

# PRE-WORKOUT MACRO SNACKS

Optimized Fueling Guide: 30-60 Minutes Before Training

<b>SNACK IDEA</b>	<b>PRIMARY MACRO</b>	<b>QUICK BENEFIT</b>
Banana with 1 tbsp Almond Butter	<b>Carbs / Fats</b>	Sustained energy & potassium
Greek Yogurt with Honey	<b>Protein / Carbs</b>	Muscle protection & rapid fuel
Rice Cakes with Sliced Strawberries	<b>Simple Carbs</b>	Fast digesting, low bloating
Oatmeal with Blueberries	<b>Complex Carbs</b>	Steady glucose release
Apple Slices with Turkey Roll-ups	<b>Fiber / Protein</b>	Satiety for longer sessions
Hard Boiled Egg & Toast	<b>Protein / Carbs</b>	Amino acid availability
Dried Apricots & Walnuts	<b>Carbs / Fats</b>	Dense energy, portable

Recommended: Hydrate with 16oz water alongside snack.