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.
PrecisionNutrition

Anytime Meal
All your meals not directly after a workout
Water or tea
Protein
including red meat, chicken, fish, eggs or vegetarian source
Fats
including healthy oils, nuts and seeds
Veggies
including a wide variety of vegetables
• 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.
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Plant-Based Eating
Water or tea
Fruit
for dessert or after exercise
Protein
plant proteins including beans/legumes
Starches
including sweet potatoes, potatoes, whole grains, bread
Fats
including healthy oils, nuts and seeds
Veggies
including a wide variety of non-starchy vegetables
• Eat slowly and stop eating when you're 80% full.
• Choose mostly whole foods with minimal processing.
• Choose local or organic foods when possible.
• Take your plate outside and eat in the sun for extra vitamin D.
• After the meal, freshen breath with a piece of vitamin B-12 gum.
• Follow hunger cues. Eat more or less based on your appetite.
• Use smaller or larger plates based on your own body size.
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