

Our Daily Ideas for Pre and Post-workout meals

Pre-workout meal ideas:

- **Oatmeal** with sliced banana, honey, and a sprinkle of cinnamon

This quick and healthy banana oatmeal with honey, walnuts and cinnamon recipe is one of the easiest and most delicious breakfasts you will ever make – and it's vegan too!



- **Whole grain toast** with almond butter and sliced strawberries

One of the easiest ways to eat almond butter is to spread some on a slice of toast. The toast adds carbohydrates, and if you go with a whole-wheat option, you'll boost the fiber content of the meal or snack too.



- **Greek yogurt with granola and mixed berries**

Yogurt and granola are excellent sources of fiber. It contains a high fiber content that provides numerous benefits to the digestive system. Therefore, it is the ideal way to maintain fast digestion to avoid fat formation in the body



- **Scrambled eggs** with whole grain toast and avocado slices

The combination of fiber, protein, and healthy fats is filling, satisfying, and provides lots of nutrition to start your day. Avocados are a great source of potassium, fiber, heart-healthy monounsaturated fat, and folate, while eggs provide protein and micronutrients like choline, B vitamins, and vitamin D.



- **Smoothie** made with banana, spinach, almond milk, and a scoop of protein powder

Protein powder is an easy and convenient way to boost the nutritional value of your smoothie. Not only does it add extra protein, but it also helps keep you fuller for longer. So if you're looking for a healthy and delicious way to enjoy a smoothie using protein powder, then this post is for you!



These meal ideas are **high in carbohydrates** and moderate in protein, which can help provide energy for your workout and prevent muscle breakdown.

Post-workout meal ideas:

- **Grilled chicken** with roasted sweet potatoes and steamed broccoli

A delicious and healthy meal featuring grilled chicken breast, roasted sweet potatoes, and steamed broccoli.



- **Harissa fish** with bulgur salad and roasted vegetables

This easy salad is ideal for a summery midweek meal. Simply coat cod fillets with spicy harissa and serve with a bulgur salad.



- **Quinoa salad** with black beans, corn, avocado, and grilled chicken

Quinoa Salad with Black Beans, Corn, and Avocado with a creamy cilantro lime dressing is a hearty salad that works for a main dish or side dish. This delicious salad is packed with good for you ingredients and so so tasty



- **Turkey and avocado roll-ups** with carrot sticks and hummus

This quick, healthy, and delicious Avocado, Turkey & Hummus Wrap makes a the perfect lunch. You can easily make this easy hummus wrap using just a few simple ingredients!



- **Chocolate milk and a banana**

The combination of chocolate milk and bananas together is a powerhouse of fast, easily absorbed nutrition that the body is craving after putting it through exercise, and it is all natural to boot.



These meal ideas are **high in protein** and moderate in carbohydrates, which can help repair and rebuild muscle tissue, replenish glycogen stores, and promote recovery after your workout.

The chocolate milk and banana option is a quick and easy way to get **both protein and carbohydrates** in one convenient snack.