

# 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

**Von Bailey**



## **Nutrition Guide For Beginners:**

Eventually, you will categorically discover a additional experience and expertise by spending more cash. yet when? complete you resign yourself to that you require to get those all needs in the manner of having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more going on for the globe, experience, some places, considering history, amusement, and a lot more?

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