

POST WORKOUT MEALS AND SNACKS

Wraps

Whole grain high fiber wraps are a great start to a wonderful recovery meal. Add some fresh avocado, lean meat of your choice, greens, legumes, roll up, and enjoy. Prepare these a day before or right after your workout!

1



2



Pasta

Pasta or noodles made from wheat, rice, corn, or cassava, topped with your favorite lean protein, and vegetables create endless combinations and leftovers.

3

Power Smoothie

Refuel and reward yourself by building the perfect post workout smoothie. Include one food from each category below for optimal recovery support.



Protein:

- Greek yogurt
- Cottage cheese
- Silken tofu
- Unsweetened soy milk
- Hemp seeds

Healthy Fats:

1 tbs of your favorite:

- Peanut butter
- Chia seeds
- Flax seeds
- Avocado

Recovery Superfoods:

- Beets
- Tart cherries
- Watermelon juice
- Omega-3-rich foods

Fiber

- Fruit, including berries, bananas, mango, kiwi, etc.
- Vegetables like spinach, kale, cauliflower, zucchini

Creamy Boosters

- Frozen banana
- Frozen cauliflower rice
- Frozen zucchini
- Avocado

Greek Yogurt

Greek Yogurt has double the amount of protein compared to regular yogurt and is a great source of carbohydrates. Mix it with whole grain cereal and fruit!

4



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