

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

Raffaela Di Napoli



Nutrition Guide For Beginners:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Nutrition Guide For Beginners** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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