

# WORKOUT NUTRITION

## WHAT TO EAT BEFORE, DURING, AND AFTER EXERCISE

Sometimes workout nutrition can be confusing. Let's make it simpler. Here's what to eat before, during, and after exercise broken down by body type and goal.

## I'M AN ECTOMORPH

I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. **I'm usually trying to gain muscle or support my endurance exercise.**

### WHEN TO EAT

#### BEFORE EXERCISE

Eat "ectomorph meal"  
1-2 hours before activity

#### DURING EXERCISE

**For weight gain:** 1 P+C drink  
**For endurance support:** 1 P+C drink  
**For fat loss:** BCAAs or water  
**For body recomposition:** BCAAs or water  
**For maintenance:** BCAAs or water

#### AFTER EXERCISE

Eat "ectomorph meal"  
1-2 hours after activity

### THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein  
dense foods



2 fists of  
vegetables



3 cupped  
handfuls of carb  
dense foods



1 thumb of fat  
dense foods



1 palm of protein  
dense foods



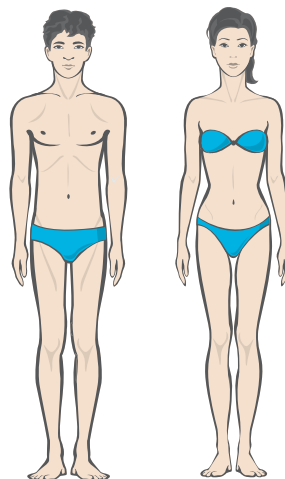
1 fist of  
vegetables



2 cupped  
handfuls of carb  
dense foods



0.5 thumb of fat  
dense foods



# PORTION SIZES

Instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit [www.precisionnutrition.com/calorie-control-guide](http://www.precisionnutrition.com/calorie-control-guide)

## I'M A MESOMORPH

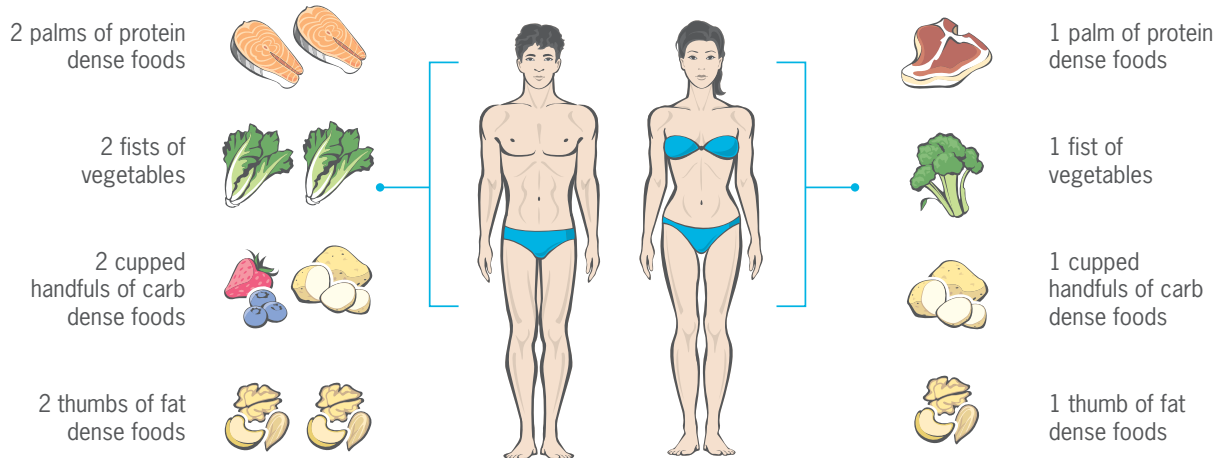
I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. I'm usually trying to optimize my physique or boost my sports performance.

### WHEN TO EAT

| BEFORE EXERCISE                                   | DURING EXERCISE   | AFTER EXERCISE                                   |
|---|---|--|
| Eat "mesomorph meal"<br>1-2 hours before activity | <b>For weight gain:</b> 1 P+C drink or BCAAs<br><b>For sport performance:</b> 1 P+C drink<br><b>For fat loss:</b> BCAAs or water<br><b>For body recomposition:</b> BCAAs or water<br><b>For maintenance:</b> BCAAs or water | Eat "mesomorph meal"<br>1-2 hours after activity |


### THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE



### WHAT IS A P+C DRINK?

In some cases you'll want to use a protein + carbohydrate (P+C) drink during exercise. **For every hour of training, you'll have:**

 **15 g protein**  
(1/2 scoop protein powder)

+

 **30-45 g carbs**  
(2 cups of juice or sports drink)

