

6 Healthy Post-Workout Meals

Are you looking to boost your post-workout recovery? If there's one thing that you must make sure you are taking the time to do as you go about your sports training or workout programs, it's getting in an excellent post-workout meal. , delay fatigue, & counteract muscle damage during exercise.



Fuel Your 30-Minute Window

Immediately following an intense training session (90-minutes or longer), your body is tired and broken down, and needs replenishment to start feeling better again. Food is an ally when it comes to muscle recovery. Realize, you have a 30-minutes window post-workout when the muscle is prime for taking up nutrients you feed them, just like a sponge soaking up water. To take advantage of this "window," let's review six healthy after workout recovery meals that you should get in place with your performance nutrition plan.

1. Salmon Salad Sandwich

This sandwich is easily one of the best and healthy lunch ideas. It's loaded with protein, rich in omega-3 fats, and will fuel your recovery for hours to come. Salmon salad is fast and easy. All you need is open a can of salmon, mix with some low-fat mayonnaise and diced onion (optional), and place over whole-wheat bread with your choice of veggies. Spinach leaves work perfectly here and will provide some iron to this meal.

2. Chicken Wrap

Another quick and simple option is to make a chicken wrap. Chicken is a high-quality source of lean protein, and the wrap will provide carbs. If you like, you can add some teriyaki sauce to the wrap to heighten the flavor and boost the meal with a few simple carbs. Simple carbs in your post-workout meal can assist with speeding muscle recovery so long as you don't overdo it.

3. Fish And Rice

Fish and rice are the next classic standbys. Choose a low-fat variety of fish such as cod, tilapia, or canned tuna and pair that with some rice. Choose white rice since simple carbs help replenish muscle glycogen levels better than whole grain. However, if you are concerned with blood glucose levels, brown rice is a healthier alternative.

CRITICAL RELOAD PERFORMANCE & RECOVERY SHAKE

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4. Whey Protein Powder, Oats & Fruit

The next option many athletes prefer as their post-workout meal is a protein shake. When the chore of transporting food gets linked with a time-starved schedule, a shake option makes sense. As mentioned above, combine some simple carbs with slower digesting carbs and proteins. Do this by pairing Critical Reload powder with some unsweetened almond milk, along with oatmeal and fruit. You can make a fruit smoothie-like shake if you have a blender or have each on the side.

5. Cereal With Milk And Protein

Cereal and milk is another fast and easy option for those who need a post-workout meal at top speed. Once more, don't worry too much if the cereal contains a bit of sugar as this is one time in the day, you can satisfy your sweet-tooth craving without having to feel guilty. To boost your protein level, add some Critical Reload powder to the milk.

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6. Chocolate Milk

Finally, another post-workout option is low-fat chocolate milk. Chocolate milk is an excellent replenishment for tired muscles after a workout because it offers a protein and carb blend for your muscles. Chocolate milk is fast, easy, and there's no denying that it tastes delicious.

Closing Remarks

Now you have some post-workout recovery snack and meal ideas to consider. Take time to menu plan your meals. It can make a massive difference in performance and recovery.

