

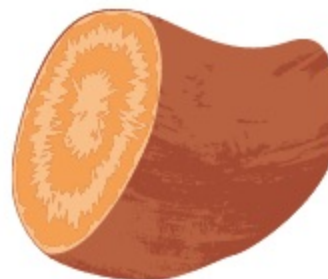


PRE-WORKOUT SNACKS



Focused on:

- Minimal ingredients, for easy digestion
- Base of carbohydrates to provide energy for the workout
- Small amounts of healthy fats for satiation



Pre-work out:

Rice cakes

Banana

Nut butter



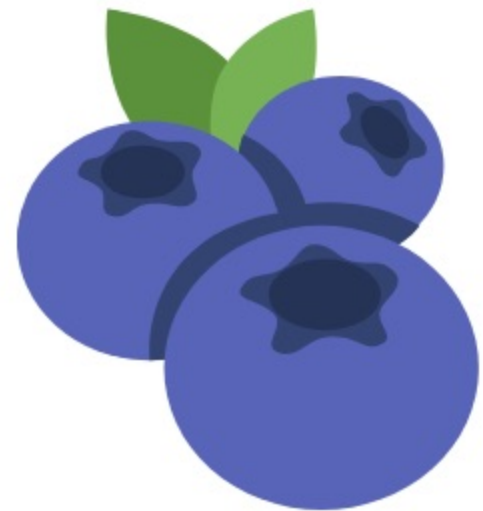
Pre-work out:

1/2 cup rolled oats

1 cup milk or non-dairy milk

Blueberries

Honey



Pre-work out:

Whole grain pita bread

Hummus



Pre-work out:

Apple slices

Nut butter

Raisins



Pre-work out:

Baked sweet potato

- Sweet variation toppings:
honey or maple syrup +
cinnamon + shredded coconut
- Savoury variation toppings:
Avocado, spices to taste

