

WHAT to BEFORE a

eat run

time

eat

do not eat

2 hours
before

300-400 cal meal
carbs & protein
healthy fats
-quinoa
-chicken
-whole wheat pasta
-greek yogurt and granola
-omelette
-fish
-green smoothie

broccoli
onions
beans

hard based fat:
burgers
fries
ice-cream

1 hour
before

150 cal snack
easily digestible carbs but
little protein
-whole wheat toast
-nut butter
-banana
-chashews
-hummus
-half a fruit
-carrots

gas producing
fruit:
-apple
-pear
-melon