

Use Carbs for a Purpose

Pre-Workout Carbs (Quick Energy / Easy Digestion)

- White rice → fast fuel, easy on stomach, won't cause bloating before training
- Rice cakes → light, portable, quick glucose source
- Bananas → potassium + fast-digesting carbs for muscle contractions
- Honey → simple sugar boost, pairs well with protein pre-workout shake
- Dried fruit (dates, raisins, apricots) → quick glycogen top-up, natural sugar

Intra-Workout / Fast Recovery Carbs

- Cyclic dextrin powder (1st Phorm Ultraformance) → engineered carb for sustained energy during training
- Electrolyte / carb drinks → quick glycogen + hydration during long sessions
- Fruit juice (orange, pineapple, grape) → fast-digesting, replaces glycogen quickly
- Gels (supplement) → quick carbs for training

Post-Workout Carbs (Glycogen Replenishment)

- Sweet potatoes → dense carb + micronutrients, steady glycogen refill
- Oats → blend of fast + slow carbs, helps restore glycogen without sugar crash
- Quinoa → contains all 9 essential amino acids + carbs, recovery support
- White potatoes → replenishes glycogen fast, potassium for recovery
- Carb powders (1st Phorm Ignition) → Rapid assimilation carbs

Daily Fuel (Steady Energy / Muscle Building)

- Brown rice → slower-digesting fuel, keeps energy stable
- Ezekiel bread / whole grain bread → fiber + steady carb release
- Legumes (lentils, black beans, chickpeas) → carbs + protein + fiber for stable energy
- Butternut squash → micronutrient-rich, lower glycemic carb source

Endurance & Long Training Carbs

- Pasta (whole wheat or chickpea/lentil-based) → carb loading for longer runs
- Bagels (plain or whole grain) → dense carb source for glycogen storage
- Granola (lower sugar) → compact, carb-dense fuel for endurance training

General rule of thumb:

- Fast carbs (fruits, rice, honey, juice) → use before/during/after training.
- Slow carbs (oats, quinoa, beans, whole grains) → use throughout the day for stable energy

