

Berry Pre-Workout Smoothie

Light, quick-digesting fuel

Ingredients (1 serving)

- 1 cup spinach
 - $\frac{3}{4}$ cup frozen berries
 - $\frac{1}{2}$ cup Greek yogurt
 - $\frac{3}{4}$ –1 cup milk of choice
 - 1 tablespoon honey (optional for higher intensity workouts)
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Directions

Blend until smooth. Drink **30–60 minutes before** your workout.

Why This Works 🧑🏻

- ✓ 30–45g carbs to fuel training
 - ✓ 15–25g protein for muscle support
 - ✓ Low–moderate fat for easier digestion
 - ✓ Hydrating
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RD Tips

- For endurance sessions: add $\frac{1}{4}$ cup oats or extra honey
- For strength training: and a scoop of protein powder
- Avoid adding lots of nut butter or chia seeds pre-workout — too much fat/fiber too close to a workout can feel heavy