**Nutrition and Exercise**

**Thesis statement:** Consuming right foods pre- and post-workout is important to achieve desired performance and results. In the paper, different kinds of healthy macronutrients before and after workout are being described.

1. Importance of consuming carbohydrates before workout
   1. Example of complex and simple carbohydrates
   2. Dependency of amount intake on the intensity of training
2. Importance of consuming protein before workout
   1. Role of protein supplements
3. Importance of consuming whole meal after workout
   1. Consuming high protein
   2. Importance of balanced protein, carbohydrates, and healthy fat meal
4. Healthy meal plan for a healthy active person
   1. Great portion of macronutrients
   2. Dependency of amount of protein and carbohydrate intake on the target body weight