

WORKOUT NUTRITION

WHAT TO EAT BEFORE, DURING, AND AFTER EXERCISE

Sometimes workout nutrition can be confusing. Let's make it simpler. Here's what to eat before, during, and after exercise broken down by body type and goal.

I'M AN ECTOMORPH

I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. **I'm usually trying to gain muscle or support my endurance exercise.**

WHEN TO EAT

BEFORE EXERCISE

Eat "ectomorph meal"
1-2 hours before activity

DURING EXERCISE

For weight gain: 1 P+C drink
For endurance support: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "ectomorph meal"
1-2 hours after activity

THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein
dense foods



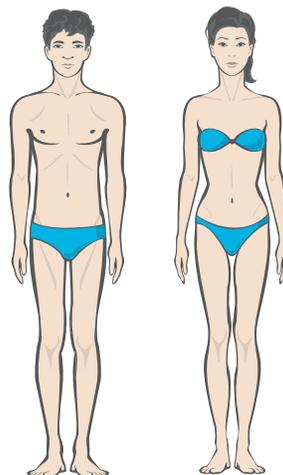
2 fists of
vegetables



3 cupped
handfuls of carb
dense foods



1 thumb of fat
dense foods



1 palm of protein
dense foods



1 fist of
vegetables



2 cupped
handfuls of carb
dense foods



0.5 thumb of fat
dense foods

PORTION SIZES

Instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit www.precisionnutrition.com/calorie-control-guide

I'M A MESOMORPH

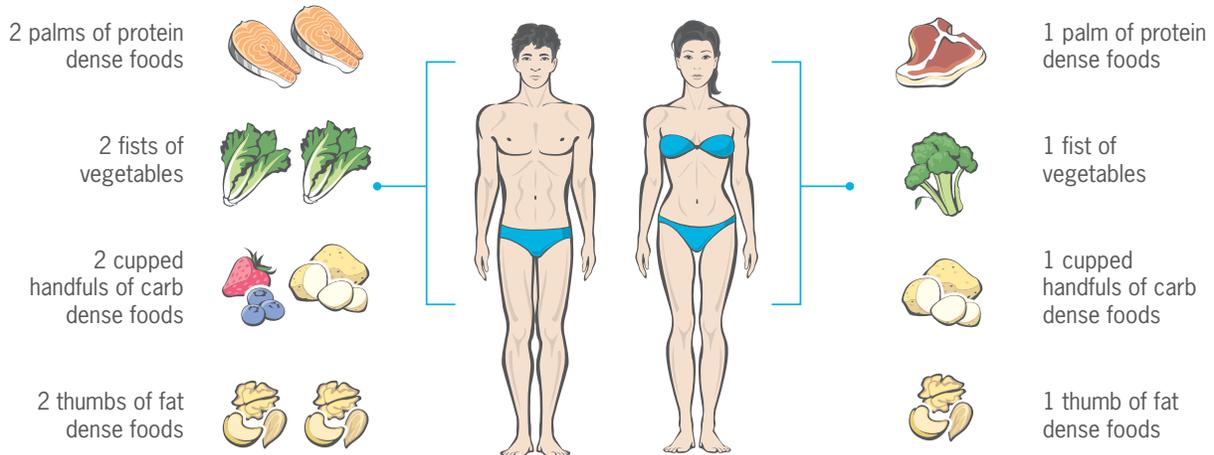
I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. I'm usually trying to optimize my physique or boost my sports performance.

WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "mesomorph meal" 1-2 hours before activity	For weight gain: 1 P+C drink or BCAAs For sport performance: 1 P+C drink For fat loss: BCAAs or water For body recomposition: BCAAs or water For maintenance: BCAAs or water	Eat "mesomorph meal" 1-2 hours after activity

THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE



WHAT IS A P+C DRINK?

In some cases you'll want to use a protein + carbohydrate (P+C) drink during exercise. **For every hour of training, you'll have:**

 1/2 C
15 g protein
 (1/2 scoop protein powder)

+


30-45 g carbs
 (2 cups of juice or sports drink)

I'M AN ENDOMORPH

I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. **I'm usually trying to lose fat or support my strength.**

WHEN TO EAT

BEFORE EXERCISE

Eat "endomorph meal"
1-2 hours before activity

DURING EXERCISE

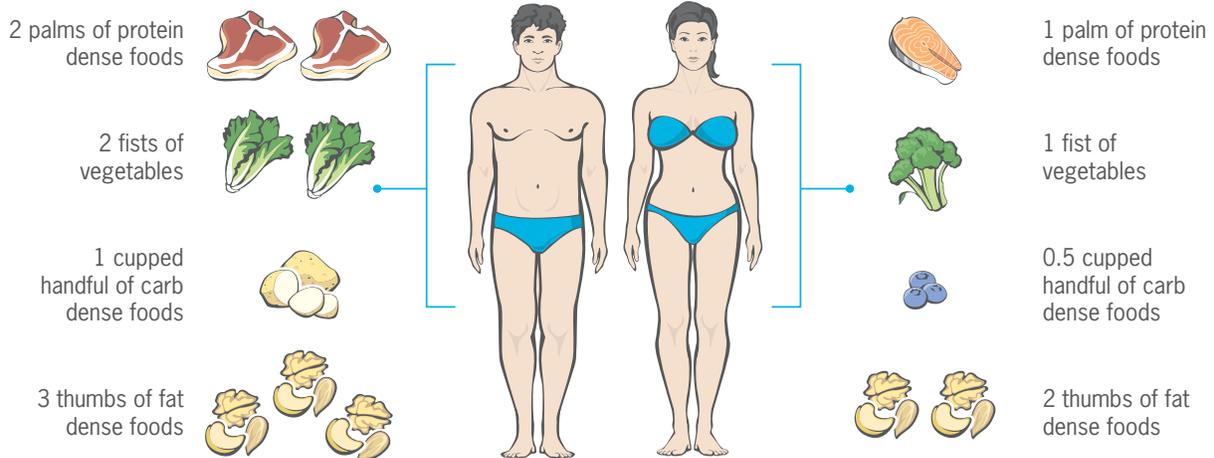
For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "endomorph meal"
1-2 hours after activity

THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE



WHAT ARE BCAAs?

Branched chain amino acids (BCAA) can also be used during exercise. BCAAs come in liquid, powder, or pill form. Aim for 10-15 g per hour of training.



For more information about workout nutrition:
www.precisionnutrition.com/workout-nutrition-explained

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