





Alloy Nutrition

Nutrient Timing

Food is fuel. Yes, you need it to survive, but you can also use it to boost your performance in the gym. Conversely, consuming the wrong types of food (or not enough) can hinder your workouts. It is important to know what types of food to eat before and after a workout, as well as when you should eat. As they say - timing is everything.

What time you eat depends on you! If you eat 30 minutes before a workout do you feel invigorated, or do you bolt to the bathroom mid-workout? What if you eat several hours prior to hitting the gym? Figure this out and make it your routine. A simple goal is to have some protein 1-3 hours before your workout. Remember, what you consumed (or didn't) 24 hours before a workout has more of an effect on your results than what you ate a few hours before you hit the gym.

Your food needs to be broken down before you exercise. Otherwise, your body is more concerned about digesting your food, so it can't focus its efforts on working out (aka - getting you results). Work with your body and let it help you!

Post-workout nutrition is also crucial to your success. Eating the right types of foods will get our bodies into recovery mode and build muscle quickly. Think about grabbing some protein, carbs, and lower fat. You can check out the chart to the right for some easy meals. Almost all of us have some level of stress, hormonal issues, or fat-loss goals. This is normal! Just work on fueling your body and listen to it!

When You're Not Working Out

Protein, healthy fats, lots of veggies

- *Eggs cooked with oil, colorful veggies*
- *Salad with chicken or fish*
- *Lean protein with ½ plate of cooked/fresh veggies*

Before or after a workout

Protein, carbs, lower fat

- *Shake with whey or plant-based protein, berries*
- *Banana and a small amount of nut butter*
- *Fish with rice and broccoli*
- *Lean steak, sweet potatoes, and green beans*
- *Protein, with veggies and carbs*