

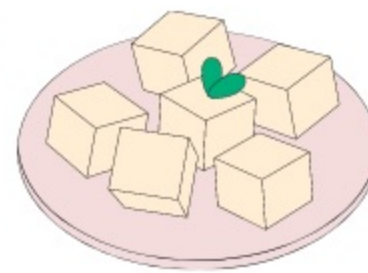


POST-WORKOUT SNACKS



Focused on:

- Minimal ingredients, for easy digestion
- Base of protein to repair muscles & help recovery
- Some carbohydrates to replenish energy stores that were depleted during the workout

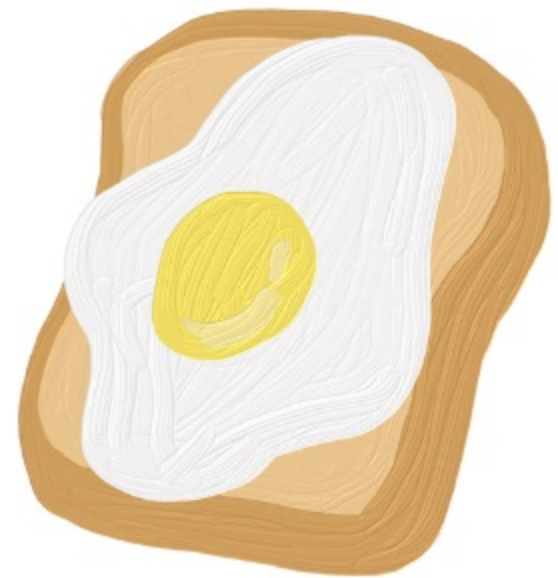
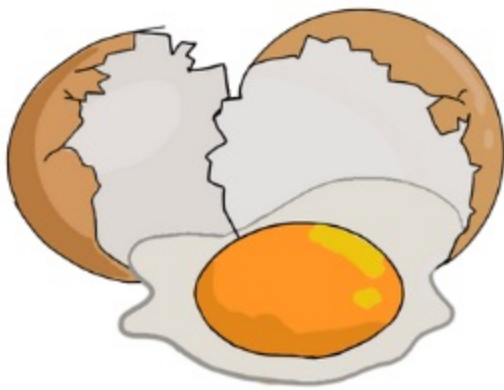


Post-work out:

Eggs, scrambled or fried

Wholegrain toast

Seasoned to taste



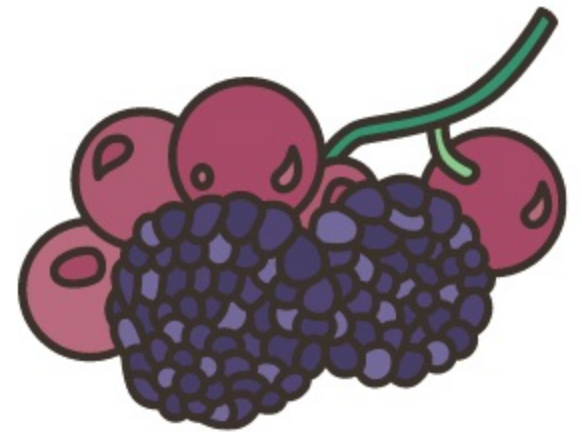
Post-work out:

Greek yogurt

Granola

Berries

Honey



Post-work out:

Protein smoothie

- 1 scoop protein powder
- 1/2 cup spinach
- 1/2 banana
- Soy milk
- Ice



Post-work out:

Protein bar

(Look for high protein, low sugar and minimal ingredients)

Can be paired with a piece of fruit for additional carbohydrates



Post-work out:

Grilled chicken breast

Brown rice

Broccoli

Seasoned to taste

