



Gym Blue Quick Snack Guide

Stay Fueled. Stay Consistent.

Busy schedule? No excuses. Whether you're heading to work, class, or your next lift smart snacks keep your metabolism firing and energy high.




WHY SNACKING MATTERS

Skipping meals can lead to fatigue, poor recovery, and overeating later. Balanced snacks stabilize blood sugar, support lean muscle, and help you stay locked in throughout the day. Goal: 10–20g of protein + moderate carbs + healthy fats.

PROTEIN-FOCUSED SNACKS

High protein = high performance. These are your go-tos when time is tight.

From the Gym Blue Pro Shop:

-  Phormula-1 or Phormula-1 Clear – Fast-digesting whey isolate, perfect post-workout to rebuild muscle and recover quicker.
-  Level-1– A slower-digesting protein ideal as a meal replacement when you're on the go or can't sit down for a full meal.
-  Creatine Monohydrate– Boosts strength, power, and recovery; supports lean muscle and improved training output. Take daily, even on rest days.

Everyday options:

- Greek yogurt with berries (add honey or granola for carbs)
- Cottage cheese with pineapple or banana
- Hard-boiled eggs + a handful of almonds
- Protein bar (aim for <10g sugar, >15g protein)
- Tuna or chicken packet + rice cakes

ON-THE-GO ENERGY SNACKS

When you're in between meetings or classes:

- Apple or banana + peanut butter
- Trail mix (nuts, seeds, dried fruit — skip the candy-coated ones)

- Rice cakes + almond butter
- Beef jerky + fruit
- Protein shake + small bag of pretzels

QUICK PRE-WORKOUT OPTIONS

Need a boost before your lift?

- Rice cakes + honey + protein shake
- Banana + whey protein
- Oats + Level-1 shake
- Greek yogurt + granola

GYM BLUE PRO TIP

“Discipline isn’t about being perfect — it’s about planning ahead so you never fall behind.”

Keep a “Go Bag” in your car or gym bag with:

- Protein powder packets
- Nuts
- Protein bars
- Creatine & shaker bottle

That way, no matter how busy your day gets, your nutrition never slips.

Take Action

Grab your next snack from the Gym Blue Pro Shop, and we’ll help you build a plan that fits your goals whether it’s muscle gain, fat loss, or performance.