

# THE BEFORE & AFTER FOOD MAP



Gym workouts, athletic events, gymnastics or martial arts – the key to get the most out of any physical activity is fuelling your body before and after each one. The timing and content of meals and snacks are vital to fuel up the right way. Find out what you should eat and drink to get the desired results.

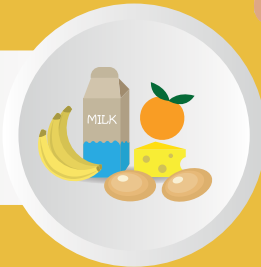
## Pre - when and what to eat

**Why:** - to sustain energy that the body can absorb quickly  
Proper hydration to prevent fatigue

**Meal plan:** - low fat, moderate in carbs and protein, low fibre, fluids

### ABOUT 30 MINUTES TO 1 HOUR

Snacks like banana, orange, cereal bars, raisins, flavoured yogurt, veggie omelette, salad with eggs, apple slices with peanut butter



### ABOUT 3 TO 4 HOURS

Meal options like cereal with milk, fruits; brown rice with lean meat and vegetables; whole-grain bread with eggs; sprouts and legumes; protein shakes



**A BIG NO**

Cheese, butter and fatty foods, carbonated drinks, flaxseeds, milk, roasted nuts, hard boiled eggs



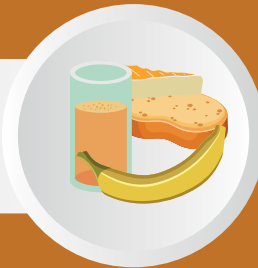
## Post - when and what to eat

**Why:** - to replenish electrolytes, help muscles recover and grow and rehydration

**Meal plan:** - high in carbs and protein, low fibre, fluids

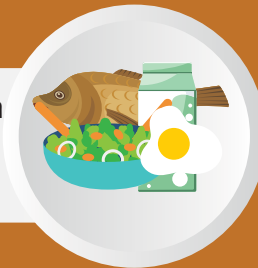
### IMMEDIATELY AFTER

Liquids like recovery drinks, protein shakes; snacks like grain crackers, protein bar, banana, chocolate milk



### WITHIN 2 HOURS

Rice with chicken and vegetables; whole grain wraps or chicken/ paneer sandwiches or muesli; protein shakes, grilled fish, noodles



Raw vegetables, fast food like French fries, cheese burgers; bacon, soda and fruit drinks, milk chocolate, doughnuts and pastries, fried eggs