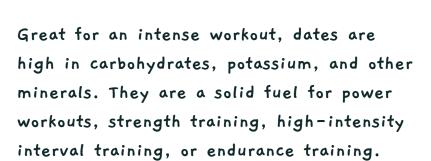


LAYLA'S PRE WORKOUT Wegan Snacks



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.





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.

www.laylaluciano.com
@laylaluciano