

Download Eat Yourself Fit Make Your Workout Work Harder

Good foods to eat before a workout. Now that you know what foods are best not to consume before a workout, let's focus on some healthy pre-workout foods that'll make you feel good and help you achieve your goals. Here's what to eat before and what to eat after a workout to stoke your muscles and kickstart the healing process. Dietitians say these are the 20 best pre-workout and post-workout snacks. Right this minute, go set your alarm and lay out everything you need for your morning workout. (Switch on a lamp as soon as your alarm goes off, says fitness blogger Tina Hauptert, so you wake up ... Everyone loves the post-workout meal. It serves as a reward, a celebration of having worked your ass off, and it's a fantastic excuse to eat some of the sugars and simple carbs that we avoid most other times. But many athletes are mistaken or unsure about what to eat after a workout. People are ...