

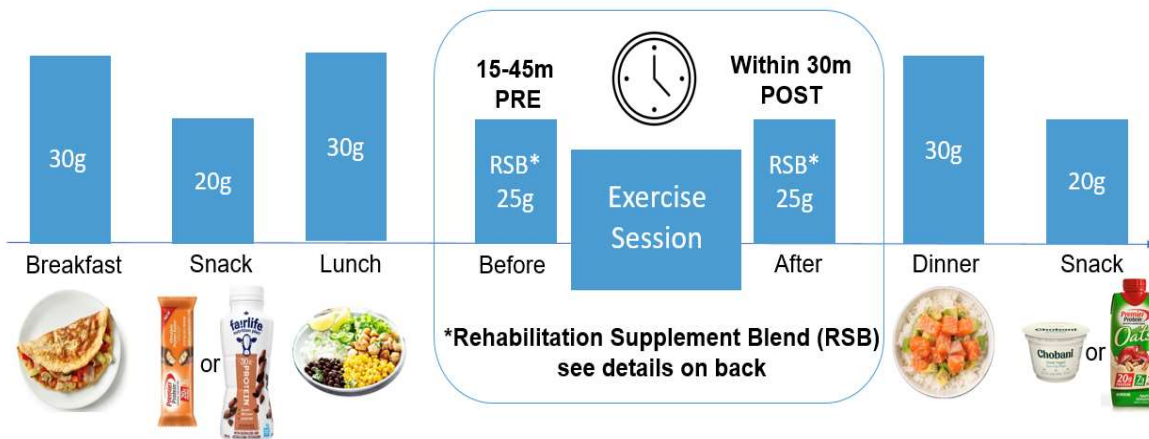
# NUTRITION BEFORE & AFTER EXERCISE

## MAIN GOALS

- Minimize loss of muscle & inflammation
- Meet caloric & energy needs
- Maximize strength & recovery



## PROTEIN & Supplement Daily Timing Example



## MACRONUTRIENT DENSE MEAL

3-4 hours before a session

**COMPLEX CARB (50-100g)**  
grains, fruit, veggies



**PROTEIN (30-50g)**  
meat, fish, eggs, dairy, tofu



**FAT (15-20g)**  
avocado, olive oil, nuts/seeds



## MEAL EXAMPLES

**Breakfast:**  
omelet with  
3 oz turkey  
¼ cup shredded cheese  
chopped vegetables

**Lunch:**  
3 oz chicken  
¼ cup black beans  
¼ cup chickpeas  
1 cup brown rice

**Dinner:**  
5 oz salmon  
1 avocado  
1 cup brown rice

# Rehabilitation Supplement Blend

## PRE

30g carbohydrate  
25g whey protein  
5-10g Creatine  
1.5 HMB\*  
2-3g EPA/DHA

Exercise  
Session

## POST

25g Whey  
5-10g Creatine  
1.5 HMB\*

To determine your personal protein intake goal,  
multiply your body weight in pounds by 0.7.  
Ex: 130 pound person x 0.7 = 91 g of protein/day

## SUPPLEMENTS



**WHEY PROTEIN:**  
muscle mass  
(20-30g between meals)



**CREATINE:**  
muscle mass, strength &  
bone health (5g/day)



**COLLAGEN:**  
tendon & joint health  
(5-15g/day)



**OMEGA-3 (EPA/DHA):**  
muscle growth & anti-  
inflammatory (3g/day)



**Hydroxymethylbutyrate (HMB):** increase protein  
synthesis (3g/day split btwn session)