

What should I eat pre and post workout?

1. Have a small meal 1-1.5hrs pre workout.
2. Eat a serving of protein pre workout 5oz-7oz.
3. Eat carbohydrates pre workout but do not overeat $\frac{1}{2}$ cup-1 cup.
4. Stay hydrated throughout your workout.
5. Eat 1 serving of protein post workout 5oz-7oz.
6. Eat 1 serving of carbohydrates post workout $\frac{1}{2}$ cup-1 cup.
7. Eat vegetables post workout they increase micronutrients.
8. Continue to hydrate.