

# 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

**Padhraic Smyth**



## **Nutrition Guide For Beginners:**

## Unveiling the Magic of Words: A Report on "**Nutrition Guide For Beginners**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Nutrition Guide For Beginners**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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### **Nutrition Guide For Beginners Introduction**

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