

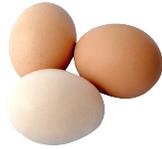
MIX and MATCH

RECOVERY

1

PICK YOUR PROTEIN

EGGS
MEAT
POULTRY



MOZZARELLA CHEESE
GREEK YOGURT
COTTAGE CHEESE
PROTEIN POWDER



BEANS
TOFU
DELI MEAT



2

ADD HEALTHY CARBS



OATS
PASTA
CEREALS

SWEET POTATOES
WHOLE GRAIN BREADS
& WRAPS

POTATOES
BROWN RICE
GRANOLA



3

ANTIOXIDANT BOOSTS

BERRIES
CITRUS
GRAPES
APPLES
PUMPKIN SEEDS



BROCCOLI
AVOCADO
BEETS
SALAD GREENS
FLAX SEED



PEARS
MELON
KALE
SPINACH
CHIA SEEDS

4

FINISH WITH FLUIDS

CHOCOLATE MILK
DAIRY-FREE MILK



WATER
SELTZER
MILK

SPORTS DRINK
HERBAL TEA

