

PRE-WORKOUT SNACKS

HIGH CARB



Wheat Toast
w/ Eggs



Organic
Popcorn



Rice Cakes w/ Honey
& Almond Butter



Oatmeal w/
Assorted Fruit



Greek Yogurt
w/ Fresh Berries



Fruit
Smoothie



Hummus &
Veggies



Banana Chips



Protein
Bar



Dried Fruits w/
Unsalted Nuts



Quinoa

POST-WORKOUT SNACKS

HIGH PROTEIN



Hard Boiled Egg
w/ Dried Fruit



Orange Slices
w/ Pistachios



Protein Pancakes



Veggie
Omelet



Protein
Bar



Trail Mix



Chocolate
Pudding



Rice Cakes w/
Tomato &
Cottage Cheese



Green
Smoothie



Chocolate
Milk

PERFECT
SNACK

Protein Snacks Workout Plan Texas

R Sandford

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