Pre-workout: Banana Peanut Butter Toast

A quick energy boost without feeling heavy in your stomach.

Ingredients:

- 1–2 slices whole grain bread
- 1 banana
- 1–2 tbsp peanut butter
- A pinch of cinnamon (optional)

Why it works:

Fast-digesting carbs from the banana and bread provide quick energy, while peanut butter adds healthy fats for more stable blood sugar levels.

