

# NAIL YOUR PRE-TRAINING NUTRITION TIMING

**2-3 hrs  
before**



Large carb-rich meal, moderate in protein, fats & fibre – plenty of time for digestion.

**1-2 hrs  
before**



Keep it slightly more simple with reduced fat & fibre content

**30-60  
mins  
before**



Even more simple with very little fat & fibre content

**<30  
mins  
before**



20-40g of carbohydrates in a very simple, easy to digest form

# Nutrition Guide For Beginners

**Melvin H. Williams**



## **Nutrition Guide For Beginners:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Nutrition Guide For Beginners** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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