

# MACRO TIMING

Macro timing means strategically eating (or limiting) certain macronutrients at different times of day based on your goals, workouts, and energy needs. It's not a set of strict rules - just helpful patterns to be aware of so you can feel and perform your best.

## GOALS OF MACRO TIMING

1. Keep a steady 24-hour supply of amino acids for muscle retention/growth.
2. Keep insulin levels under control - one of the biggest factors that contributes to body composition and overall health.
3. Fuel and recover from workouts.
4. Support stable energy and satiety throughout the day.
5. Promote high-quality sleep.

## KEEP IN MIND

- Carbs spike insulin the most (up to 10x more than protein), and fat has no effect on insulin.
- Fat and fiber slow digestion of everything else eaten with them. For times when you want longer access to glucose (like right before a long hike) or amino acids (like before going to bed), eat them with fat and/or fiber.

## RECOMMENDATIONS

### Protein

- Spread evenly across meals - aim for 30-40g per meal
- Helps prevent energy slumps - eat more near your natural energy dip in the day



### Breakfast

- Most important meal to keep insulin in check & avoid a day full of spikes and crashes.
- Keep carbs low-mod (~40g or less) and focus on protein (30g+)



### Pre-Workout

- Include some carbs for energy (~20-40g depending on your carb budget)
- Keep fat and fiber low to allow quicker access to energy



### Post-Workout

- Your body is most insulin-sensitive now, so it handles carbs better than at any other time. If you want a higher-carb meal, post-workout is the best time for it.
- Include protein to help you hit your daily goal and to limit the insulin response from carbs - not because protein right after a workout is essential (it's not).



### Before bed

- When in a calorie deficit: being at risk for muscle loss, the goal is to maintain a steady supply of amino acids long into the night. Eat protein with fat and/or fiber to slow digestion. Casein protein (from dairy) is ideal - it is digested up to 3x more slowly than meat or supplements.
- When NOT in a calorie deficit: to promote autophagy (cleaning out and recycling damaged cells) while you sleep, it's best to have your last meal 2-3 hours before bed.

