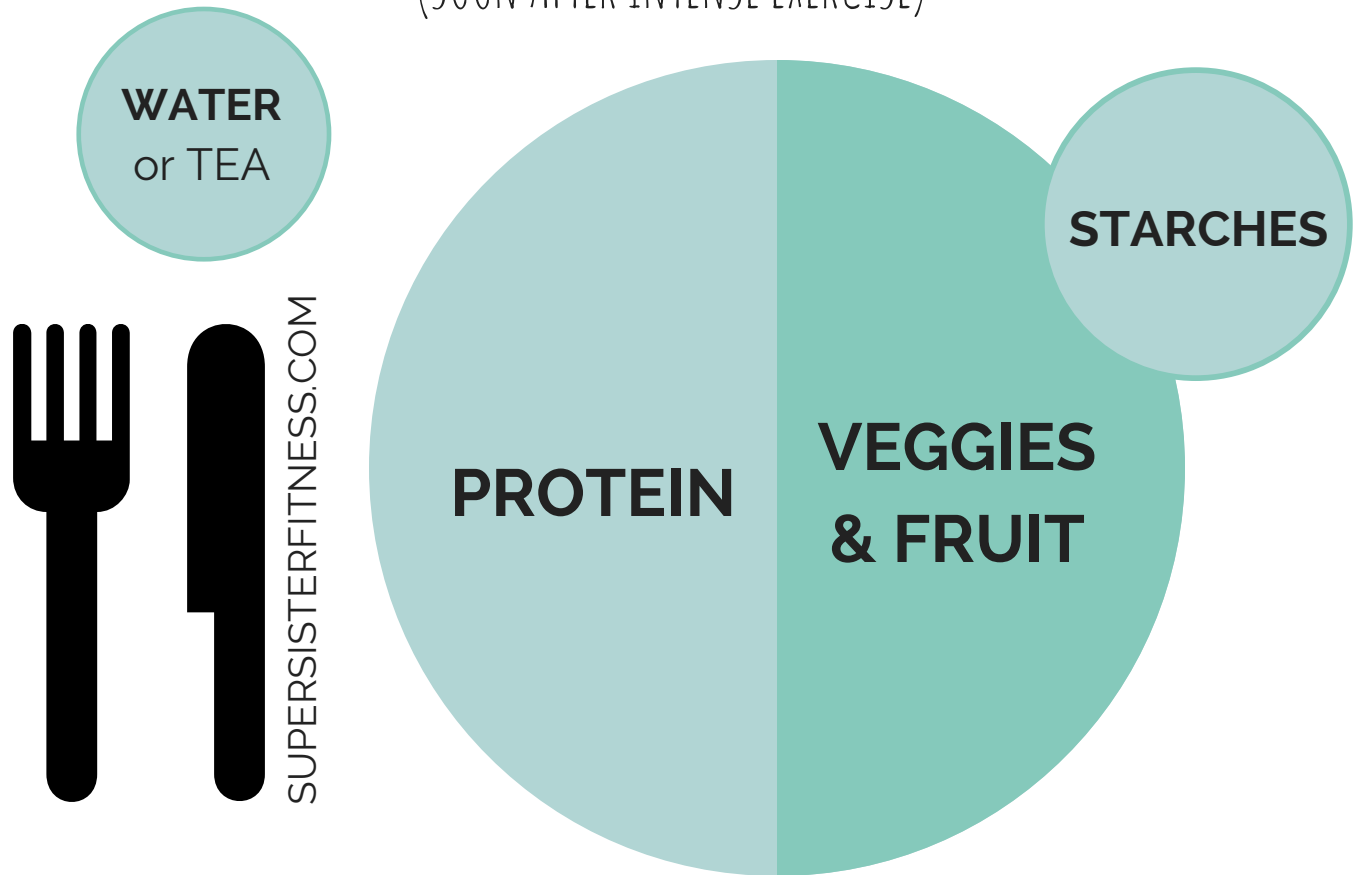


POST-WORKOUT

NUTRITION

(SOON AFTER INTENSE EXERCISE)



PROTEIN:

Whey, Eggs, Chicken, Fish, Lean Red Meat, or Vegetarian/Vegan Source

VEGGIES & FRUITS:

Colorful Array; Mostly Veggies; Some Fruit; Variety Is Key!

STARCHES:

Potatoes, Bread, Rice, Pasta

- Make this your largest meal of the day
- Choose whole foods over processed foods/supplements
- Use smaller plates and utensils
- Eat slowly and enjoy your food