



WHAT MAKES A GOOD RECOVERY MEAL?

It's best to get your recovery nutrition from food (as opposed to engineered recovery drinks). In order to do this, choose foods and drinks that meet your specific needs and eat them within the first hour after completing your workout.

The following list is what I use for optimal recovery. You need to get in the habit of consuming these foods to ensure recovery.

Recovery Breakfast

Toast with peanut or almond butter

8-10 oz's of Orange juice

Banana

Or oatmeal with blueberries, ground flax seed, almonds or walnuts + a little honey (for taste)

12 oz's of Water

*I like to make myself a breakfast sandwich that includes a toasted whole grain English muffin, cheddar cheese, scrambled or easy over egg and turkey bacon or sausage. Include some hot sauce for a little "kick."

Recovery Lunch

Turkey or chicken sandwich with spinach or arugala, tomato and mustard on whole grain bread

Orange, Apple or cup of mixed fruit (not sweetened fruit salad from a can)

8-10 oz's of unsweetened plain soy milk or almond milk

12 oz's of Water

Recovery Dinner

Whole wheat pasta with tomato sauce & meatballs (turkey or meatless)

Or Baked Salmon + baked sweet or russet potato with nonfat Greek Yogurt & Brummel & Brown Yogurt butter.

Garden salad with spinach, kale, yellow/red/orange peppers, broccoli, cranberries and/or blueberries, sunflower seeds and oil/vinegar dressing

12 oz's of Water