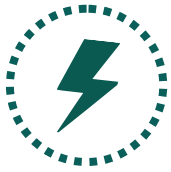




Workout NUTRITION GUIDE

FUEL YOUR BODY. SUPPORT YOUR STRENGTH.



ENERGY

Fuel your workouts with the right balance of protein, carbs, and healthy fats.



PREFORMANCE

Proper nutrition helps you build strength, improve endurance and recover faster.



RECOVERY

Nourish your body after exercise to repair muscles and replenish what you've used.



LONG-TERM

SUCCESS

Consistent, balanced nutrition supports weight-loss maintenance and a strong, active lifestyle.

Before You Workout



Eat 1-2 Hours Before

- ✓ Focus on lean protein and complex carbs
- ✓ Keep portions small and easy to digest
- ✓ Stay Hydrated

Examples:

- Greek yogurt with berries
- Cottage cheese with fruit
- Protein shake + banana

After You Workout



Within 30-60 Minutes

- ✓ Prioritize protein to support muscle repair
- ✓ Add a small amount of carbs to replenish
- ✓ Rehydrate and refuel

Examples:

- Protein shake
- Egg + avocado
- Chicken + sweet potato

Daily Nutrition Tips



- ✓ Hit your protein goal daily
- ✓ Eat every 3-4 hours to stay fueled.
- ✓ Focus on whole, nutrient-dense foods
- ✓ Listen to your body and adjust as needed
- ✓ Hydrate consistently throughout the day



REMEMBER

Small, consistent choices create big results.

YOU'VE GOT THIS

Fuel your body.
Crush your goals.
Love the journey.