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

BCAAs can also be used during exercise. BCAAs come in liquid, powder, or pill form. Aim for 10-15 g per hour of training.

For more information about workout nutrition:
www.precisionnutrition.com/workout-nutrition-explained

I’M A MESOMORPH

BEFORE EXERCISE
Eat "mesomorph meal" 1-2 hours before activity

DURING EXERCISE
For weight gain: 1 P+C drink or BCAAs
For sport performance: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE
Eat "mesomorph meal" 1-2 hours after activity

I’M AN ENDOMORPH

BEFORE EXERCISE
Eat "endomorph meal" 1-2 hours before activity

DURING EXERCISE
For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE
Eat "endomorph meal" 1-2 hours after activity

WHAT ARE BCAAS?
WHEN TO EAT

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** (½ scoop protein powder)
- **30-45 g carbs** (2 cups of juice or sports drink)

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

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.

THE ECTOMORPH MEAL

**USE YOUR HAND TO MEASURE**

**BEFORE EXERCISE**

Eat “ectomorph meal”
1-2 hours before activity

**DURING EXERCISE**

For weight gain: 1 P+C drink or BCAAs
For sport performance: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water

**AFTER EXERCISE**

Eat “ectomorph meal”
1-2 hours after activity

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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.

THE MESOMORPH MEAL

**USE YOUR HAND TO MEASURE**

**BEFORE EXERCISE**

Eat “mesomorph meal”
1-2 hours before activity

**DURING EXERCISE**

For weight gain: 1 P+C drink or BCAAs
For sport performance: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water

**AFTER EXERCISE**

Eat “mesomorph meal”
1-2 hours after activity

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I’M AN ENDOMORPH

I generally have a large frame and am heavier than most. I have a slower metabolism and don’t tolerate carbs as well. I’m usually trying to lose fat or support my strength.

THE ENDOMORPH MEAL

**USE YOUR HAND TO MEASURE**

**BEFORE EXERCISE**

Eat “endomorph meal”
1-2 hours before activity

**DURING EXERCISE**

For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water

**AFTER EXERCISE**

Eat “endomorph meal”
1-2 hours after activity

FOR WORKOUT NUTRITION:
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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** (½ scoop protein powder)
- **30-45 g carbs** (2 cups of juice or sports drink)
I’m an Endomorph

When to Eat

Before Exercise
Eat “endomorph meal”
1-2 hours before activity

During Exercise
For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

After Exercise
Eat “endomorph meal”
1-2 hours after activity

The Endomorph Meal
Use Your Hand to Measure

2 palms of protein
dense foods

2 fists of
vegetables

1 cupped
handful of carb
dense foods

3 thumbs of fat
dense foods

1 palm of protein
dense foods

1 fist of
vegetables

0.5 cupped
handful of carb
dense foods

2 thumbs of fat
dense foods

What Are BCAAs?
Branched chain amino acids (BCAA) can also be
used during exercise. BCAAs come in liquid, powder,
or pill form. Aim for 10-15 g per hour of training.