



Recovery / Meal Replacement Shake

Not only is this a good option for after your workout as your carbohydrate intake on the days of your activity will be vital for your recovery and replenishing your muscle glycogen stores. In addition to carbohydrates proteins play a vital role in maintaining strength therefore a recovery drink with protein and carbohydrate is mandatory for proper recovery taken 30-minute post workout. This shake is also a good option for those busy days when a "real meal" isn't always an option. Therefore keep these ingredients handy if in a pinch

The following is an example of a post recovery shake

1 scoop protein powder (18.5g protein)
1 banana
½ cup vanilla rice milk
½ cup organic berries
½ cup orange juice
1tbsp flax oil
Total calories= 409
68g carbohydrate (63%)
24g protein (22%)
7g fat(15%)

Ensure to follow this with a balanced meal in the following 1-3 hours

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