

FREE GUIDE • DIET SWAD

Natural Pre-Workout Fuel Guide

Kya khao, kitna khao, aur kab khao - gym-tested, dietitian-written. Real food beats powders for most people; here's exactly how.

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Ancient Wisdom, Modern Life

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Do you even need a 'pre-workout'?

The supplement industry sells pre-workout as a neon powder. Biologically, 'pre-workout' just means: give your muscles usable energy before you train, so you don't run empty mid-session. For most gym-goers - not competitive athletes - real food does this job perfectly, cheaper, and without the caffeine jitters and mystery ingredients.

Jargon buster: 'Glycogen'

Your muscles' fuel tank - carbohydrate stored inside muscle. Pre-workout eating tops up this tank. Train on an empty tank and you feel weak halfway; that mid-workout fade is usually fuel, not fitness.

The timing rule (this is 80% of it)

Time before workout	What to eat	Why
2-3 hours	A normal balanced meal (dal-rice-sabzi, roti-paneer)	Full digestion time; the ideal scenario
45-60 min	A small carb-forward snack: 2-3 dates, a banana, 2 date-nut bites	Quick fuel that's mostly absorbed by start time
15-20 min	1-2 dates or half a banana, only if starving	Fast sugars for immediate use - keep it tiny
During (if >75 min session)	Water; a date mid-way for long sessions	Most 45-60 min workouts need nothing

The mistake everyone makes: eating a heavy, fatty or very high-fibre snack 20 minutes before training. Fat and fibre slow digestion - great all day, wrong right before burpees. Blood goes to your stomach instead of your muscles and you feel heavy.

Top 5 natural pre-workout foods

1. **Dates:** nature's energy gel - quick natural sugars for immediate fuel, plus fibre so it doesn't spike-and-crash like a sports drink. 2-4 dates, 30-45 min before.
2. **Banana:** the classic - easy carbs + potassium (a mineral your muscles use for contraction; low potassium = cramps).
3. **Date-and-nut bites:** dates for now-energy, nuts for steady release - a built-in two-stage fuel. 1-2 bites, 45 min before.
4. **Poha / a small bowl of oats:** when you have a full hour - light, carb-rich, easy on the stomach.

5. **A few peanuts or cashews WITH a carb:** not alone (fat is slow) - but paired with dates they extend the energy curve.

What to avoid before training

- Refined-sugar snacks and sugary drinks - fast spike, then a crash that can land mid-set.
- Fried / heavy-fat food (samosa pre-workout is a war crime against your session).
- Very high-fibre meals right before - save the salad for after.
- Trying anything NEW on a heavy training day - test snacks on easy days.

The 7-day pre-workout rotation

Day	45-60 min before training
Mon	2-3 dates + water
Tue	1 banana + 4-5 cashews
Wed	2 Power Bites
Thu	Small bowl of poha (if morning) / 2 dates (if evening)
Fri	1-2 Peanut-Sesame Delights
Sat (long session)	Oats + banana 90 min before; 1 date mid-session
Sun (rest/walk)	Nothing special - a normal meal 2 hrs before is plenty

Why gym-goers keep Power Bites in the bag

Power Bites: 53.8% dates (the fuel) + oats, cashews, almonds, flax and sesame (the slow-release) - 11 superfoods, no refined sugar, 382 kcal & 7.5g protein per 100g. Peanut-Sesame Delights: just 4 ingredients, 13.2g protein per 100g. ₹499, FREE shipping - dietswad.in.

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