

PRE-WORKOUT FUELING

EAT BEFORE YOU TRAIN

When possible, have a balanced meal with **lean protein + a quality complex carbohydrate**.

NO TIME? GO LIGHT

If a full meal isn't practical, choose a mini meal with **protein + fruit + a healthy fat, such as ¼ cup of nuts**.

DON'T TRAIN EMPTY

Fueling helps maintain energy and reduces the risk of feeling lightheaded during your workout.

PROPER FUELING SUPPORTS A STRONGER WORKOUT

	 PROTEIN 20–30 GRAMS/ MEAL (3oz–4oz) Lean body mass = Your daily intake	 COMPLEX CARBS 30–40 GRAMS 2 Servings/ day First meal + post-workout, OR post-workout + another meal.	 FIBROUS VEGETABLES 1–2 CUPS/ SERVING Choose 2–3x per day	 FRUIT 1–3 SERVINGS/ DAY Pair with protein, vegetables and good fats	 ESSENTIAL FATS 2–3 SERVINGS/ DAY Choose preferred options
MEAL 1 9:00 AM–10:00 AM <i>*Recommended</i>	1 3 Eggs Scrambled or 3 Hard Boiled 2 Protein Shake 3 Cottage Cheese (3/4 – 1 Cup)	1 Oatmeal (1/2 Cup) 2 Ezekiel Bread (2 Slices) 3 Low Sugar Cereal			
MEAL 2 12:30 PM–1:30 PM <i>Post-workout</i>	1 Chicken/ Turkey Breast 2 Fish 3 Lean Steak	1 Baked Potato/ Sweet potato (Fist Size) 2 Brown/ Wild rice (3/4 Cup) 3 Quinoa (3/4 Cup)	1 Asparagus 2 Cauliflower (1 Cup) 3 Large Salad		
MEAL 3 3:30 PM–4:30 PM	1 Protein Shake 2 Greek Yogurt 3 Almond Butter (2 Tbsp) or 1/4 cup of nuts	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		1 1 Apple 2 Strawberries (1 Cup) 3 Blueberries (1 Cup)	1 1/2 Avocado 2 Nuts (1/4 Cup)
MEAL 4 6:30 PM–7:30 PM	1 Chicken/ Turkey Breast 2 Fish 3 Lean Steak	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>	1 Asparagus 2 Cauliflower (1 Cup) 3 Large Salad	1 1 Apple 2 1 Banana 3 1 Orange/ Blueberries (1 Cup)	1 Nuts (1/4 Cup)
MEAL 5 9:00 PM–9:30 PM <i>*Optional</i>	1 Cottage Cheese (3/4 – 1 Cup) 2 Greek Yogurt 3 Protein Shake/ Bar	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		1 Blueberries (1 Cup) 2 1 Orange 3 Strawberries (1 Cup)	1 1/2 Avocado 2 Nuts (1/4 Cup)

PROTEIN: 90–120g per day	COMPLEX CARBS: 80g per day <i>*Post workout always</i>	FIBROUS VEGETABLES: 1–2 Cups x 2–3 meals per day	FRUIT: 1–3 Fruits 20–60 grams per day	ESSENTIAL FATS: 2–3 Meals per day
--	---	--	---	---

- Choose **ONE** of the protein choices (1, 2, or 3 for example) with **ONE** of the favorable complex carb choices (1, 2, or 3) for specific meals.
- Your protein amount is based on your **LEAN BODY MASS (LBM)** as shown in your **INBODY RESULTS SHEET**. Protein intake is foundational for every meal.

- Choose **ONE** of your favorable complex/ favorable carbs at 2 meals for the day. Your complex carb intake will average 30/40 grams x 2 meals in a day. Ideally first meal of the day and after the workout or after the workout and at another meal.
- Remember to review **THE GUIDEBOOK** for most of your questions and to see more variety in food options.



NEED HELP?
Glenn@rzonefitness.com