



FITPLAN

ULTIMATE PRE-WORKOUT NUTRITION GUIDE

Fueling your workout is a vital part of getting the most out of it. Below, we break down the essentials of pre-workout nutrition and provide some quick and easy recipes for you to fuel up before your [Fitplan](#) workout!

CARBOHYDRATES

Carbs are our main source of energy. They are metabolized into glucose by our bodies and stored for use as glycogen in the liver and muscles. Studies have consistently shown that carbs can increase glycogen stores and utilization while boosting carb oxidation during exercise.

Carbs should make up about 75% of your pre-workout meal. Of these, most should be carbs with a high glycemic index (GI) such as beans, vegetables, and fruits in order to provide more steady and extended energy during your workouts. Low GI carbs like white bread and packaged snacks can provide quick yet short-lived bursts. As your glycogen depletes, your energy will begin to diminish, so it is important to find the right balance between quick and sustained energy.

PROTEIN

Protein should round out most of the remaining 25% of your pre-workout meal. It is suggested that 10-20 grams of protein is enough to provide increased muscle recovery, strength, lean body mass, muscle performance, and anabolic response (muscle growth) while avoiding muscle loss. Protein should be increased parallel to the output of your upcoming session.

FAT

Adding a bit of fat and fiber (less than 5 grams) can help to extend and steady the deposit of energy. While glycogen is used for short and high-intensity bouts of exercise, fat is the source of fuel for longer and moderate-to-low-intensity exercise.

TIMING

Pre-workout meals should be planned in advance. The simple rule is to eat at least one to three hours prior to any training session. If you have an intense strength workout ahead, lean towards two to three hours. The closer you get to your session, the smaller and simpler the meal should be.

Here are a few quick and easy Fitplan recipes broken down by time before sessions that you can use to fuel your workout (full recipes and instructions below):



**2-3 HOURS
BEFORE TRAINING:**

EASY EGG WHITE OMELET

This meal is jam-packed with protein and is perfect for fueling your workouts ahead of time. With 33 grams of protein and 16 grams of carbs, this simple yet satisfying omelet is a slam dunk.

**1-2 HOURS
BEFORE TRAINING:**

BERRY BANANA PROTEIN SHAKE

Give your body a nutritional edge with Cam Speck's secret protein shake. Filled with a combination of berries and bananas, and providing copious amounts of healthy carbs and protein this shake not only tastes great but it is the perfect go-to if you're looking for optimal performance in and out of the gym.

**45-60 MINUTES
BEFORE TRAINING:**

BLUEBERRIES, NUTS & YOGURT

In a hurry? Power up with this protein-packed snack that provides a light and delicious taste along with sustained energy. Filled with 22 grams of protein and carbs, this is the perfect quick combo to indulge in right before your workout.



RECIPES



EASY EGG WHITE OMELET

Simple yet satisfying, this extra-lean, protein-packed breakfast provides a powerful start to your morning! Mike's quick and easy egg white omelet is full of goodness and easy enough to whip together in as little as 10 minutes.

Ingredients

- 8 whole egg whites
- 3/4 cup mushrooms
- 1/4 orange bell pepper
- 2 cups spinach leaves
- 1/4 cup sweet onion
- 3 garlic cloves
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp olive oil
- 1 orange

Cooking Instructions:

1. In a medium skillet, add 1 tsp of olive oil and heat.
2. Add the mushrooms, peppers, and onion and cook for a few minutes.
3. Add the spinach and garlic and cook until wilted. Set the veggie mixture aside.
4. Spray a heated pan with olive oil and add the 8 whisked egg whites together. Cover the pan.
5. Using a rubber scraper lift the eggs up and let the runny uncooked egg flow underneath.
6. Add the veggie mixture back to the omelet and top with sea salt and pepper.
7. Flip and remove from the pan!

- Servings 1
- Fat 5.5 g
- Calories 24
- Fiber 4 g
- Protein 33g
- Sugar 10g
- Carbs 16 g



BERRY BANANA PROTEIN SHAKE

This is not your average protein shake! Give your body the nutritional edge it needs with Cam Speck's secret superfood weapon: [Athletic Greens](#). You'll love it in this banana and berry blitz.

Ingredients

- 1 scoop of vanilla protein powder
- ½ cup of frozen berries
- ½ cup of frozen bananas
- ¾ cup of almond milk (unsweetened)
- 1 scoop of [Athletic Greens powder](#)

Instructions

1. Place berries, bananas, protein powder, and almond milk (or water) in a blender. Cover and blend for 30 seconds or until smooth.
2. Pour into a tall glass. Enjoy!

Note: Macros were calculated including almond milk.

- Servings 1
- Calories 220
- Protein 22 g
- Carbs 25 g
- Fat 4 g
- Fiber 6g
- Sugar 20.7 g



BLUEBERRIES, NUTS & YOGURT

Rich in protein, this recipe is the perfect go-to if you're looking for a simple snack or breakfast that can be made in under 5 minutes!

Ingredients

- 1 cup Greek yogurt, plain (2%)
- ½ cup blueberries
- 5 walnuts
- 1 tsp chia seeds

- Servings 1
- Calories 321
- Protein 22g
- Carbs 22g
- Fat 14g
- Fiber 5g
- Sugar 12g

Instructions

1. Place the Greek yogurt in a small bowl.
2. Top with blueberries, walnuts, and chia seeds. Enjoy!

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