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You're all geared up for a workout session - happy thoughts, perfect playlist, stylish workout clothes - but you forgot about one of the most important things: pre-workout fuel. Most of us are so focused on the workout itself that we don't consider how a meal, or lack thereof, can affect our bodies during a workout.

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These great ideas of the best pre-workout foods will give you plenty of energy for your training session: Fruit smoothies Yogurt parfaits with granola and fruit Bananas Oats Whole grain bread with a couple of slices of lean meat Chicken with rice and vegetables Apples with peanut butter and raisins ...

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30 Minutes to an Hour Pre-Workout consume light meals and foods which contain simple carbohydrates and some protein. 2-3 Hours Pre-Workout consume a meal around 400- 500 calories containing a good source of protein (around 20g) and complex low GI carbohydrates (20-30g).

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Choose these best pre-workout breakfast foods before you hit the pavement or weights, and steer clear of the worst pre-workout foods to avoid feeling sluggish.

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