



TRUEAP

PRE-WORKOUT

NUTRITION

FUEL YOUR BODY WITH A MEAL THAT IS HIGH IN CARBOHYDRATES, MODERATE IN PROTEIN AND LOW IN FAT & FIBER 3-4 HOURS BEFORE EXERCISE.
A BALANCED PLATE CONSISTS OF:

50%



STARCHY
CARBOHYDRATES



25%

FRUITS &
VEGETABLES



25%

PROTEIN-
RICH FOODS



YOU SHOULD SNACK ON 60 GRAMS OF AN EASILY DIGESTIBLE CARBOHYDRATE 30-60 MINS BEFORE WORKOUTS. SOME GOOD EXAMPLES OF THIS INCLUDE:

PEANUT BUTTER + BANANA



PRETZELS + PIECE OF FRUIT

TRAIL MIX



BAGEL + JELLY OR FRUIT SPREAD