
Timing of nutrients

Posted by YoungBlood1419 - 2008/05/29 22:27

hello to all, i am looking forward to starting my p90x program this upcoming monday. I have everything pretty much set, however i have a conflict with when to eat dinner. My work schedule is tough, i work from 6am-6pm therefore i will be looking to workout in the evenings. By the time i get home and are done with workouts its will be approximately 8-8:15pm. Its says that you must have a recovery drink after your workout. My question is, how could i accomidate dinner and the recovery drink since i dont want it to get too late to eat something?

Also i am looking to making my snack before dinner/work out something that will energize me and be healthy and beneficial for me. Any suggestions on what protein bars i could take?

Thanks to all in advance, and any info at all will be greatly appreciated.

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Re:Timing of nutrients

Posted by Les - 2008/05/30 08:31

for protein bar I'd recommend the Clif Builder bar.

as for your workout/dinner/ timing issue you'll have to do some trials. 12 hour shift doesn't help your cause

you could

workout in the morning

or join a gym near your work and workout at the gym at lunch time (this option will additional investment you will need an ipod or something similar you will also need an software that will convert your p90x dvds into mp4 format. and about 1 hour and 1/2)

you could also workout at night and forgo the recovery week for dinner

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Posted by Cronos1247 - 2008/07/18 16:05

For a pre-workout energizer, every night before work I make this in a tupperware container:

1 Cup oats

1 TBSP Flax

1 Diced Apple

1 Scoop whey protein

Cinnamon on top of it all.

At work, we sell soy milk so I add 8oz of soy milk & make oatmeal. Oats are a GREAT pre-workout energizer, long lasting too. If you can't get any type of milk, you could add water. If no microwave, buy a small blender, add water and make a shake out of it. If your doing the portion approach of the nutrition plan, this will use up 1 Protein, 1 Carb, 1 Fat, 1 Dairy (if you use the milk) & 1 Fruit serving.

As for your recovery drink timing, mix it before your workout & sip on it through your whole session. Have dinner afterwards.

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