

# QUICK PRE-TRAINING SNACKS

When you don't have time to eat at least one hour before training, eating 30g of quick Carbs 5 minutes before can give you that performance energy you need.



## FRUIT

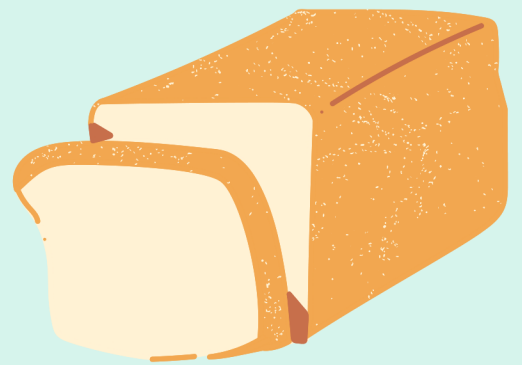
Fruit is the whole package; a whole food packed with energy, vitamins, minerals, and fluid. Everything an athlete needs. Remember when choosing fruit preserves, look for the fewest number of ingredients.

1 medium banana or 1 cup of grapes, 30g Carb  
1 cup chopped melon or mixed berries, 15g Carb  
1 medium orange, 18g Carb

## BREADS

100% Whole Wheat bread is the most whole food type of bread. Look for the fewest number of ingredients when choosing bread for quick snack options.

1 slice of bread with 1 Tablespoon fruit preserve, 30g Carb  
1 slice of bread with a very thin layer nut or seed butter and 4-6 slices of banana



## WAFFLES

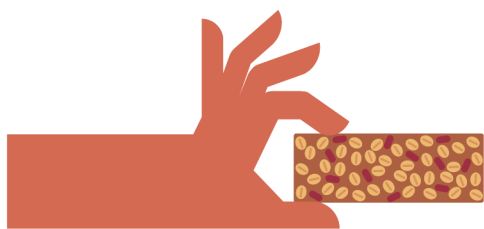
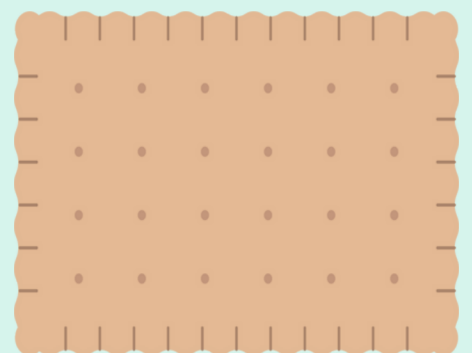
Toaster waffles are an easy grab and go. Look for whole grain options. Spread on some fruit preserves or honey, just watch the mess!

1 Whole grain toaster waffle with 1 tablespoon honey, 30g Carb

## CRACKERS

For quick energy, grab Graham crackers, rice crackers, pretzel thins, or rice cakes. Top any of them with fruit preserves, or have with fresh fruit.

2 sheets Graham cracker with apple butter spread between, 30g Carb



## BARs

Go for simple fruit bars, like fig bars, or simple oat granola bars. Look for the fewest number of ingredients, and whole food ingredients that you can pronounce. You can get adventurous and make your own too!

1 Fig Bar (2 square halves), 30g Carb  
1 Chewy Chocolate Chip Oat granola bar, 17g Carb

## SMOOTHIES

Smoothies are great for packing a lot of nutrition into a concentrated amount. You can overdo it though, so for a quick energy smoothie, 1/2 to 3/4 of a cup will do. Save the rest for recovery after training. Make it the night before and have it portioned out and ready to grab.

1/2 banana, 1/2 cup frozen fruit, 1/2 cup orange juice, 1/4 cup plain yogurt, optional 1 teaspoon sweetener (honey, maple syrup, sugar). Add water if needed.



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