

# Pre and Post-Workout Meals

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## Your Pre and Post-Workout Meals

The eating patterns of ancient hunter-gatherers and gatherers serve as the foundation for the paleo diet. It's a manner of eating that aims to cut down on the number of highly processed and refined foods that have historically been included in the diet of the average American. The paleo diet, which emphasizes eating unprocessed meats, organic fruits and vegetables, nuts and seeds, and other whole foods, has assisted many people in enhancing their athletic performance, shedding excess weight, and improving their overall health.

You should prepare meals suitable for your paleo diet to eat before and after working out if you want your diet to remain consistent. You don't want to throw all of your hard work out the window by rewarding yourself with snacks that could have a lot of added sugar and are highly processed.

Your pre-workout and your post-workout meals should both contain a sufficient amount of protein. Beef jerky, trail mix, and hard-boiled eggs are all convenient snacks to bring to the gym. When preparing your food before a workout, using coconut oil might give you a speedy burst of energy. You could, for instance, use coconut oil to make trail mix or let it warm up to

room temperature and then add it to a high-protein smoothie. It will enable you to feel full for longer, and many believe it can also assist with weight loss.

People have different ideas about what a meal should be like before exercising. For example, some people believe that the pre-workout meal should consist of protein and either carbs or fat, while others believe that it should consist of carbohydrates and at least one of the two types of fat.



One suggestion is to have four ounces of lean meat cooked on the grill with some vegetables that have been steamed on the side. Another option is fermented pickles served alongside deli meat such as roast beef or turkey, which has been cured. It would help if you also thought about having a healthy smoothie made with greens.

You will deplete the nutrients stored in your body and the calories you consumed before the workout if you engage in strenuous physical activity. Therefore, your supper after an exercise should consist of carbohydrates and protein. To replenish your protein, glycogen, and glucose levels, you should eat your snack no more than 15 minutes after you finish your workout but no more than 30 minutes after your workout at the absolute latest.

You are at your most insulin sensitive within the first 15 to 30 minutes after an exercise, which is another reason why you should consume your post-workout meal as soon as possible. Also, steer clear of fats during your meal if you want your digestion to stay on track.

If you overeat sugar in fruit for your post-workout meal, the glucose will travel to your liver instead of your muscles, which is unfortunate because your muscles are the organs that most need to be repaired and recovered. However, carbohydrates are essential to the recovery process, so you shouldn't ignore them. Bananas, sweet potatoes, and plantain chips are examples of excellent sources of carbs. Some people believe eating a baked potato is acceptable, but organic food sources will generally provide the best results.

When you're in a hurry and need something to eat, some protein options that are easy to transport are canned tuna or chicken, beef jerky, hard sausage, or pepperoni.



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**Updated on July 16, 2022**