

Flexible
GUIDE

THE PERFECT SYMPHONY
OF TRAINING AND NUTRITION

UNLOCKING YOUR FULL
POTENTIAL

WORKOUT | DIET | SUPPLEMENTS

UNLOCKING YOUR MAXIMUM POTENTIAL

THE PERFECT SYMPHONY BETWEEN WORKOUTS AND DIET

Ladies and gentlemen, get ready to embark on a transformative journey!

Together, we will build the perfect symphony between training and diet—a melody that will harmonize your health and wellness goals. Like an experienced conductor, I will guide you through the fundamental pillars of this powerful union, revealing how each note contributes to the symphony of your health.

The Essential Alliance: Nutrition and Movement

Just as an orchestra needs tuned instruments to create a beautiful melody, our body requires nutrition and movement in perfect harmony to reach its maximum potential. Diet, our master of nutrition, conducts the selection of foods that provide the essential nutrients for each movement. Training, on the other hand, is the master of movement, guiding the body through a choreography of exercises that sculpt muscles, boost energy, and ensure an accelerated metabolic rhythm.



SYNCHRONIZING MEALS AND WORKOUTS

INTRODUCTION

Nutrition plays a crucial role in optimizing physical performance and post-workout recovery.

Synchronizing meals with the right training timing can make a significant difference in results, whether you're aiming to increase muscle mass, improve endurance, or simply maintain good health.

This guide is a practical tool to help you understand what to eat before and after workouts, as well as how meal timing can directly influence your body's energy, performance, and recovery.

This guide provides guidance to help you synchronize your meals with your workouts, maximizing performance and speeding up recovery.

Remember to adjust the recommendations to your individual needs and training type, always considering your personal response to different foods.



SYNCHRONIZING MEALS AND WORKOUTS

PRE-WORKOUT NUTRITION

Importance and Timing

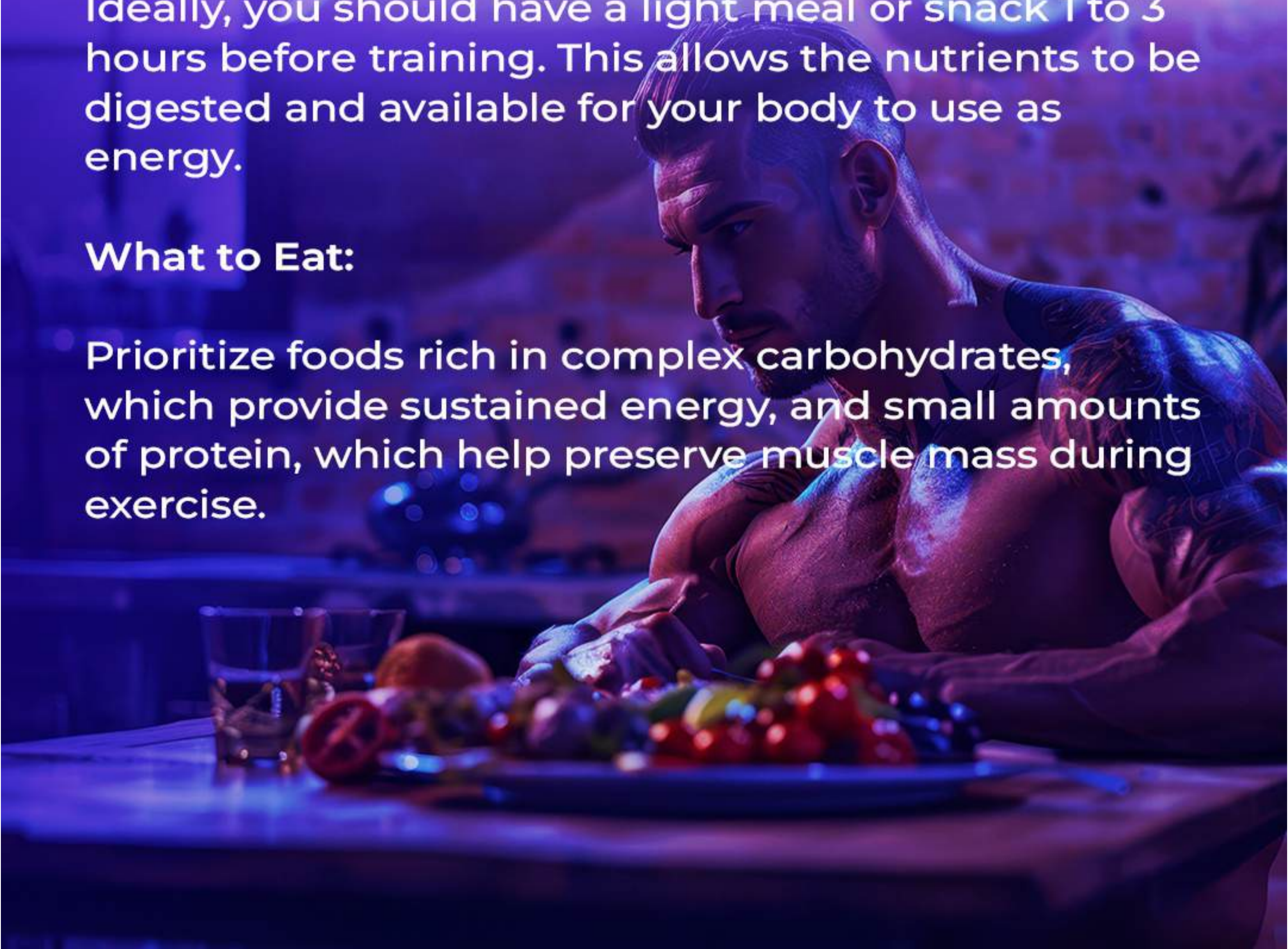
Eating before a workout is essential to ensure that your body has the necessary energy to maximize performance and prevent early fatigue. The choice of foods and the timing of consumption can directly influence how you feel during exercise.

When to Eat:

Ideally, you should have a light meal or snack 1 to 3 hours before training. This allows the nutrients to be digested and available for your body to use as energy.

What to Eat:

Prioritize foods rich in complex carbohydrates, which provide sustained energy, and small amounts of protein, which help preserve muscle mass during exercise.



PRE-WORKOUT SNACK

Here are some practical and effective snack suggestions to consume before your workout:

Banana with Peanut Butter:
Rich in carbohydrates and healthy fats.



Greek Yogurt with Fruit and Honey: Provides protein and fast-acting carbohydrates.



Oatmeal with Dried Fruits and Honey: A choice rich in complex carbohydrates and fiber.



Whole Grain Bread with Scrambled Eggs: A combination of carbohydrates and protein for energy and satiety.



Fruit Smoothie with Protein Powder: Quick to prepare and easy to digest, it provides energy and support.



Practical suggestions

PRE-WORKOUT SNACKS



Avocado and Egg Toast

- 1 slice of wholemeal bread
- 1/2 avocado
- 1 this
- Salt and pepper to taste

Energy Smoothie

- 1 banana
- 1/2 cup spinach
- 1/2 cup almond milk
- 1 tablespoon honey



Fruit and Nut Mix

- 1 banana
- 1 handful of strawberries
- 1 handful of walnuts

Fruit salad

- 1 apple
- 1/2 cup grapes
- 1/2 cup pineapple



Homemade Energy Bar

- 1 cup of oats
- 1/2 cup honey
- 1/2 cup almonds
- 1/4 cup chocolate chips

Practical suggestions

PRE-WORKOUT SNACKS



Turkey Breast Sandwich

- Wholemeal bread
- turkey breast
- lettuce, tomato
- cottage cheese.

Greek Yogurt with Fruit and Granola

- Greek yogurt
- strawberries
- banana
- granola.



Banana and Spinach Smoothie

- Banana
- spinach
- almond milk and a spoonful of almond butter.

Tapioca with Peanut Butter and Banana

- tapioca
- peanut butter
- banana slices.



Chicken and Vegetable Wrap

- Yogurt sauce
- Tortilla integral
- Grilled chicken breast
- Lettuce
- Grated carrot
- Red bell pepper slices

SYNCHRONIZING MEALS AND WORKOUTS

POST-WORKOUT NUTRITION

Recovery and Replenishment

After training, the body needs nutrients to repair muscles, replenish energy stores, and kick-start the recovery process. Post-workout nutrition should focus on carbohydrates to restore muscle glycogen and proteins for muscle rebuilding.

When to Eat:

The ideal window to consume a post-workout meal is within 30 minutes to 2 hours after exercise, when the body is most receptive to nutrient absorption.

What to Eat:

Choose foods rich in high-quality protein and carbohydrates to promote recovery and muscle growth.



POST-WORKOUT MEALS

Here are some balanced meal suggestions for the post-workout period:

Pechuga de Pollo con Batata Dulce: Proteínas magras y carbohidratos complejos para la recuperación y la energía.



Omelet with Vegetables and Cheese: A source of protein and essential micronutrients for recovery.



Protein Shake with Banana and Oats: A quick option that combines proteins and carbohydrates for efficient recovery.



Greek Yogurt with Granola and Fruit: Rich in protein and carbohydrates, ideal for quick recovery.



Salmon with Brown Rice and Broccoli: A combination of protein, carbohydrates, and antioxidants for muscle support and recovery.



Practical suggestions

POST-WORKOUT SNACKS



Grilled Chicken with Quinoa

- 150g grilled chicken breast
- 1/2 cup cooked quinoa
- 1 cup cooked broccoli



Parfait by logurte Grego

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup berries



Banana Protein Shake

- 1 banana
- 1 scoop of protein powder
- 1 cup almond milk

Oatmeal and Banana Cookies

- 2 ripe bananas
- 1 cup of oats
- 1/4 cup chocolate chips
- Quantity: Serves 6



Greek Yogurt with Honey

- 1 cup Greek yogurt
- 1 tablespoon honey

Practical suggestions

POST-WORKOUT SNACKS



Oatmeal Pancakes with Honey

- Oat
- this
- milk
- mel
- red fruits.

Egg White Omelette with Spinach and Tomato

- Egg whites
- spinach
- tomato,
- wholemeal bread.



Tuna Taco with Avocado and Lettuce

- Corn tortilla
- atum
- avocado
- lettuce
- yogurt sauce.

Acai Bowl with Granola and Fruit

- Açai,
- granola
- banana
- strawberry
- honey.



Whole Wheat Bread with Peanut Butter and Banana

- Wholemeal bread
- peanut butter
- banana
- cinnamon.

Practical suggestions

FITNESS RECIPES



Pineapple toast

- 1 teaspoon olive oil
- 1/3 cup fresh pineapple chunks
- 1 teaspoon hot honey, plus a little extra for serving
- 1 slice whole wheat bread, toasted
- 3 tablespoons cottage cheese

Protein-rich pizza

- wholemeal pizza dough
- 3/4 cup cottage cheese
- 1/4 cup basil leaves
- 3 medium heirloom tomatoes, sliced
- 1/2 cup cherry tomatoes
- 1/2 tsp honey, 4 baby arugula



Creamy mass

- short pasta (like gemelli)
- 2 spring onions, roughly chopped
- baby kale, 1/2 cup cottage cheese
- 1/3 cup grated parmesan
- Kosher salt and pepper
- 2 tablespoons extra virgin olive oil

waffles

- 3/4 cup chickpea flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup 2% plain Greek yogurt
- 6 large eggs
- tomatoes, cucumbers, chives, parsley, yogurt



Overnight oats

- unsweetened soy milk, greek yogurt
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons pure vanilla extract
- 1 1/4 cup rolled oats
- 2/3 cup chopped toasted pecans
- 1/2 cup chopped raisins
- 1/4 cup unsweetened toasted coconut flakes
- 1/4 cup chia seeds

Practical suggestions

FITNESS RECIPES



Wrap Fit

Spread hummus on a whole-wheat tortilla and top with avocado, cheese, sliced chicken or turkey breast, and spinach.

Mini Egg Frittatas

Mix two whole eggs and one extra egg white with 2 ounces of sautéed vegetables. For even more protein, add 3 ounces of turkey sausage. Simply pour the mixture into muffin cups and bake at 350 degrees.



Turkish fried egg

Sauté red onion, garlic, frozen spinach, and sliced peppers in a little olive oil. Once the vegetables are soft, add an egg and finish cooking. Top with full-fat Greek yogurt, lemon juice, and salt.

Chocolate Peanut Butter Porridge

Mix 1/3 cup cooked oats, 2 tablespoons natural peanut butter, 1 teaspoon dark cocoa powder, and 1/2 banana. Top with yogurt or milk of your choice.



Protein sandwich

Start with a toasted, high-fiber English muffin. Add an egg, a slice of cheese, and two slices of Canadian bacon or ham.