

FUEL FOR FITNESS



BEFORE ACTIVITY

Carbs = Quick Energy

PRIORITIZE CARBS

Carbohydrates are the body's preferred and most efficient source of fuel for exercise, especially during moderate- to high-intensity activity.

Carbohydrate Foods

BREAD PRODUCTS	FRESH FRUITS
CRACKERS & CHIPS	OAT OR FRUIT-BASED BARS
DRIED FRUITS*	POTATOES

*Dried fruits are more concentrated than fresh

AFTER ACTIVITY

Protein + Carbs = Recovery Support

FOCUS ON PROTEIN & CARBS

After exercise, your body is primed to replenish glycogen (the stored form of carbohydrate used for energy during movement) and support the muscle repair and recovery process.

Protein Foods

YOGURT OR SKYR	MILK (DAIRY, SOY, OR PEA)
MEATS	PROTEIN BARS
EGGS	NUTS & NUT BUTTERS
CHEESE	BEANS

This guide is for informational purposes only and is not intended as medical advice. For personalized guidance, check with your healthcare provider.

1-2 HOURS BEFORE EXERCISE

Choose easy-to-digest carbohydrate foods for energy

Adding some protein may support stamina

30-60 MINUTES AFTER EXERCISE

Pair carbohydrates + protein to support recovery & prepare the body for future movement

Carbs restore energy. Protein restores muscle. Most recovery needs both, just in different proportions depending on the workout.

Hydration Tip

Remember to rehydrate after exercise to replace fluids lost through sweat. For longer or more intense activity, electrolyte-rich foods or beverages containing minerals like sodium and potassium can provide additional recovery support.



The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE

SHOP THE PAIRINGS

BEFORE EXERCISE

Quick Energy

- Crunchy corn snack + medjool dates
- Dried mango, apricot, or cherries + pistachios
- Sourdough toast + nut butter + honey
- Banana + Sahale Honey Almonds
- The Daily Crave Lentil Chips + plain yogurt (as a dip!)
- Patagonia Provisions crackers + nut butter
- RXBAR + grapes

An active lifestyle asks more of your body, and fueling strategically can make a meaningful difference in how you perform, recover, and feel! Thoughtful snack choices—and timing nutrients like carbohydrates and protein appropriately—can help support endurance, muscle recovery, and steadier energy.

Snacks for Energy, Performance & Recovery

AFTER EXERCISE

Recover & Replenish

Try sweet or savory cottage cheese bowls

- Cottage cheese + chopped veggies of choice + pinch of salt (add herbs, hot sauce, or balsamic)
- Cottage cheese + stone fruit + pistachios + honey
- Kerrygold Aged Cheese Snack + flax seed crackers
- Perfect Bar + Siggi's Skyr cup
- BelGioioso Fresh Mozzarella Snacking Cheese + cherry tomatoes
- Tezza soy yogurt + Sahale Pomegranate Cashews
- Archer Turkey Stick or Primal Meatless Jerky + fruit

Quick Tip

Keep a few grab-and-go staples on hand to make pre- and post-workout fueling practical and easy to keep up with!

