

Fuel Your Training

Gain more energy before you workout with these delicious meal plans which are easy to whip up



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It is crucial that you focus on your nutritional needs prior to your workout. If not charged appropriately before your exercising routine, there could be a breakdown of muscle tissue and it may even increase the risk of injury. This is more so if you are

exercising in the morning because blood sugar levels are at their lowest around that time. A pre-workout meal should ideally consist of carbohydrates to top off your muscle energy stores (glycogen), combined with smaller amounts of protein to help protect muscle and reduce

post-exercise muscle soreness. Foods consumed should be low in fat and fibre to help avoid common digestive problems such as cramping and nausea. Here are five pre-workout snack ideas that are easy and quick to make.



BANANA SMOOTHIE

Ingredients

1 ripe banana
1 cup farm fresh cow's milk
Honey or organic cane sugar to taste

Preparation time 5 minutes

Calories per serving 200 calories

Method of preparation

Slice a banana and put it in the blender. Add milk and sugar (if using honey then drizzle honey on top later). Blend it well. Pour it into a tall glass and your smoothie is ready to drink.

Drink it About an hour before exercise. It will give slow burning carbohydrates and some good quality protein to sustain your blood sugar levels throughout the workout. The potassium in banana and calcium in milk along with its fluid content will also help prevent cramps.

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EGG SANDWICH

Ingredients

4 white bread slices
2 boiled eggs
1 tsp homemade white butter
Unrefined salt and black
Pepper to taste

Preparation time 15 minutes

Calories per serving 250 calories

Method of preparation

Boil the eggs and slice each egg to three to four slices. Put butter on bread slices and toast them. Place the sliced eggs on one toast. Sprinkle some unrefined salt and black pepper on top of the eggs and cover it with another toast slice on top.

Good for Eat this wholesome meal of carbohydrates, protein and little fat about one to two hours before the workout. It will increase glucose availability during the workout and decrease exercise induced muscle protein breakdown.

DALIA MILK WITH NUTS

Ingredients

½ cup dalia
½ cup farm fresh cow's milk
Organic cane sugar to taste



PEANUT BUTTER TOAST

Ingredients

2 slices of white bread
½ to 1 tbsp peanut butter

Preparation time 5 minutes

Calories per serving 240 calories

Method of preparation

Toast the bread slices. Smear peanut butter on each slice and your toast is ready to eat.

Have it An hour before you begin your workout. It will help top off glycogen stores and is a great way to get an energy reviving boost before your workout.

1 tbsp chopped almonds

1 tbsp farm fresh ghee

Water to cook

Preparation time 20 to 30 minutes

Calories per serving 236 calories

Method of preparation

Heat ghee in a pressure cooker and roast dalia till it starts giving a nice aroma. Add water and let it pressure cook till dalia gets cooked. Once cooked, add milk and sugar and let it simmer. Garnish with chopped almonds.

Packed with To be had 90 to 120 minutes before, it will keep your energy levels high and help you sail effortlessly through your workouts. Since it is easy on the stomach, it will not cause any GI (gastrointestinal) distress during the workout.

APRICOT YOGHURT WITH NUTS

Ingredients

3 dried apricots
½ cup home set curd
1½ tsp nuts (any one kind)

Preparation time 5 minutes

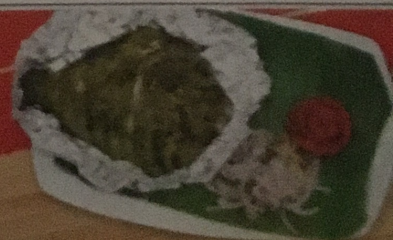
Calories per serving 120 calories

Method of preparation

Chop the dried apricots and nuts. Take a bowl and put curd in that. Garnish with chopped apricots and nuts.

Full of Have it about 30 to 60 minutes before your workout. These will supply carbohydrates along with easily digestible protein that are very important for post-workout recovery.

Taste the freshness,
even after hours!



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