

PRE-WORKOUT MEAL EXAMPLES

*With milk, vegetable
and/or fruit juice,
or water*

Omelette or potato
frittata

French toast with
fruit and yogurt

Low-fibre cereal with
fresh fruit and milk,
toast with peanut
butter and banana

Sandwiches with
low-fat cheese,
sliced roast beef/pork,
turkey or chicken and
veggies

Grilled chicken and
veggie kabobs on rice

PRE-WORKOUT SNACK (LARGE)

*With milk, vegetable
and/or fruit juice,
or water*

Hard-cooked
egg or cheese
with crackers

Fresh fruit with
cottage cheese

Whole wheat
bread or bagels,
with a slice of
cheese or
nut butter

Date squares,
sesame snacks or
oatmeal cookies

Low-fat yogurt
with granola

PRE-WORKOUT SNACK (SMALL)

*With milk, vegetable
and/or fruit juice,
or water*

A few crackers

Piece of fresh
or dried fruit
with water

Small granola
bar

Half of
a small sandwich

Chocolate milk
or fruit smoothies