

PROTEIN POWER OF PEANUTS

Consuming adequate protein is essential for any workout. Exercise breaks down muscle. Protein repairs, restores and resynthesizes. Including protein in meals and snacks increases muscle gain and maintenance. Plus, it helps keep you energized!

When it comes to the power of peanuts, here's how common snacks stack up:

FOOD	Protein (g)	Fiber (g)	Calories
Nature's Valley Peanut Butter Dark Chocolate Bar	10	5	190
Small banana with 2 TBSP peanut butter	8.1	4.6	280
Chocolate Milk, 1 cup	7.5	1.8	190
Peanuts 1 oz	7	2	170
Hummus with pretzels, individual container	7	4	260
Popcorn, 100 calorie bag	3.1	3.6	100
Tortilla chips, 1 oz	2	1	140
Welch's Fruit snacks, 0.9 oz snack bag	0	0	90
Apple, medium	0	4	95

Exercising on empty can decrease strength, speed and stamina.

Pre-workout: Have a snack one hour before, especially if it's been a while since your last meal.

Post-workout: Start refueling 30-60 minutes after, especially if it's long and intense.

PEANUTS FIT FOR ANY ACTIVITY:



STRENGTH TRAINING:

Goal: protein & carb-rich snack = muscle protein synthesis

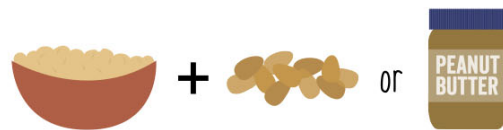


tortilla + peanut butter + raisins = wrap



CARDIO:

Goal: carb-based pre-cardio snack = energy to sweat

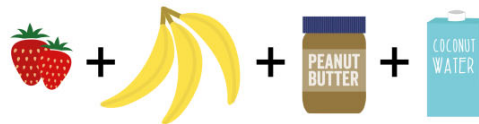


Oatmeal + peanuts or peanut butter = power bowl



YOGA:

Goal: light pre-yoga snack = lasting focus



Frozen berries + banana + peanut butter + coconut water = smoothie



HIKE:

Goal: portable, non-perishable snack = trail blazing fuel



mini pretzels + peanuts + freeze dried fruit = trail mix



HIIT WORKOUTS:

Goal: prepare for & replace carb loss pre- & post- workout = better performance & recovery



Apples + peanut butter + yogurt = quick dip