

PRE-WORKOUT

MEAL IDEAS

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CHICKEN & RICE
1-3 Hours Before



BOWL OF CEREAL
1 Hour Before



FRUIT JUICE
30 min - 1 Hour Before



PASTA W/ TURKEY
1-3 Hours Before



CRACKERS & MEAT
1 Hour Before



FRUIT
30 min - 1 Hour Before



YOGURT PARFAIT
1-3 Hours Before



GRANOLA BAR
1 Hour Before



PROTEIN SHAKE
30 min - 1 Hour Before

Muscle Meals

J Dewey



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