

# LAYLA'S PRE WORKOUT Vegan Snacks



**Banana**

Banana is packed with potassium, B vitamins, magnesium and gives us a boost of energy. Bananas also offer fiber to keep your blood sugar stable, and they enhance blood flow to the muscles.

Great for an intense workout, dates are high in carbohydrates, potassium, and other minerals. They are a solid fuel for power workouts, strength training, high-intensity interval training, or endurance training.



**Dates**



**Apple with  
Almond Butter**

Up your energy before a workout with a quick and easy snack that combines some healthy carbs, fat and protein. Apples contain about 80 percent water, which can rehydrate you before your workout.

Mangoes are high in simple carbs, which means they are easy to digest and provide fast-acting energy. Since mangoes are high in vitamin B6, they help convert food into usable energy, making it a perfect food to add before training.



**Mango**



**Maca**

Maca is rich in amino acids, phytonutrients and a variety of vitamins and minerals. Maca functions as an adaptogen, aiding in adrenal function to increase energy and reduce stress. I usually use maca in my pre-workout shake.