

MEAL GUIDE

PRE-WORKOUT & POST-WORKOUT MEAL

THE TIMING OF YOUR PRE AND POST-MEALS FOR YOUR WORKOUTS IS IMPORTANT.

PRE-WORKOUT

- SHOULD BE CONSUMED 1 HOUR TO 45 MINUTES BEFORE WORKING OUT.

POST-WORKOUT

- SHOULD BE CONSUMED WITHIN 30 MINUTES OF COMPLETING YOUR WORKOUT.

PLEASE MAKE SURE THAT IF YOU TRAIN AT DIFFERENT TIMES OF THE DAY YOU ALSO BUILD YOUR MEALS AROUND THAT. ARGUABLY, THESE ARE THE TWO MOST IMPORTANT MEALS YOU WILL EAT IN THE DAY AS THEY WILL FUEL AND RECOVER YOUR BODY.





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FOR STRUCTURING MEALS AROUND WORKOUTS. I INCLUDED AN EXAMPLE IF YOU WERE TO WORKOUT IN THE EVENING AS OPPOSED TO MORNINGS.

YOUR FIRST MEAL OF THE DAY WOULD START WITH MEAL 1 AS A BREAKFAST, FOLLOWED BY MEAL 2 AS EITHER A MORNING SNACK OR YOUR LUNCH. MEAL 3 IS AN AFTERNOON SNACK, AND THEN YOU WOULD EITHER HAVE MEAL 4 AS DINNER OR YOUR PRE-WORKOUT, FOLLOWED BY YOUR POST-WORKOUT....

PLEASE USE THE **DAILY NUTRITION GOAL** TRACKING TOOL FOUND UNDER **THINGS TO DO TODAY** ON THE **DASH** PAGE OF THE APP. THIS WILL ACCURATELY TRACK ALL YOUR MACROS AND CALORIES AND ALLOW YOU TO SEE HOW YOU ARE DOING AND WHAT IF ANY ADJUSTMENTS YOU NEED TO MAKE.

YOU MUST BE HONEST WHEN LOGGING YOUR FOOD. IF YOU EAT SOMETHING YOU SHOULDN'T, PLEASE STILL LOG IT.



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info@shapingyoufitness.com



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WATER

WATER IS AN ESSENTIAL PART OF HEALTH, INCLUDING WEIGHT LOSS. EVEN IF WEIGHT LOSS IS NOT YOUR MAIN GOAL, CONSUMING PROPER AMOUNTS OF WATER IS ESSENTIAL FOR YOUR BODY FOR A VARIETY OF REASONS.

WATER ASSISTS THE BODY IN BRINGING NUTRIENTS TO YOUR MUSCLES AND ORGANS. IT ALSO HELPS REGULATE YOUR BODY TEMPERATURE, LUBRICATE YOUR JOINTS, AND LESSONS THE BURDEN ON THE LIVER AND THE KIDNEYS BY HELPING TO FLUSH OUT WASTE FROM THE BODY.

THE QUALITY OF THE WATER IS ALSO AS IMPORTANT BOTTLED, IONIZED, OR HYDROLYZED WATER TAKE PRIORITY OVER CITY WATER.



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WATER CON'T

WATER HAS COUNTLESS POSITIVE FUNCTIONS FOR THE BODY THAT ARE NOT LISTED HERE. IT WOULD TAKE ANOTHER 10 PAGES TO LIST THEM ALL! IT'S NO WONDER THAT WATER IS SO IMPORTANT... OUR BODIES ARE MADE UP OF 60% WATER!

THE RECOMMENDED AMOUNT OF WATER TO DRINK IN A DAY IS AROUND **2-3 LITERS**. HOWEVER, THERE ARE FACTORS THAT WILL MAKE YOU HAVE TO DRINK A LITTLE MORE SUCH AS BEING ACTIVE WITH EXERCISE, A HIGH FIBER DIET, AND ELEVATED OUTDOOR TEMPERATURES.

PLEASE MAKE SURE THAT YOU ARE DRINKING ENOUGH WATER THROUGHOUT THE DAY.



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MEAL GUIDE

BEFORE YOU START

BEFORE STARTING ANY NEW DIET PLAN, YOU SHOULD ALWAYS CONSULT WITH A MEDICAL PROFESSIONAL. THE SHAPING YOU FITNESS MEAL PLAN IS BASED ON YEARS OF PUBLISHED RESEARCH IN BUILDING WHAT IS CONSIDERED A WELL BALANCED DIET FOR HEALTHY INDIVIDUALS.

IF YOU ARE DIAGNOSED WITH, OR SUSPECTED TO HAVE ANY CHRONIC OR ACUTE ILLNESSES OR CONDITIONS, YOU MUST SEEK APPROVAL FROM YOUR FAMILY DOCTOR OR A MEDICAL PROFESSIONAL PRIOR TO STARTING THIS MEAL PLAN.

THIS MEAL PLAN IS NOT INTENDED TO TREAT ANY TYPE OF ILLNESS OR CONDITION ASSOCIATED TO THE HEALTH OF ANY INDIVIDUAL.

IT IS YOUR RESPONSIBILITY TO NOTIFY THE STAFF AT SHAPING YOU FITNESS SHOULD YOUR HEALTH STATUS CHANGE FOR ANY REASON. SHOULD YOU FEEL ANY ADVERSE EFFECTS FROM THE MEAL PLAN, YOU NEED TO STOP THE MEAL IMMEDIATELY AND REACH OUT TO YOUR COACH IMMEDIATELY.

SINCERLY,

THE SYF TEAM



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