



# **Protein Packed Meals: Perfectly Balanced Pre and Post Workout Meals to Gain Muscle and Burn Stubborn Fat**

*James Jones*

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When you're trying to plan meals around a workout, it can be hard to think of new things to try. Luckily, we have lots of healthy options for you! Whether it's a quick bite before you go to work out or a recovery meal afterwards, your body needs fuel to keep going. For pre-workout meals you should be cognizant of eating enough carbohydrates and protein to keep you going and fuel your muscles. For post-workout meals, you should be thinking about the amino acids and glycogen lost during your workout. Up to 45 minutes after your workout is the perfect window of time to start replenishing your body with healthy carbohydrates and protein.



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