

Carbohydrate Timing

Carb Types	When to eat	Examples
Vegetables/Legumes/Fruits	Eat at every meal, focus on veggies	Spinach, kale Tomatoes Broccoli/cauliflower Peppers Mushrooms Root vegetables Oranges Apples Berries
Whole Food, minimally processed	Eat within 1-2 hours after workout	Potatoes Whole grain bread Whole grain pasta Rice Oats Quinoa
Sugars and High Processed/Starches	Rarely eat, if you do, eat within 1-2 hours after workout	Breakfast cereals Candy Soda drinks Desserts Ice cream Bagels/Muffins Cookies Chips