

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: EAAs or water
For body recomposition: EAAs or water
For maintenance: EAAs or water

AFTER EXERCISE

Eat "ectomorph meal" 1-2 hours after activity

PORTION SIZES

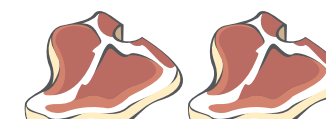
Instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit:

www.precisionnutrition.com/calorie-control-guide

THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein dense foods



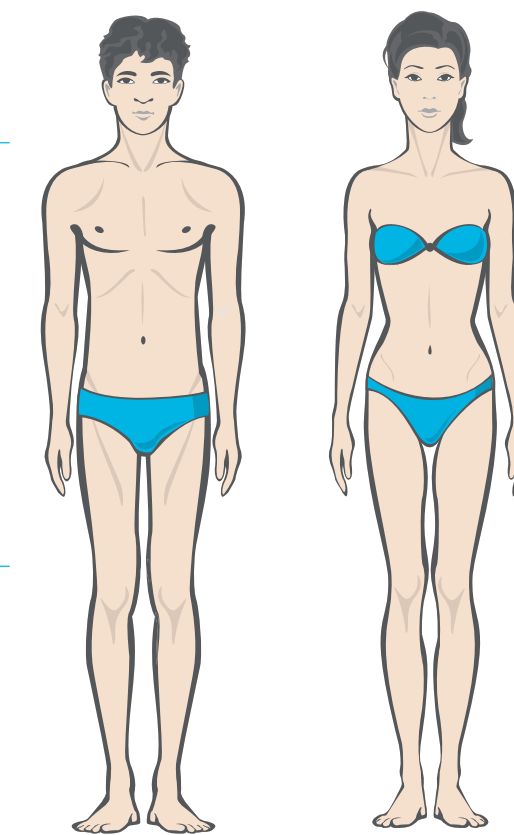
2 fists of vegetables



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

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

Eat "mesomorph meal" 1-2 hours before activity

DURING EXERCISE

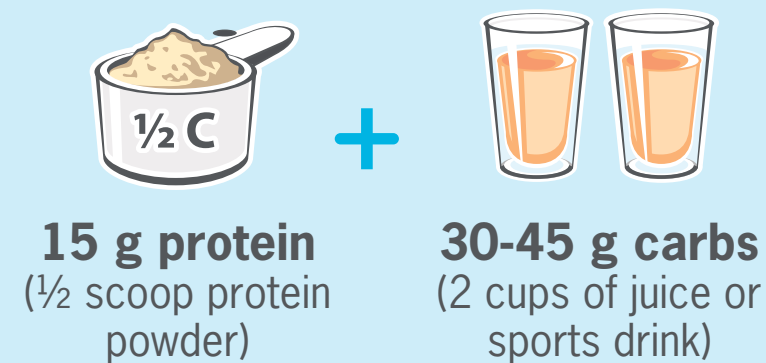
For weight gain: 1 P+C drink or EAAs
For sport performance: 1 P+C drink
For fat loss: EAAs or water
For body recomposition: EAAs or water
For maintenance: EAAs or water

AFTER EXERCISE

Eat "mesomorph meal" 1-2 hours after activity

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:



THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE

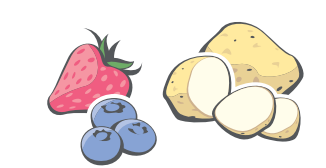
2 palms of protein dense foods



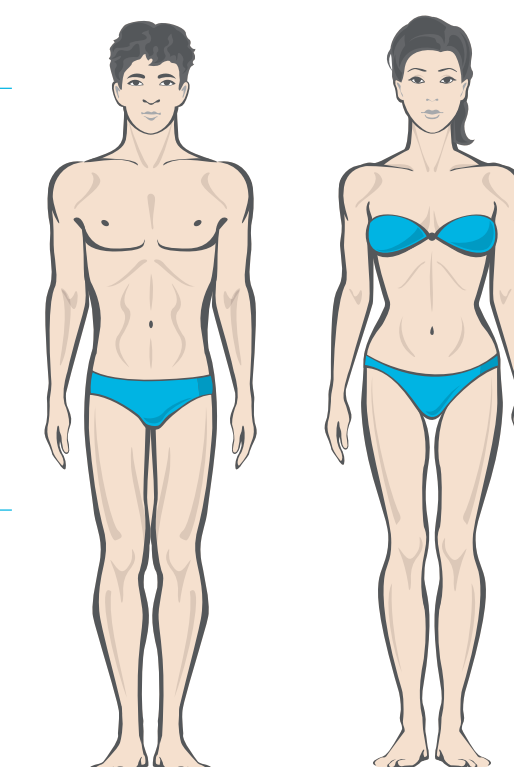
2 fists of vegetables



2 cupped handfuls of carb dense foods



2 thumbs of fat dense foods



1 palm of protein dense foods



1 fist of vegetables



1 cupped handful of carb dense foods



1 thumb of fat dense foods

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

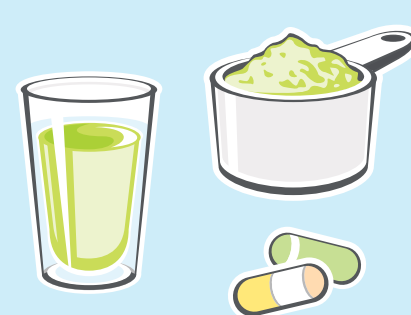
For weight gain: EAAs or water
For strength support: EAAs or water
For fat loss: EAAs or water
For body recomposition: EAAs or water
For maintenance: EAAs or water

AFTER EXERCISE

Eat "endomorph meal" 1-2 hours after activity

WHAT ARE EAAS?

Essential amino acids (EAA) can also be used during exercise. EAAs come in liquid, powder, or pill form. Aim for 5-15 g per hour of training.



THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein dense foods



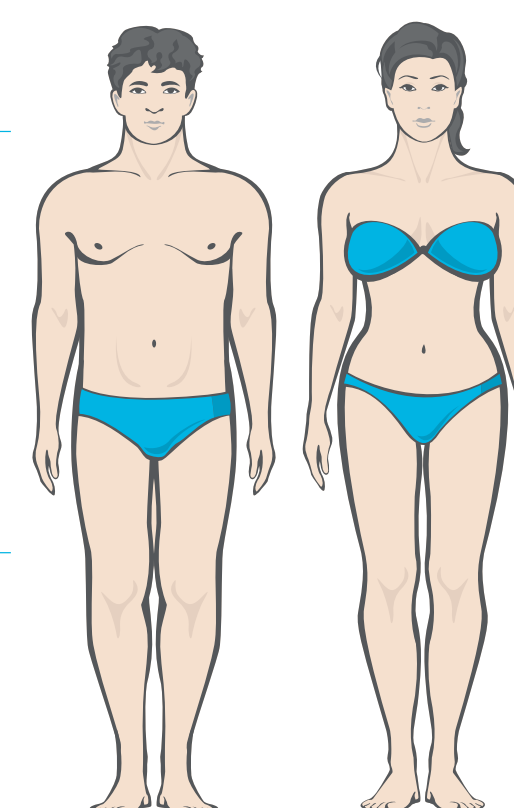
2 fists of vegetables



1 cupped handful of carb dense foods



3 thumbs of fat dense foods



1 palm of protein dense foods



1 fist of vegetables



0.5 cupped handful of carb dense foods



2 thumbs of fat dense foods