



BRIAN DANLEY FITNESS

PRE-EXERCISE:

RECOMMENDED SLOW-BURNING CARBS

APPLE
BANANA
BLACK BEANS
BROWN RICE
GRAPEFRUIT
LENTILS
OATMEAL
ORANGE
QUINOA
RAISINS
SWEET POTATO
WHEAT GERM
WHOLE-RYE BREAD
WHOLE-WHEAT BAGEL
WHOLE-WHEAT BREAD
WHOLE-WHEAT PASTA
WHOLE-WHEAT TORTILLA
WHITE RICE
YOGURT (e.g., Plain Greek)

POST-EXERCISE:

RECOMMENDED FAST-BURNING CARBS

ANGEL FOOD CAKE
BAKED POTATO
CANTALOUPE
CHOCOLATE MILK
COUSCOUS
CREAM OF WHEAT
GATORADE
GRANOLA
LEMONADE
MUFFIN
ORANGE JUICE
POPCORN
RICE CAKES
RICE KRISPIES
WATERMELON
WHITE BAGEL
WHITE BREAD