

# Chapter 7: The Best Diet for HIIT



**S1:** In this video, we'll talk about the best diet for HIIT.

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**S2:** To benefit from any workout plan to the fullest, it is imperative to have a suitable diet plan, complementing the workout sessions.

- For HIIT, it is essential to have a diet that is rich in proteins and has sufficient carbs
- This ensures that you have enough energy to exercise intermittently without giving in to fatigue
- Along with that, an adequate amount of water is also essential for the success of a HIIT workout

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## Pre-Workout Nutrition

- Pre-workout nutrition refers to the diet that you should take about 4 hours before the workout session
- If the pre-workout nutrition is planned strategically, it gives the body ample time and energy to recover and make new muscles

### Pre-Workout Nutrition

**S4:** HIIT workouts involve short yet extensive workout sessions, which is why it is very important for the pre-workout diet to be high in energy. The human body works all day long and is busy in the processes of muscle-building and repair.

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nutrition is planned strategically, it gives the body ample time and energy to recover and make new muscles.

- About 4 hours prior to your workout, it is important to take in sufficient amounts of carbohydrates and proteins
- Carbs are the body's major source of energy and they give the body that ultimate fuel which is needed to drive a workout
- Proteins, on the other hand, are coupled with carbs for repair and muscle building

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## Good Pre-Workout Food Options

- Dried fruit such as almonds or cashew nuts
- Plain Yoghurt
- Protein powder and Whole wheat toast
- A banana and some strawberries or a smoothie

**S6:** The carb intake should be moderate enough to not overload the body but energize it enough for the workout. Some good pre-workout food options include:

- Dried fruit such as almonds or cashew nuts
- Plain Yoghurt (Preferably, a blend of yoghurt, fruits and some veggies in form of a smoothie)
- Protein powder and Whole wheat toast
- A banana and some strawberries or a smoothie

These meals are a great way to energize the body for the workout by giving it the extra energy it requires. Just an hour or so before the actual workout, the body is in need of a 'boost' of energy. This comes from carbohydrates so the meal plan immediately before the workout needs to be rich in carbohydrates.

## Pre-Workout Meal Options

- A bowl of fruit
- A nut energy bar
- Peanut butter toast

**S7:** Some good pre-workout meal options include:

- A bowl of fruit
- A nut energy bar
- Peanut butter toast

Then, just half an hour before the workout, take in a scoop of whey protein. This is important to reduce the recovery time for the body in case of muscle fatigue or any energy loss. Proteins are the ultimate muscle building sources of the body and when the body needs repair, they are at the front.

# Post Workout Nutrition

- Firstly, the body has lost its glycogen reserve, which is the form in which glucose is stored in the body
- Secondly, during the workout process, the muscles are also broken down

## Post Workout Nutrition

**S8:** Likewise, after you are done with such an intense workout, it is important to make up for what the body has lost. Firstly, the body has lost its glycogen reserve, which is the form in which glucose is stored in the body. Secondly, during the workout process, the muscles are also broken down.

The main nutrient required for their repair is  
**Protein**



**S9:** The main nutrient required for their repair is protein.

As such, the post workout diet plan should have more proteins. Immediately after an HIIT workout session, it is not possible to fix yourself a proper meal so you can go for quick fixes that have high protein content.



## Some Options Include:

- A Protein shake
- A slice of white bread
- Soy milk and 2 spoons of jelly

### **S10:** Some options include:

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  - A slice of white bread
  - Soy milk and 2 spoons of jelly
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- These foods are to be taken in before the actual meal for the day or night
  - You can take this half an hour after the workout
  - The proper meal after an HIIT workout should be rich in carbs and proteins both, since both are needed

**S11:** These foods are to be taken in before the actual meal for the day or night. You can take this half an hour after the workout. The proper meal after an HIIT workout should be rich in carbs and proteins both, since both are needed. Carbohydrates are needed for glucose, a part of which will be stored as glycogen in the liver again.

- On the other hand, proteins are needed for repair of worn out muscles
- It has been seen through research that the best combination of proteins and carbs is in a 1:3 ratio
- After you have finished your session, make sure that you have a proper meal in the 2 hours following your workout session

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- Proteins need to be included since they are involved in building up muscles
- The amino acids present in your diet are the building blocks used to repair damaged muscle cells
- Different cells in the body are involved in the process of using amino acids to make new muscle fibers or to damage the ones that have been severed during intense workouts

**S13:** Proteins need to be included since they are involved in building up muscles. The amino acids present in your diet are the building blocks used to repair damaged muscle cells. Different cells in the body are involved in the process of using amino acids to make new muscle fibers or to damage the ones that have been severed during intense workouts.

- Rice with veggies and chicken
- Pasta and salad (add meat sauce for taste)
- A cup of mixed green salad and some salmon
- A cup of green beans and salmon

**S14:** Proteins present in milk products are quite beneficial for the muscle health so snacks for HIIT diet plan are normally scoops of whey protein or casein protein.

- Rice with veggies and chicken
- Pasta and salad (add meat sauce for taste)
- A cup of mixed green salad and some salmon
- A cup of green beans and salmon

- It is also important to incorporate some healthy fats into your post-workout meal
- This is because fats aid in reducing inflammation that often occurs as a results of high intensity workouts
- Inflammation, if it prevails, can hinder the exercising process for subsequent days so it is essential to deal with it from day one

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- Along with food, it is important to make up for the water lost during the workout session
- Keep drinking water throughout the day, till you go to bed
- When you exercise, a lot of water is lost in the form of sweat
- This needs to be replaced since a hydrated body sees quicker results in terms of exercise

**S16:** Along with food, it is important to make up for the water lost during the workout session. Keep drinking water throughout the day, till you go to bed. When you exercise, a lot of water is lost in the form of sweat. This needs to be replaced since a hydrated body sees quicker results in terms of exercise.

## 3 Day Meal Ideas

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**S17:** As mentioned earlier, it is absolutely imperative for a good diet plan to complement a workout session for the exercise plan to yield results. A 3 day meal plan with three main courses of the day along with 2 snacks is given below.

# Day 1

## **Breakfast**

- 2 whole eggs
- 1 slice low fat cheese
- 2 slices low fat turkey bacon
- 2 slices whole wheat bread

## **Morning Snack**

- A cup of berries or a handful of walnuts

## **S18: Day 1:**

### **Breakfast**

- 2 whole eggs
- 1 slice low fat cheese
- 2 slices low fat turkey bacon
- 2 slices whole wheat bread

### **Morning Snack**

A cup of berries or a handful of walnuts



**Lunch**

- Spinach
- 5 oz. shrimp
- Half a cup of dried oatmeal
- A table spoon of salad dressing

**Mid-day Snack**

- A table spoon of peanut butter
- Half a cup of cottage cheese

**S19: Lunch**

- Spinach
- 5 oz. shrimp
- Half a cup of dried oatmeal
- A table spoon of salad dressing

**Mid-day Snack**

- A table spoon of peanut butter
- Half a cup of cottage cheese

## **Dinner**

- Barbeque chicken with natural BBQ sauce
- Whole wheat bread
- Cabbage dressing
- 5 oz. kale

## **S20: Dinner**

- Barbeque chicken with natural BBQ sauce
- Whole wheat bread
- Cabbage dressing
- 5 oz. kale

## Day 2

### **Breakfast**

- An English muffin (whole wheat)
- 3 slices of turkey bacon
- Breakfast sandwich with eggs and a slice of cheese

### **Morning Snack**

- A cup of cottage cheese
- Half a cup of berries

## **S21: Day 2**

### **Breakfast**

- An English muffin (whole wheat)
- 3 slices of turkey bacon
- Breakfast sandwich with eggs and a slice of cheese

### **Morning Snack**

- A cup of cottage cheese
- Half a cup of berries

**Lunch**

- 6 oz. chicken breast
- A cup of zucchini sliced well

**Mid-day snack**

- A scoop of whey protein
- Handful of any dried fruit

**S22: Lunch**

- 6 oz. chicken breast
- A cup of zucchini sliced well

**Mid-day snack**

- A scoop of whey protein
- Handful of any dried fruit

### **Dinner**

- A large baked potato
- Grilled salmon
- Half a cup cheese and a table spoon of Greek yoghurt
- Salt and hot sauce for taste

### **S23: Dinner**

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- Grilled salmon
- Half a cup cheese and a table spoon of Greek yoghurt
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## Day 3

### **Breakfast**

- 3 whole eggs
- Omelet made with reduced-fat cheese and onions

### **Morning snack**

- A cup of spinach
- 2 spoons of salad dressing with olive oil and vinegar

## **S24: Day 3**

### **Breakfast**

- 3 whole eggs
- Omelet made with reduced-fat cheese and onions

### **Morning snack**

- A cup of spinach
- 2 spoons of salad dressing with olive oil and vinegar

**Lunch**

- A cup of broccoli chopped well
- A table spoon of salad dressing with olive oil and vinegar
- 8 oz. of chicken breast

**Mid-day snack**

- Peanut butter on a whole-wheat toast

**S25: Lunch**

- A cup of broccoli chopped well
- A table spoon of salad dressing with olive oil and vinegar
- 8 oz. of chicken breast

**Mid-day snack**

- Peanut butter on a whole-wheat toast

## **Dinner**

- Canned tuna sandwich
- Half a cup of Green yoghurt
- Celery stalk chopped well with chopped onions



## **S26: Dinner**

- Canned tuna sandwich
  - Half a cup of Green yoghurt
  - Celery stalk chopped well with chopped onions
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- It is only by consuming ample amount of required nutrients that you can benefit from your workouts
  - If the pre-workout meals and the post-workouts meals are not sufficiently loaded with the right nutrients, you will feel fatigued in no time and it will also decrease the stamina of the body



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