

@thisfitmum

THISFITMUM PRE WORKOUT

MEAL IDEAS

FULL MEAL:
Eat 60–90
minutes before
training so
your body has
time to digest
and convert the
carbs into
usable energy.



0% GREEK YOG
& BERRIES



OATS &
PROTEIN

GRAB & GO:
Eat 20–40
minutes before
training when
you just need a
quick hit of
carbs and
protein without
feeling heavy.



CHICKEN &
RICE



SHAKE &
BANANA



½ TURKEY
SANDWICH

SIMPLE RULE:
Bigger meal = earlier
Small snack = closer to the workout

get coaching

**START YOUR
JOURNEY**

7 DAY FREE TRIAL

NO HIDDEN FEES

APPLY HERE

