

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:

Fuel your quest for knowledge with is thought-provoking masterpiece, **Nutrition Guide For Beginners** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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