

BAG SNOB

HEALTHY PRE/POST WORKOUT FOOD PRODUCTS TO STOCK IN YOUR PANTRY

by Sharon Feiereisen

I work out on an empty stomach because it allows your body to burn fat for fuel. That said, it's important to get a mix of fiber-rich carbs and protein into your system ideally within 20 minutes of finishing your workout. This will not only help with muscle recovery, but your body is most effective at burning calories right after you workout – how many calories your body burns literally can depend on the timing of your meals (this applies only to high intensity workouts). You can read more about this [here](#). With that it's always important to have healthy and easy options on hand. Here's a look at some great ones.



Gomacro are vegan nutrition bars made with simple ingredients. They're high in protein, which as mentioned is essential post-workout and in general is essential for building muscle (remember muscle weighs less than fat so don't be afraid of protein or heavy weights!). Literally every flavor tastes amazing so I'm not surprised that I'm seeing this brand pop up more and more at places like Whole Foods.