

# 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

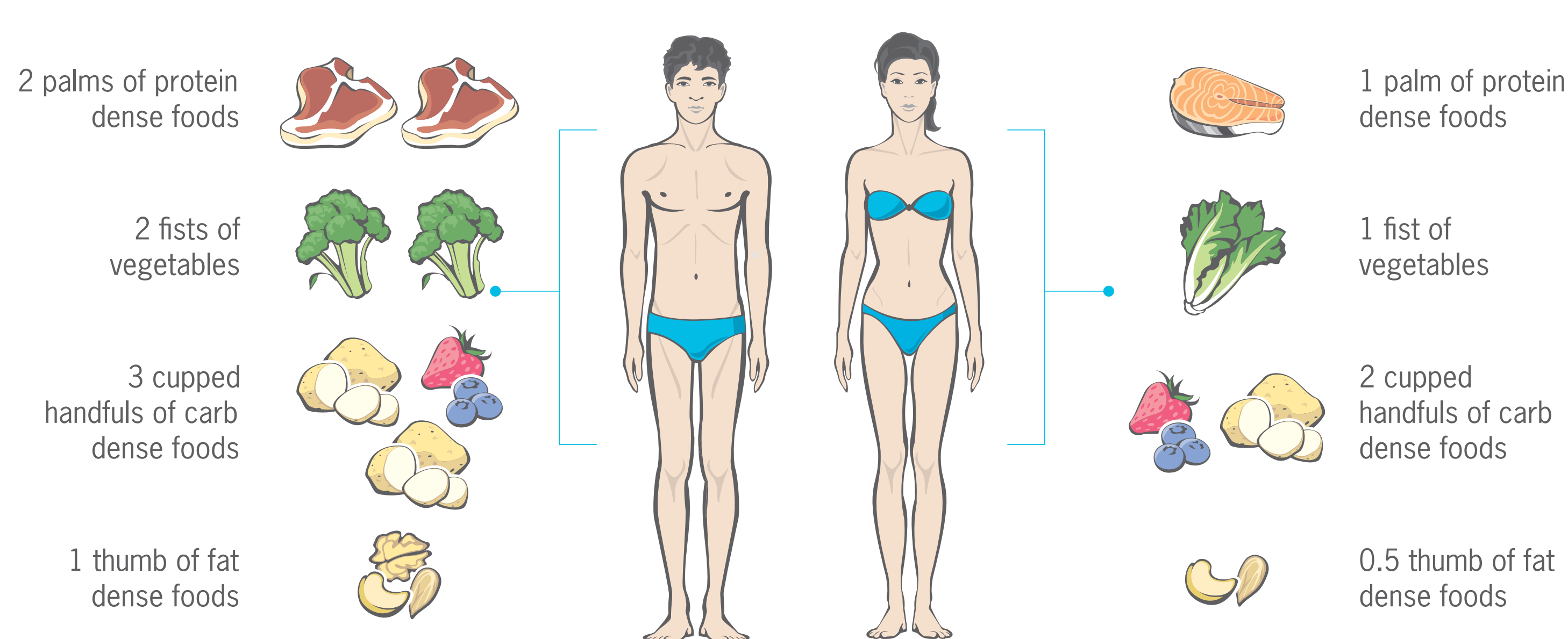
I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. **I'm usually trying to gain muscle or support my endurance exercise.**

#### WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "ectomorph meal" 1-2 hours before activity	<b>For weight gain:</b> 1 P+C drink <b>For endurance support:</b> 1 P+C drink <b>For fat loss:</b> EAAs or water <b>For body recomposition:</b> EAAs or water <b>For maintenance:</b> EAAs or water	Eat "ectomorph meal" 1-2 hours after activity

#### THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE



#### 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](http://www.precisionnutrition.com/calorie-control-guide)

### I'M A MESOMORPH

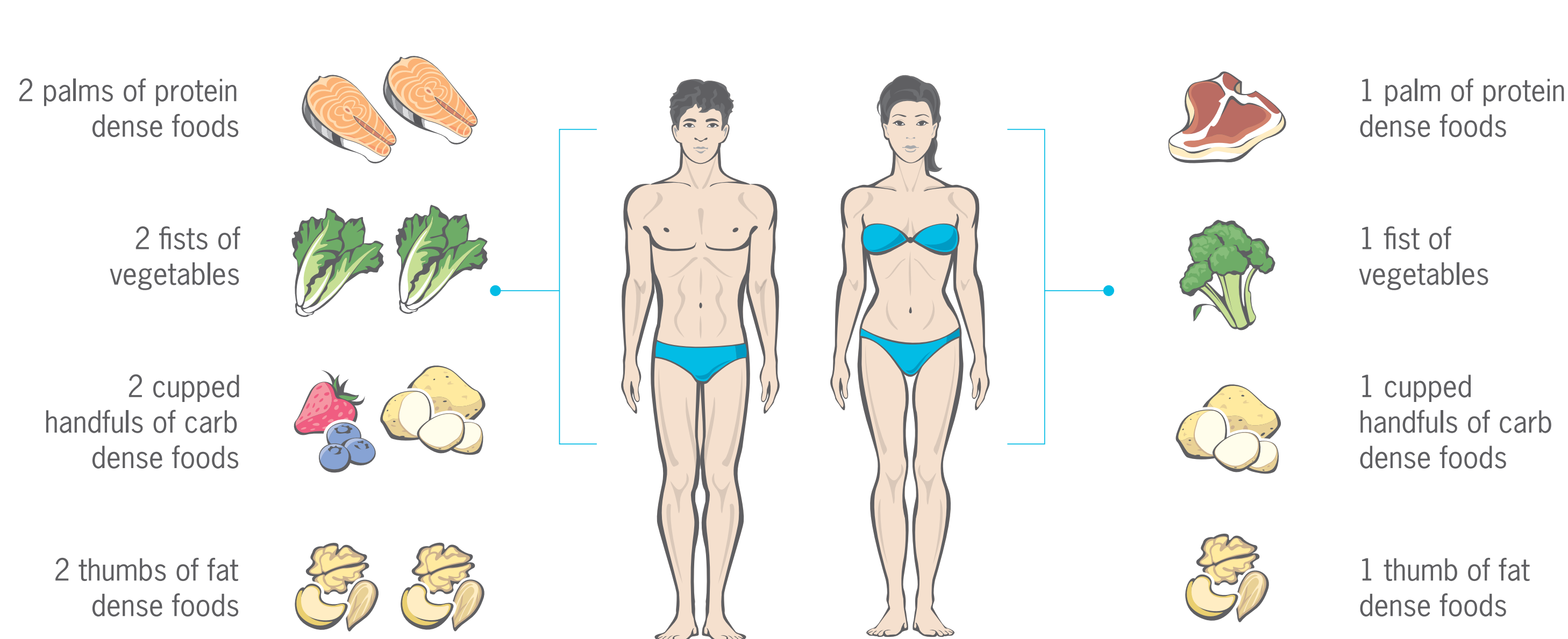
I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. **I'm usually trying to optimize my physique or boost my sports performance.**

#### WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "mesomorph meal" 1-2 hours before activity	<b>For weight gain:</b> 1 P+C drink or EAAs <b>For sport performance:</b> 1 P+C drink <b>For fat loss:</b> EAAs or water <b>For body recomposition:</b> EAAs or water <b>For maintenance:</b> EAAs or water	Eat "mesomorph meal" 1-2 hours after activity

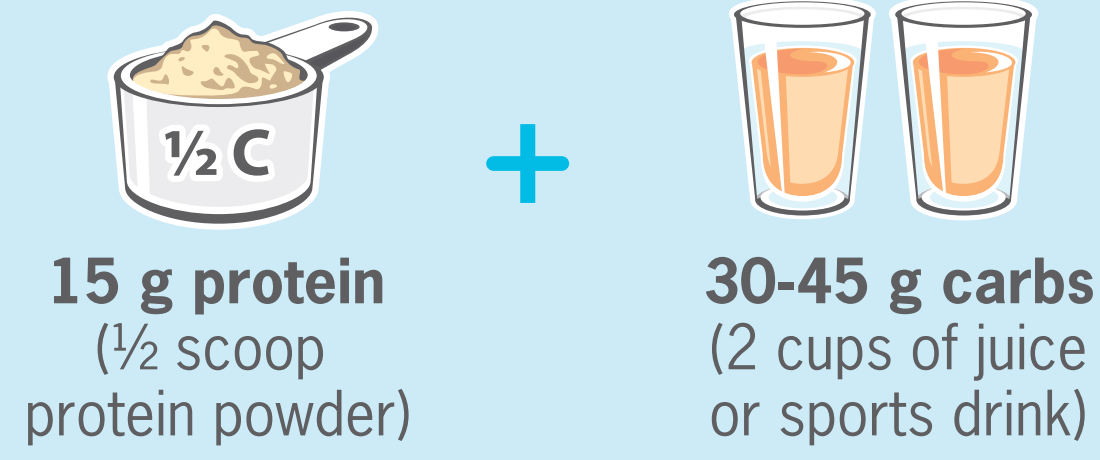
#### THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE



#### 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:**



### I'M AN ENDOMORPH

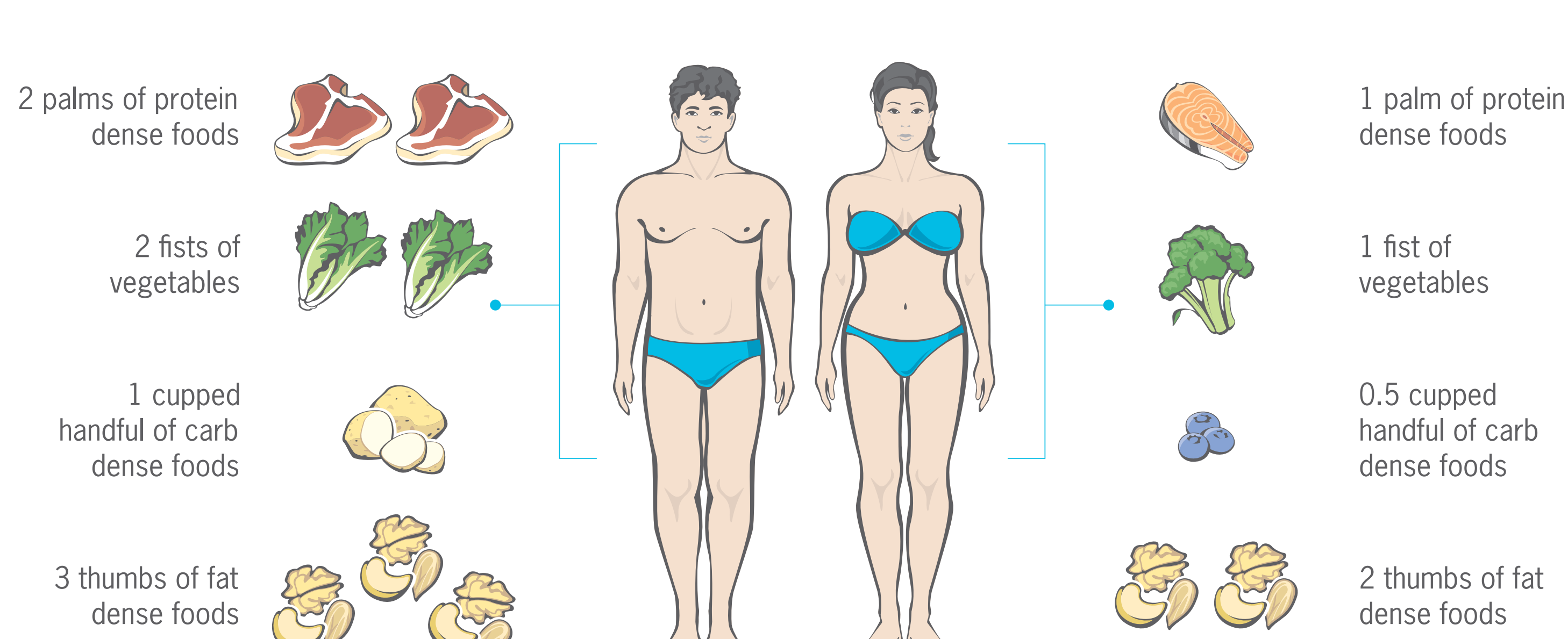
I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. **I'm usually trying to lose fat or support my strength.**

#### WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "endomorph meal" 1-2 hours before activity	<b>For weight gain:</b> EAAs or water <b>For strength support:</b> EAAs or water <b>For fat loss:</b> EAAs or water <b>For body recomposition:</b> EAAs or water <b>For maintenance:</b> EAAs or water	Eat "endomorph meal" 1-2 hours after activity

#### THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE



#### WHAT ARE EAAs?

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

