

POST-WORKOUT MACRO GUIDE

Optimal Recovery Fueling

CATEGORY	SNACK SUGGESTION	PRIMARY MACROS
Quick Protein	Whey Isolate + 1 Medium Banana	P: 25g C: 27g F: 1g
Whole Food	4oz Grilled Chicken + 1/2 cup Jasmine Rice	P: 30g C: 22g F: 3g
Plant Based	1 cup Edamame + Rice Cakes	P: 18g C: 30g F: 8g
Dairy Core	Non-fat Greek Yogurt + 1/2 cup Berries	P: 17g C: 15g F: 0g
Recovery Mix	Tuna Pouch + Whole Grain Crackers	P: 20g C: 18g F: 2g
Strength Focus	2 Hard Boiled Eggs + 1 Slice Toast	P: 15g C: 15g F: 10g