

Alive February Challenge



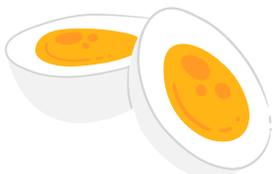
Week 2: Pre & Post Workout Fuel

Fueling correctly before and after your workouts is essential for optimizing performance, recovery, and overall health.

Eating a balanced meal or snack before a workout gives your body the necessary energy to power through exercise. Focus on consuming easily digestible carbohydrates for quick energy and a moderate amount of protein to help with muscle repair and maintenance. Healthy fats can also be included, but they should be kept in moderation as they digest slower. Some examples of pre-workout snacks include granola bars, bananas with peanut butter, and oatmeal.

Post-workout nutrition is just as crucial. After exercise, your muscles are in need of replenishment, and consuming a mix of protein and carbohydrates helps promote muscle recovery, replenish glycogen stores, and reduce soreness. The optimal window for refuelling is within 30 to 60 minutes after exercise. Protein helps repair muscle fibres, while carbohydrates restore energy. Hydration is also key—replenishing lost fluids and electrolytes helps prevent dehydration and supports your body's recovery process. Some examples of post-workout snacks include hummus and pita, toast with eggs and a protein smoothie.

Prioritizing a balance of protein, carbohydrates, and hydration before and after a workout is key to maximizing performance, minimizing recovery time, **LIVING ROOM** and supporting long-term fitness goals.



Pre Workout Recipes

3-4 Hours before: Avocado Toast with an Egg



Ingredients (1 serving):

- 1 slice Bread
- 1 Avocado
- 1 Egg
- Sea Salt & Black Pepper (to taste)

Directions:

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Top with a fried or poached egg

1-2 hours before: Greek Yogurt Parfait



Ingredients (1 serving):

- 1/2 cup Granola
- 1 cup Plain Greek Yogurt
- 1/2 cup Strawberries (sliced)
- 1/2 cup Blueberries

Directions:

1. Layer the granola, yogurt, strawberries, and blueberries in a jar. Enjoy!

0-1 hour before: No Bake Chocolate Chip Granola Bars



Ingredients (8 servings):

- 1/2 cup Tahini (or any nut/seed butter)
- 1/4 cup Raw Honey
- 1/3 cup Dark Chocolate Chips (mini)
- 2/3 cup Quick Oats

Directions:

1. Line a small baking dish with parchment paper.
2. In a small bowl, mix the tahini and honey together. Add the chocolate chips and quick oats and mix well.
3. Press the mixture into all corners of the baking dish with a spatula or another piece of parchment paper to create a smooth, even surface. Chill for 30 minutes before cutting into bars. Enjoy!

Post Workout Recipes

Post Workout Green Smoothie



Ingredients (1 serving):

- 2 tbsps Vanilla Protein Powder
- 1 cup Water (cold)
- 1/4 Avocado
- 1/2 Banana (frozen)
- 1 cup Baby Spinach

Directions:

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Tuna Salad with Crackers & Bell Peppers



Ingredients (1 serving):

- 1/2 can Tuna (drained)
- 1/4 avocado
- Sea Salt & Black Pepper (to taste)
- 1/2 Yellow Bell Pepper (sliced)
- 10 crackers

Directions:

1. Mix the tuna, avocado, salt, and pepper together. Serve with bell peppers and crackers. Enjoy!