

— NUTRITION SYSTEM · AROUND TRAINING

PERFORMANCE FUELING

What to eat and drink around your sessions — to train harder, recover faster, and get more from every program you run.

LEVEL

All Levels

FOCUS

Around Training

FORMAT

Free PDF

BUILDS ON

The Indian Plate



01 — BEGIN HERE

FUEL THE WORK.

Most of your results come from the daily plate and total protein. But the food around your sessions is the finishing touch — it lets you train harder and recover faster. This is that layer: simple, India-first, and free of the supplement-industry myths.

FOR YOU, IF

You train and want to get the most from each session — the right fuel before, sensible hydration during, and proper recovery after.

FIRST, THE TRUTH

Timing is a small edge, not the foundation. Get total daily protein and calories right first (see The Indian Plate); then this layer sharpens it.

BY THE END, YOU WILL

Know what to eat before and after training · whether you need anything during · how to hydrate and salt · how to fuel training vs rest days · and which few supplements actually help.

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THE FIVE PRINCIPLES

Cut through the supplement noise — performance nutrition is simpler than it's sold to be.

01 THE DAILY PLATE COMES FIRST

Total calories and protein over the day drive 90% of results. Timing is the polish on top — valuable, but only once the basics are in place.

02 CARBS ARE THE FUEL

Hard, braced training runs on carbohydrate. Having some before you train is the single biggest performance lever in this guide.

03 PROTEIN, AROUND THE CLOCK

The "anabolic window" is a day, not an hour. Spreading protein across your meals matters more than racing to drink a shake post-workout.

04 HYDRATION IS PERFORMANCE

Even slight dehydration saps strength and focus. Water — and salt when you sweat hard — is the cheapest performance gain there is.

05 KEEP IT SIMPLE

You need food and water, not a shelf of powders. A handful of supplements help; the rest is marketing. We'll name the few worth it.



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THE DAY AT A GLANCE

One page. Screenshot it. The whole timing layer in three windows + water.

THE THREE WINDOWS

1-3 HRS BEFORE

FUEL UP

A meal with carbs + protein. Closer in? Make it lighter.

DURING

MOSTLY WATER

Water always. Carbs only for long, hard, or fasted sessions.

0-2 HRS AFTER

RECOVER

Protein + carbs in a normal meal. No rush — the window is wide.

ALL DAY

HYDRATE

~3 L water; a pinch of salt on heavy-sweat days.

BY SESSION TIMING

MORNING

TRAIN EARLY

- 1 Light carb + protein (banana + whey)
- 2 Or train fasted if it suits you
- 3 Then a full breakfast after

MIDDAY / EVE

TRAIN LATER

- 1 A normal meal 1-3 hrs before
- 2 You're already fuelled
- 3 Easiest case

LONG / HARD

60+ MIN

- 1 Carbs during (fruit, sip of juice)
- 2 Electrolytes if sweating hard
- 3 Most sessions don't need this

THE ONE RULE

Carbs + protein before, water during, protein + carbs after. Nail your daily totals first; then this timing turns a good session into a great one.



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BEFORE TRAINING

The pre-session meal is the highest-leverage piece. Carbs to fuel the work, protein to start recovery, timed so it powers you rather than sitting heavy.

WHEN	EAT	INDIAN EXAMPLE
2–3 hrs before	A full meal: carbs + protein, lower fat & fibre	Rice + dal/chicken; poha + eggs
1 hr before	Lighter, carb-led + some protein	Banana + curd; toast + whey
30 min before	Fast carbs, easy to digest	A banana, dates, a fruit, juice

KEEP IT LIGHT ON...

Fat and heavy fibre close to training — they digest slowly and can sit heavy. Save the big sabzi and ghee-laden dishes for other meals.

TRAINING FASTED?

Fine for easy or short sessions, or if it suits your schedule. For heavy lifting, even a banana or a little whey beforehand usually lifts performance. No fat-loss penalty either way — total calories decide that.



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DURING TRAINING

For most sessions, the answer is just water. You only need fuel during if the work is long or unusually demanding.

UNDER 60 MIN

Water only. You have plenty of fuel on board from your pre-workout meal — nothing to add.

60-90+ MIN, HARD

Sip easy carbs — a fruit, a little juice, or an electrolyte-carb drink — to hold output late in the session.

FASTED OR EARLY AM

A few quick carbs partway (banana, dates) can rescue a flagging heavy session. Optional, not mandatory.

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AFTER TRAINING

The famous "anabolic window" is far wider than the supplement ads claim — it's most of the day, not 30 minutes. So there's no need to sprint to a shaker. **Have a normal meal with protein and carbs within a couple of hours** — dal-rice and curd, chicken and roti, eggs and poha, or a whey shake with a banana if a meal is a while off. If you trained fasted, eating sooner is more useful. Otherwise, relax: your next meal does the job.



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HYDRATION & ELECTROLYTES

The most underrated performance tool, and the cheapest. A slightly dehydrated lifter is a weaker, foggier one — and in Indian heat, that's most of us by default.

DAILY WATER

Aim ~3 litres, more in heat or when training hard. The simplest check: pale-straw urine. Dark means drink more.

AROUND TRAINING

A glass or two in the hour before; sip through the session; rehydrate after. Don't arrive thirsty.

ELECTROLYTES

On heavy-sweat days — heat, long or intense sessions — add a pinch of salt or an electrolyte tab. It steadies energy and prevents cramps.

IN SHORT

Drink through the day, not all at once. **If you sweat a lot, water alone isn't enough — add a little salt.** Hydration is a free strength gain you're probably leaving on the table.



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TRAINING DAYS VS REST DAYS

A simple, optional refinement: put more of your carbs on the days you train, fewer on the days you don't. Protein stays the same every day.

PART	TRAINING DAY	REST DAY
Protein	Full target, every meal	Identical — never changes
Carbs	Higher; loaded around the session	Lower; lighter on starches
Fats	Moderate	Can rise a little to fill calories
Vegetables	Plenty	Plenty

WHY BOTHER

It puts your fuel where the work is, and can help stay leaner across a week. But it's a fine-tune — if it complicates things, just eat your normal plate every day. The totals still rule.

A TRAINING-DAY SHAPE

Carb-light breakfast → carb meal before training → protein + carbs after → protein + veg dinner. The carbs cluster around the session, where they're used.



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SUPPLEMENTS THAT HELP

The short, honest list — what actually moves performance, and what to ignore. (More in [Studies · Supplements](#).)

WORTH IT	HOW	WHY
Creatine monohydrate	3–5 g daily, any time	The most proven — more strength, reps and recovery. Cheap.
Caffeine	~3 mg/kg, 30–45 min pre	Real boost to focus, output and effort. Coffee counts.
Whey protein	1 scoop as needed	Convenience, not magic — an easy way to hit daily protein.
Electrolytes	Heavy-sweat days	Sodium etc. sustain output and prevent cramps.

SKIP

BCAAs (pointless if protein is adequate), most pre-workout blends (just dosed caffeine), fat burners, test boosters, mass gainers (sugar you could make at home).
Food and the four above do the job.

Creatine and caffeine are the only two with a performance effect you'll genuinely feel. Everything else here is convenience or noise.



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THE QUICK-REFERENCE CARD

Print this. The whole guide on one card — stick it where you'll see it before training.

WINDOW	DO THIS	INDIAN GO-TO
2–3 hrs before	Meal: carbs + protein, low fat	Rice + dal/chicken
~1 hr before	Light carb + protein	Banana + curd / whey
During	Water; carbs only if 60+ min	Water / a fruit
0–2 hrs after	Normal meal: protein + carbs	Dal-rice + curd
All day	~3 L water; salt if sweating	Water + a pinch of salt
Daily	Creatine 3–5 g · caffeine pre	Creatine + coffee

MY PRE-TRAINING GO-TO

MY POST-TRAINING GO-TO



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QUESTIONS, ANSWERED

DO I NEED A POST-WORKOUT SHAKE IMMEDIATELY?

No. The recovery window is hours, not minutes. A normal meal within a couple of hours is plenty — a shake is just convenient if a meal is far off.

IS FASTED TRAINING BAD FOR MUSCLE?

Not if your daily protein and calories are met. For heavy lifting, a little fuel beforehand usually helps performance — but it won't make or break results.

SHOULD I TAKE BCAAS?

No — they're redundant if you eat enough protein, which you should be. Spend the money on food or creatine.

IS PRE-WORKOUT WORTH IT?

It's mostly caffeine. A coffee 30–45 min before does the same for a fraction of the price. Creatine is the supplement actually worth a daily habit.

WHAT SHOULD I EAT IF I TRAIN AT 6AM?

A banana and whey, or a few dates — or train fasted and eat a full breakfast after. Either works; pick what sits well.

DO I NEED A SPORTS DRINK?

Only for long or very sweaty sessions. For normal gym work, water is enough; add a pinch of salt on hot, heavy days.

HOW MUCH DOES TIMING ACTUALLY MATTER?

It's a small edge — single-digit percentages. Get daily protein, calories and sleep right first; this is the polish, not the foundation.

WHERE DOES THIS FIT?

On top of **The Indian Plate** and your goal system (Fat-Loss / Muscle-Gain). It fuels whichever training program you're running.



FUEL THE SESSION. THEN LET THE DAY DO THE REST.

Performance nutrition isn't a shelf of powders or a thirty-minute panic. It's carbs before, water through, protein after — and getting the daily plate right. Simple, repeatable, and enough to make every session count.

THE FOUNDATION

THE INDIAN PLATE

The base plate this sits on.

THE TRAINING

ALL PROGRAMS

Fuel feeds the work — pick a system.

EVERY MORNING

THE EDGE

One letter before noon.

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