



# Burn n' Learn at The Weight Club



## Meet Kristen

Kristen Chang is a Registered Dietitian Nutritionist (RDN) from Blacksburg, VA. She works as clinical dietitian and contracts in wellness outreach and nutrition counseling. She is also the author of the wellness blog *Real Food For Fuel* where she shares healthy recipes, nutrition tips, stories of her athletic adventures & more.

## Contact

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### Pre-Workout Energy Optimizers

*Aim for a snack with simple carbohydrates for energy and moderate protein - fat to promote satiety:*

- Apple Almond Snack Wrap
- PB Banana Toast
- Sweet Potato w/ Greek Yogurt
- Fruit Smoothie
- Cereal with milk and berries
- PB stuffed dates
- Quinoa Energy Balls



### Post-Workout Refuel

*Aim for a combination of simple and complex carbohydrates, lean protein and veggies:*

- Beef & Broccoli Stir Fry served over Quinoa
- Chicken Wrap w/ Veggies
- Cherry Dark Chocolate Smoothie
- Chili w/ Brown Rice
- Salmon & Spinach Salad, Side of Sweet Potato
- Greek Yogurt, Granola & Blueberry Parfait
- Chocolate Milk
- Watermelon
- Tart Cherries
- Leafy Greens

### General Tips



#### **Honor the fuel window!**

Eating a post-workout snack or meal within 15-60 minutes will optimize your body's ability to receive those nutrients and repair muscles.



#### **Choose easy to digest foods.**

If your body needs to pull blood away from your muscles to digest a complex meal, that's less blood to aid in the rebuilding process.



#### **Keep it simple.**

Have something prepared ahead of time so you spend your post-workout resting & refueling instead of laboring in the kitchen.