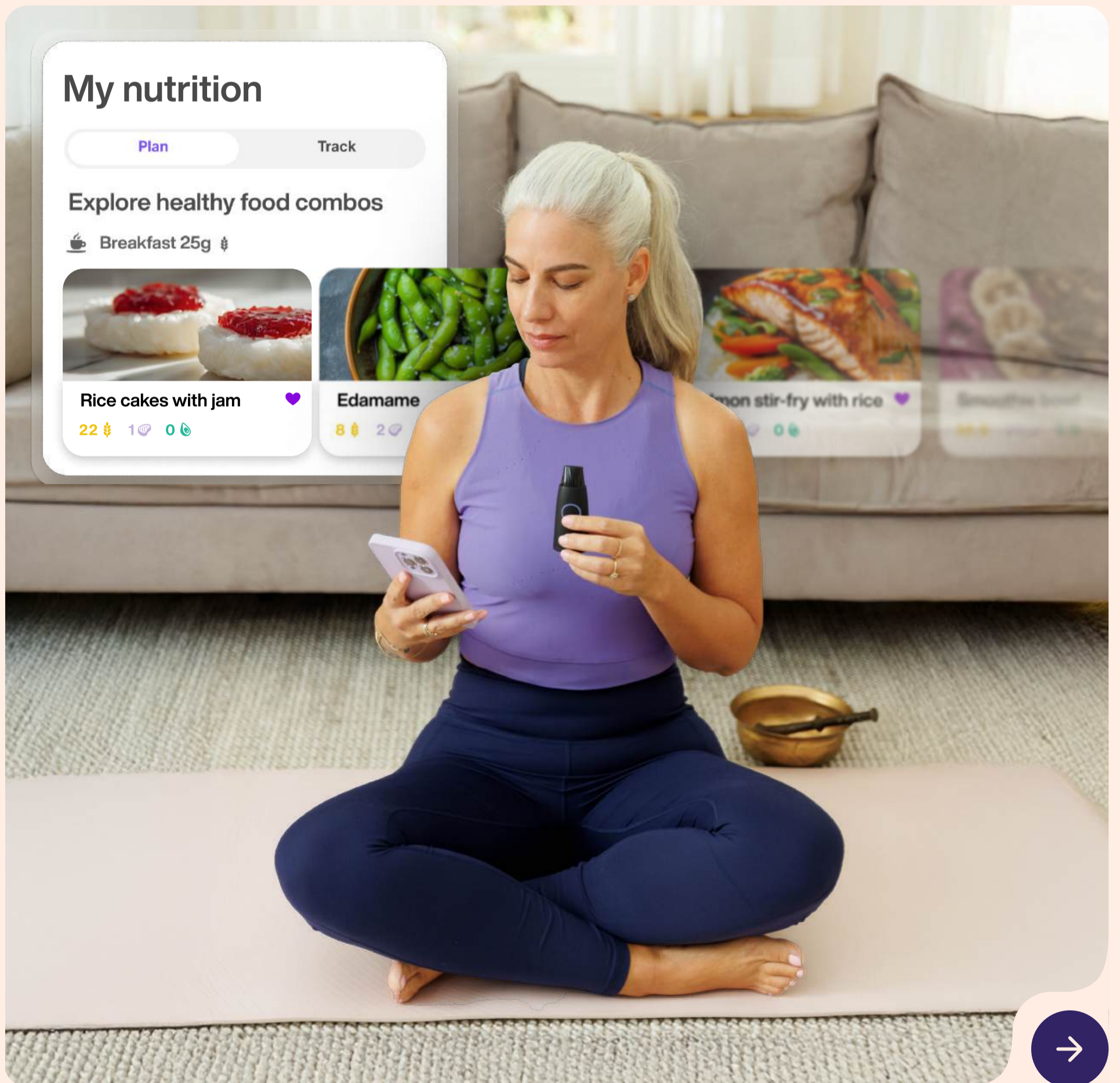


# Pre- and post-workout meal plan

Snacks and meals to fuel your body before and after exercise





# Pre-workout

<b>Snacks</b> .....	<b>P.</b>	<b>03</b>
<b>Meals</b> .....	<b>P.</b>	<b>04</b>

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# Post-workout

<b>Snacks</b> .....	<b>P.</b>	<b>06</b>
<b>Meals</b> .....	<b>P.</b>	<b>07</b>

# Pre-workout snacks



## Banana with peanut butter

1 medium (~120g) banana with 1 tbsp peanut butter

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<b>Protein</b>	<b>4g</b>
<b>Carbs</b>	<b>27g</b>
<b>Fats</b>	<b>7g</b>

## Medjool dates with almonds

3 dates stuffed with 1 almond each

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<b>Protein</b>	<b>2g</b>
<b>Carbs</b>	<b>18g</b>
<b>Fats</b>	<b>3g</b>

## Rice cakes with jam

2 plain rice cakes ~9g each, (18g total) with 1 tsp fruit spread each

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<b>Protein</b>	<b>1g</b>
<b>Carbs</b>	<b>22g</b>
<b>Fats</b>	<b>0g</b>

## Trail mix

2 tablespoons (~20g) of dried fruit (like raisins, cranberries, or apricots), and 2 tbsp (~15g) of mixed nuts (like almonds, walnuts, cashews)

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<b>Protein</b>	<b>5g</b>
<b>Carbs</b>	<b>15g</b>
<b>Fats</b>	<b>10g</b>



## Energy balls

Per energy ball: 2 tbsp (~15g) of rolled oats, 1 tbsp (~16g) peanut butter, 1 medium (8g) pitted date, and 1 tsp (~2g) of unsweetened cacao

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<b>Protein</b>	<b>6g</b>
<b>Carbs</b>	<b>20g</b>
<b>Fats</b>	<b>8g</b>



# Pre-workout meals



## Oatmeal with banana and almond butter

1/3 cup (30g) of rolled oats with 1/2 cup (120ml) of unsweetened almond milk, 1/2 medium (~60g) sliced banana, and 1 tbsp (~16g) of almond butter

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<b>Protein</b>	<b>8g</b>
<b>Carbs</b>	<b>45g</b>
<b>Fats</b>	<b>10g</b>

## Sweet potato and grilled chicken bowl

Roasted sweet potato cubes (1 medium sweet potato, ~130g), 1 cup (~90g) of steamed broccoli, and 3.5 ounces (100g) grilled chicken with a drizzle of 1 tbsp (~15g) of tahini

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<b>Protein</b>	<b>38g</b>
<b>Carbs</b>	<b>39g</b>
<b>Fats</b>	<b>11g</b>

## Rice cake stack

3 rice cakes (~9g each, 27g total) topped with 1/4 medium (~30g) avocado, a sprinkle of sea salt, and 5 (~85g) cherry tomatoes

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<b>Protein</b>	<b>2g</b>
<b>Carbs</b>	<b>30g</b>
<b>Fats</b>	<b>7g</b>

## Quinoa and chickpea salad

1/2 cup (~92g) of cooked quinoa, 1/3 cup (~80g) of cooked or canned, drained chickpeas, 1/2 cup (~52g) of sliced cucumber, and 1 tbsp (~15g) of lemon vinaigrette with a 1 tsp (~5g) drizzle of olive oil

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<b>Protein</b>	<b>12g</b>
<b>Carbs</b>	<b>40g</b>
<b>Fats</b>	<b>6g</b>



## Banana spinach smoothie

1 medium (~120g) frozen banana, 1 cup (~30g) spinach, ½ cup (~80g) frozen mango, ½ cup (~100g) of plain Greek yogurt, with ½ cup of unsweetened almond milk.

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<b>Protein</b>	<b>15g</b>
<b>Carbs</b>	<b>48g</b>
<b>Fats</b>	<b>2.5g</b>



# Post-workout snacks



## Protein shake

1 scoop (~30g) of plant-based protein powder, ½ cup (~120ml) of unsweetened almond milk, and ¼ cup (~40g) of mixed berries (like strawberries or blueberries)

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<b>Protein</b>	<b>20.5g</b>
<b>Carbs</b>	<b>10g</b>
<b>Fats</b>	<b>2.5g</b>

## Apple with almond butter

1 medium apple with 1 tbsp almond butter

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<b>Protein</b>	<b>2g</b>
<b>Carbs</b>	<b>25g</b>
<b>Fats</b>	<b>7g</b>

## Greek yogurt with berries

Fat-free Greek yogurt (plain, ½ cup, ~100g) with ½ cup (~75g) of mixed berries

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<b>Protein</b>	<b>11g</b>
<b>Carbs</b>	<b>13g</b>
<b>Fats</b>	<b>0g</b>

## Edamame

1 cup of steamed edamame sprinkled with ¼ tsp of sea salt

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<b>Protein</b>	<b>10g</b>
<b>Carbs</b>	<b>8g</b>
<b>Fats</b>	<b>2g</b>

## Hummus and veggie sticks

1 medium carrot (~60g, sliced into sticks), ½ medium cucumber (~100g, sliced into sticks) with 2 tbsp (~30g) of hummus

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<b>Protein</b>	<b>3g</b>
<b>Carbs</b>	<b>12g</b>
<b>Fats</b>	<b>5g</b>



# Post workout meals

## Salmon stir-fry with rice

3.5 ounces (100g) of baked salmon, 1 cup (~150g) of mixed veggies, and 1 cup (~150g) of cooked jasmine rice with 1 tbsp of low-sodium soy sauce

Protein	29g
Carbs	56g
Fats	8g





## Tempeh and sweet potato hash

3 oz (~85g) of pan-seared tempeh with ½ cup (~100g) of roasted sweet potatoes and 1 cup (~67g) of sautéed kale using 1 tsp (~5g) of olive oil

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<b>Protein</b>	<b>18g</b>
<b>Carbs</b>	<b>40g</b>
<b>Fats</b>	<b>8g</b>

## Protein-packed pasta bowl

1 cup (~140g) of cooked chickpea or lentil pasta with ½ cup (~125g) marinara sauce, 1 cup (~30g) of sautéed spinach, and 3.5 ounces (100g) of grilled chicken breast

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<b>Protein</b>	<b>47g</b>
<b>Carbs</b>	<b>43g</b>
<b>Fats</b>	<b>7g</b>

## Grain bowl

½ cup (~100g) of cooked brown rice, ½ cup (~120g) of cooked and drained black beans, 1 cup (~120g) of sliced and roasted zucchini, and ¼ medium (~30g) sliced avocado

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<b>Protein</b>	<b>15g</b>
<b>Carbs</b>	<b>50g</b>
<b>Fats</b>	<b>12g</b>

## Smoothie bowl

½ cup (~75g) of frozen mixed berries, ½ medium (~60g) sliced banana, 1 scoop (~30g) of plant-based protein powder, topped with 2 tbsp (~15g) of granola and 1 tsp (~5g) of chia seeds

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<b>Protein</b>	<b>20g</b>
<b>Carbs</b>	<b>35g</b>
<b>Fats</b>	<b>5g</b>