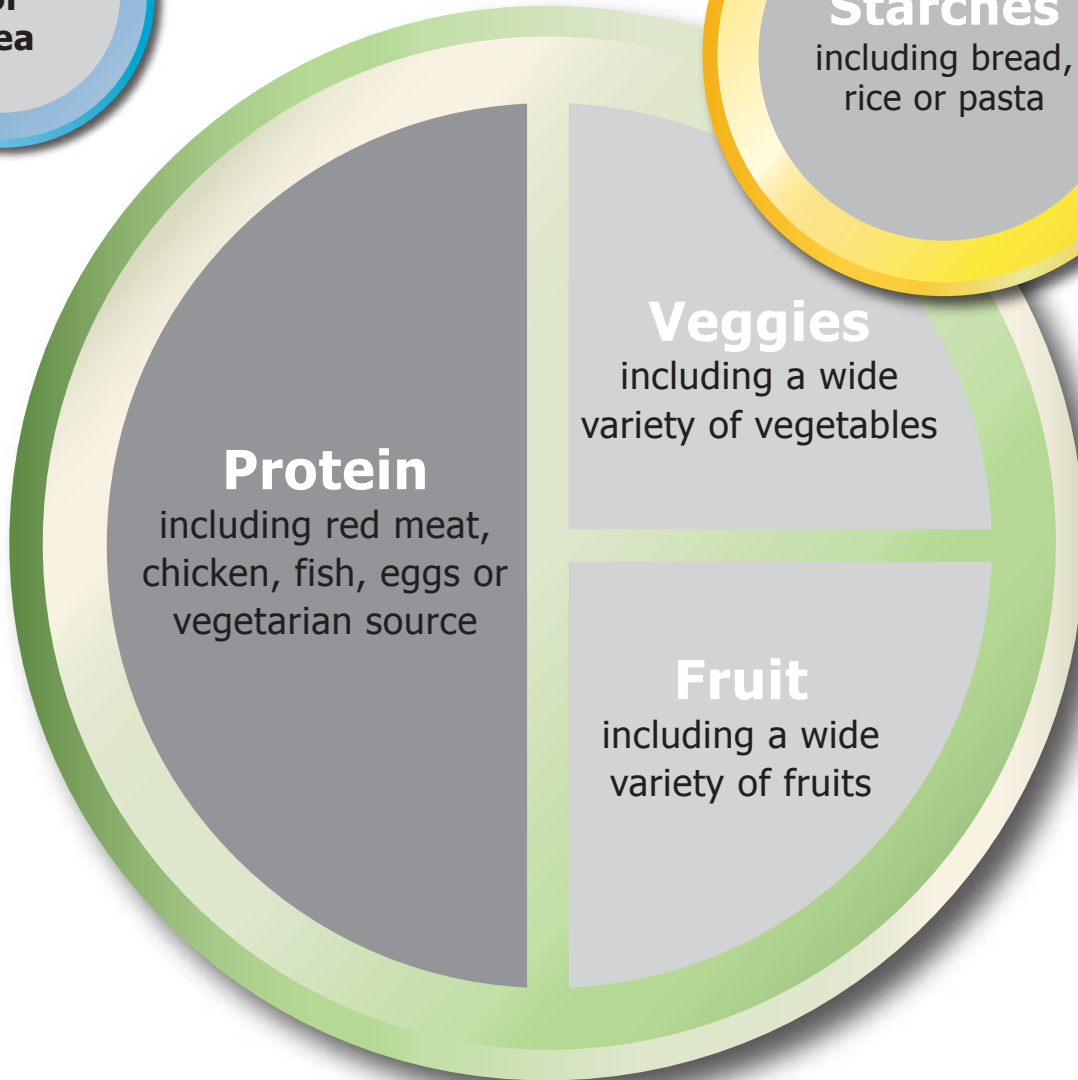
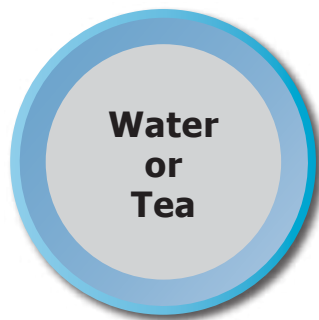


POST WORKOUT MEAL

Your first meal after an **INTENSE** workout

*can be replaced by a Recovery Shake



- ✦ Eat the largest meal of the day after exercise
- ✦ Chose mostly whole foods with minimal processing
- ✦ Chose local and organic when possible

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