

Health-Full Eating & Nutrition



Best Workout and Recovery Day Foods

You have a lot of options when eating. When it comes to exercise, the important thing is to replenish your stores of carbs and proteins. Carbs are your first energy source and protein helps rebuild muscle. When you have a recovery day and don't need to exercise, consider this a day where you can eat your favorite foods. Keep it in moderation, but remember to enjoy your food. Below are examples of healthy foods you can utilize before/after workouts as well as a recovery day meal.

Pre-Workout

- Peanut butter and banana
- Salad w/protein such as chicken, tofu, shrimp
- Oatmeal made with milk/nut milk and fruit



Post Workout

- Protein Smoothie- Pack in a serving of fruits and veggies with a scoop of your favorite protein powder. Blend with your favorite milk.

Post Workout (continued)

- Yogurt and granola
- Kale chips and almonds
- Water- Don't forget to rehydrate! If you do more than 60 minutes of vigorous exercise, rehydrate with electrolytes.



Recovery Day

- Burger- Beef, turkey, or veggie with a side of baked carrots.
- Pizza- Make your own! Utilize a whole wheat crust and extra veggies for added nutrition.
- Sorbet- craving something sweet? Some sorbets are made with whole fresh fruit which can add nutrition.

References:

- <https://www.acefitness.org/>
- <https://www.heart.org/>