Meal Timing

Template for Meal Timing if Working Out in the AM

**Before Workout** / 6:00 - 8:00am
Whole grain bar, oatmeal or even just Gatorade if you can’t stomach any food. Or, whatever has worked for you in the past.

*You only need this snack if working out first thing in the morning.

**During Workout** / 8:00 - noon
If longer than 60 minutes, use Gatorade or other sports drink or even diluted fruit juice, if you prefer during workout. If under, less than 60 minutes, water is fine.

**Postworkout** / 8:30 - 11:00 am
If very intense workout and/or longer than one hour. Recovery smoothie/shake or bar or consider a yogurt with granola, or crackers and peanut butter. Otherwise not necessary. If eating a meal within one hour, no postworkout recovery beverage is needed. Just water. Only if no recovery smoothie or if hungry would a small meal or snack be needed before lunch.

**Lunch** / Noon - 2:00 pm
Meal

**2 to 3 Hours After Lunch** / If lunch was between 11:30 and 1:00
Snack: See snack handout for ideas.

**Dinner**
Meal: Focus on vegetables, lean protein and healthy fats and a somewhat smaller serving of whole grains/starch than during the day, assuming you’ve been eating grains and starches throughout the day.

**Evening Snack** / 9 - 10:00pm - No later than 2 hours before bedtime
Only if hungry (re-evaluate what you ate during the day to cause hunger) or if trying to gain weight. Make sure the snacks have a higher protein focus versus carbohydrates, which we don’t need as many of at night. If trying to put on some weight snack can be somewhat higher carbohydrate.
Meal Timing

Template for Meal Timing if Working Out in the PM

8am
**First Meal / 8 – 10:00am**
First meal/breakfast. Your choice but should have adequate protein, not just cereal or oatmeal.

10am
**Snack / 10:00am**
If breakfast at 8:00ish, then snack here. If breakfast later, no snack needed.

12pm
**Lunch / Noon – 2:00pm**
Lunch. If not eating until 2:00 and last ate at 10:00 may wish to consider small snack at noon.

3:30pm
**During Workout / 3:30 – 6:00pm**
**Practice:** Water and Gatorade if practicing more than 1 hour. If hungry during practice, didn’t eat enough leading up to it.

**Recovery Smoothie:** Smoothie or shake, if workout was hard. Moderate to light workout does not need a recovery shake. If eating dinner within an hour of working out, recovery beverage or snack is not necessary.

6pm
**Dinner / Post Workout**
Focus on healthy whole grains, vegetables and protein with some healthy fats.

9pm
**Evening Snack / 9 – 10:00pm – No later than 2 hours before bedtime**
**Only if hungry** (re-evaluate what you ate during the day to cause hunger) or **if trying to gain weight.** Make sure the snacks have a higher protein focus versus carbohydrates, which we don’t need as many of at night. If trying to put on some weight snack can be somewhat higher carbohydrate.

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