

Simple & Quick Pre-Exercise Snacks

Whether you're preparing for a competition, an active afternoon training, or want to fuel your body correctly for peak performance, planning quick and easy pre-workout snacks is a must. Having a snack or meal before intense physical exercise (90-minutes or longer) will boost blood glucose levels, delay fatigue, & counteract muscle damage.



Let's give you a few quick ideas for the top pre-workout snacks to consider. What you should be eating before training will depend quite significantly on how much time it is until you train, so we guide all scenarios.

30 Minutes Prior

If you are having a meal very close to competition, if it's the first thing in the morning, or you're just in a rush and haven't had a chance actually to cook something, you'll want to keep it light and simple.

Some terrific pre-workout ideas, in this case, would be:

- An apple or banana with some natural nut butter and a glass of skim milk.
- Some Greek yogurt, along with fresh berries and a tablespoon of slivered almonds.
- A tuna-filled whole-wheat pita pocket.
- A fruit smoothie prepared with skim milk, Greek yogurt, a frozen banana, and a half tablespoon of peanut butter.

60 Minutes Prior

If you have a little more time, then you should prepare a lighter meal versus just a snack. This meal should contain a whole food source of protein along with some complex carbohydrates.

Some great options here would include:

- A bowl of oatmeal prepared with a sliced baked apple and skim milk.
- An egg white omelet with diced veggies, salsa, along with some whole-wheat toast.
- A grilled chicken wrap with fresh stir-fried vegetables.

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- An English muffin pizza prepared with tomato sauce, diced vegetables, and low-fat cheese (and some diced chicken if available).
- A salmon sandwich on whole wheat bread with some raw vegetables

These meals will all contain around 250-400 calories, so it will be enough to fuel you up, but not so much that you feel weighed down.

2 Hours Prior

Finally, if you're planning a meal a few hours before training or competition, then seek healthy recipes that are more filling, so you are fueled-up for an extended period.

Great options here could include:

- Ground turkey burgers on a whole wheat bun.
 - Spaghetti with ground turkey meatballs rather than beef.
 - Lasagne prepared with extra lean ground beef and low-fat cheeses.
 - Grilled chicken breasts with oven-baked potatoes in olive oil and fresh dill.
 - High protein pancakes made with oatmeal and fresh berries.

That resolves some quick and straightforward recipes to get you started, so you make smart, healthy food choices.

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