



Workout Fueling Cheat Sheet



Fuel Your Strength. Honor Your Journey.

Remember: Your goal is not to eat the most—it's to fuel your body in the way it tolerates best.

Before My Workout

- ☐ I have been sipping water throughout the day.
- ☐ I feel hydrated before I start exercising.
- ☐ I ate something if I know I need extra energy.
- ☐ I chose foods my stomach tolerates well.
- ☐ I avoided trying new foods before training.

My Favorite Recovery Foods

- ☐ Protein shake
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Eggs
- ☐ Chicken
- ☐ Turkey
- ☐ Tuna
- ☐ Lean beef
- ☐ Protein smoothies

My Go-To Pre-Workout Options

- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Protein shake
- ☐ Hard-boiled egg
- ☐ Egg whites
- ☐ Turkey slices
- ☐ Cheese stick
- ☐ Half banana
- ☐ Berries
- ☐ Oatmeal

After My Workout

- ☐ I rehydrated after exercising.
- ☐ I ate a protein-rich meal or snack.
- ☐ I listened to my body's hunger and fullness cues.
- ☐ I didn't skip nutrition because I worked out.

When A Full Meal Is Too Much

Choose one small protein option:

- ☐ Half protein shake
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Cheese stick
- ☐ Deli turkey
- ☐ Hard-boiled egg
- ☐ Tuna packet
- ☐ Protein soup

My Personal Fueling Plan

Best foods **BEFORE** a workout

Best foods **AFTER** a workout

Foods that don't sit well before exercise

Signs I need more fuel or hydration

- ☐ Low energy
- ☐ Dizziness
- ☐ Headache
- ☐ Shaky feeling
- ☐ Poor workout performance
- ☐ Muscle fatigue

This Week's Goal

One thing I will do to better fuel my workouts:

Strong in Smaller Portions Reminder:

Progress isn't just measured by pounds lost.

- ✓ Stronger workouts
- ✓ More energy
- ✓ Confidence
- ✓ Better recovery
- ✓ Consistency

Fuel your body because it deserves to be strong—not because it has to earn food.