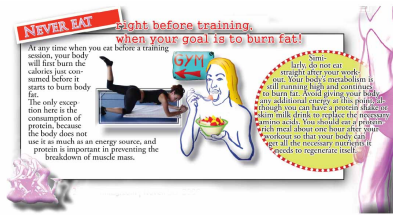


Never eat right before training, when your goal is to burn fat!

Written by

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Any time when you eat before a training session, your body will first burn the calories just consumed before it starts to burn body fat.

The only exception here is the ingestion of protein, because the body does not use it as much as an energy source, and protein is important in preventing the breakdown of muscle mass.

Similarly, do not eat straight after your workout. Your body's metabolism is still running high and continues to burn fat. Avoid giving your body any additional energy at this point, although you can have a protein shake or skimmed milk drink to replace the necessary amino acids. You should eat a protein-rich meal about one hour after your workout so that your body can get all the necessary nutrients it needs to regenerate itself.

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