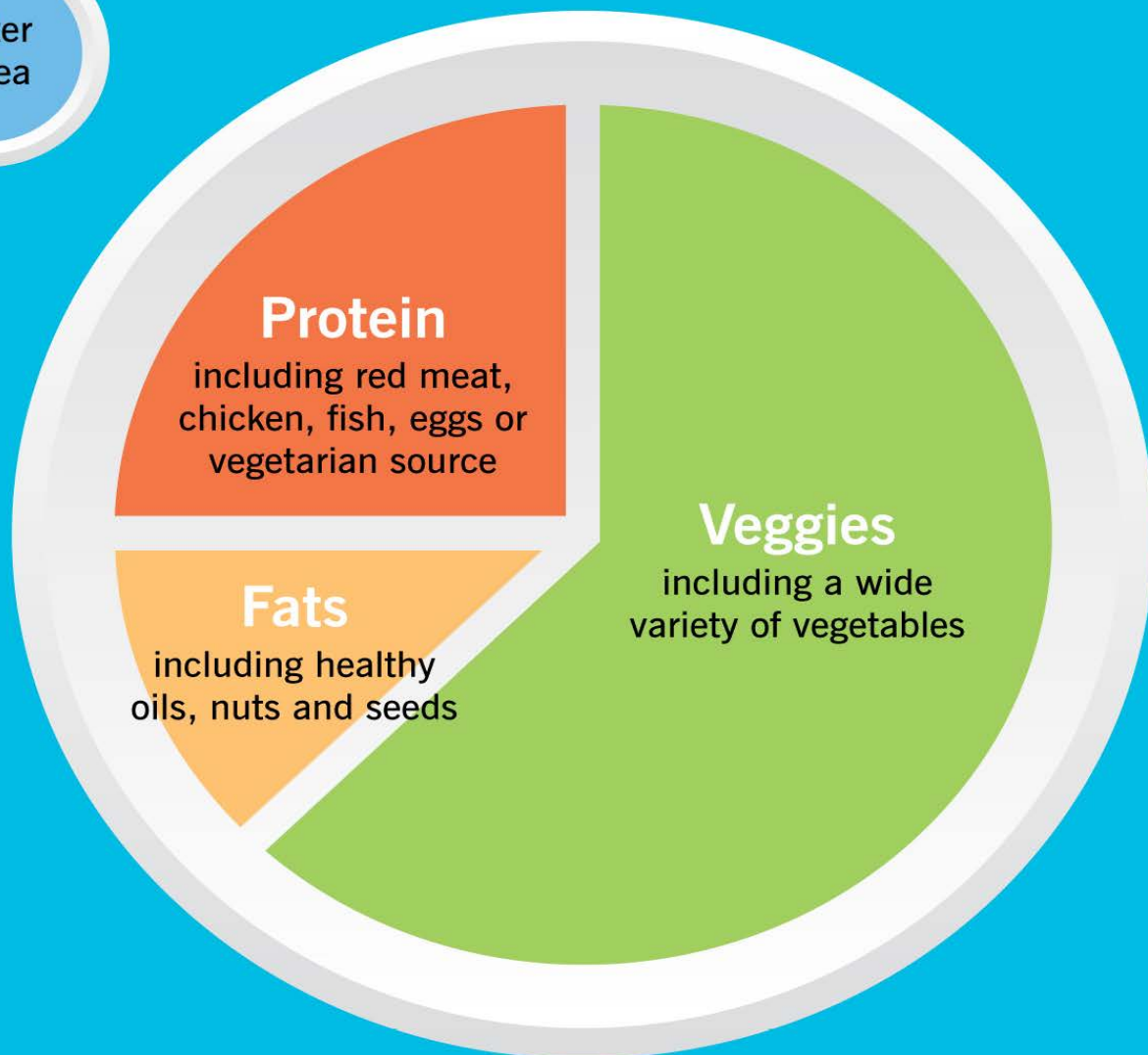


Anytime Meal

All your meals not directly after a workout

Water
or tea



- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.



Post Workout Meal

Your first meal after an intense workout

Water
or tea

Starches
including
potatoes, pasta,
rice or bread

Protein

including red meat,
chicken, fish, eggs or
vegetarian source

Veggies & Fruit

including a wide
variety of vegetables
and some fruit

- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

