

Avoid Common Sports Drinks

Avoid popular drinks like Gatorade or Powerade that contain relatively high amounts of sugar. Instead, opt for water and mix with a high-quality carbohydrate supplement or intra-workout supplement.

Electrolyte powders and supplements are becoming increasingly popular. The average person does not need to drink these throughout the day. Simply drink water and eat a wide variety of healthy foods like fruits and vegetables. If you are an athlete doing intense exercise, then these could be a viable option.



Protein Shakes & Post-Workout



Meal Replacement Shakes

Meal replacement shakes make great snacks because they contain protein, carbs, fats and fiber. Just make sure they fit your macro needs.

**Whole foods are best, but quality meal replacement shakes add convenience and still get results*



Post-Workout Shake

A complete post workout should include protein or essential amino acids, creatine, simple carbohydrates, glutamine, and an array of antioxidant vitamins.

**Talk to your coach for recommendations*

Best Beverage Options

Your best options to stay hydrated will always be water or iced tea. Even a slight drop in hydration levels can hinder your ability to focus and perform. A person can survive weeks without food, but only a few days without water.

