



Pre-Workout Snack Ideas

To top of the tank 15-30 minutes before your workout, choose snacks that are mostly simple, easy to digest carbohydrate. Below are some ideas:

- Frozen/toaster waffle
- Pancake
- Raisins or other dried fruit
- Banana
- A handful of dry cereal
- Toast with honey or jelly
- ½ a bagel
- A handful of pretzels
- Honey Stinger™ waffle or an energy gel
- Crackers

Post-Workout Snack Ideas

To refuel after your workout, make sure you eat a snack comprised of carbohydrate and protein (a 4:1 carb to protein ratio is ideal, but don't overthink this) within 30-45 minutes of finishing your workout. Below are some ideas:

- Chocolate milk
- Apple with a Tbsp of peanut butter
- Turkey with dried cranberries
- Hummus and pita bread
- Yogurt and fresh berries
- Cheese with apple slices
- Tuna on whole wheat toast
- Dates with almond butter
- Peanut butter (or other nut butter) and banana smoothie
- Plain oatmeal made with milk