

*Module 10, Lesson 6 Tool:*

**Examples of Post Workout Fuel**

A general recommendation is to eat within 60 minutes of exercising. This could be a snack or a full meal, depending on the time and duration of exercise and the structure of your training and nutrition schedule. Aim to eat a combination of protein and carbohydrates and add in a serving of fruit or a vegetable for antioxidants. Replenish fluids with water.

Here are examples of post workout meals and snacks. Portion sizes will vary individually.

**Example Post Workout Meals**

- ¾ cup cooked oatmeal prepared with milk topped with berries, sliced banana and sliced almonds
- 2 slices Ezekiel bread topped with ½ an avocado, 2 eggs, sliced tomato and arugula
- Smoothie bowl made with 6 oz full fat plain Greek yogurt, 1 banana, ½ cup pineapple topped with ½ cup granola
- 1 cup of whole wheat pasta, 3 oz grilled chicken breast, 1 cup roasted broccoli
- 1 cup brown rice, 3-5 oz baked salmon, asparagus, 1 slice sourdough bread and ½ avocado
- 1 cup quinoa and 1 cup lentils mixed into a salad with fresh cilantro, 1 tbsp olive oil and lime juice
- 4 oz. grass fed beef burger on a sprouted grain bun with lettuce, tomato and avocado, side of baked sweet potato fries and a small salad
- 1 cup farro and 1 cup chickpeas tossed with arugula, sliced cherry tomatoes, 1 tbsp olive oil and lemon juice
- Sandwich made with 2 slices sourdough bread, 3 oz. organic turkey, 2 tablespoons hummus, lettuce and tomato with a side of black bean and corn salad and a pickle

**Example Post Workout Snacks**

- 6 oz. full fat plain Greek yogurt topped with banana slices and blueberries
- 1 apple, sliced and sprinkled with cinnamon and 1 tablespoon natural peanut butter
- 1 slice Ezekiel bread, toasted, topped with 1 tablespoon almond butter and sliced strawberries
- Snack platter: 1 hard boiled egg, few whole grain crackers, 2 tablespoons hummus, sliced bell peppers

- Celery sticks filled with 1 tablespoon peanut butter, topped with raisins
- 1 slice Ezekial bread, toasted with ½ cup cottage cheese, 1 oz smoked salmon and cucumber
- Larabar or Rx bar and a hard boiled egg
- 1 cup fruit salad and an organic cheese stick
- Trail mix with 10 almonds, 1 tablespoon dried unsweetened coconut, a tablespoon of raisins and 2 cups of air popped popcorn
- Two pieces buffalo, beef, turkey or salmon jerky with raw veggies and 2 tablespoons hummus