

Post-Workout Breakfast

the dietitian runner

Food Group	Role	Examples
Grain/Starch	<ul style="list-style-type: none">-Energy-Replenishes glycogen stores	<ul style="list-style-type: none">-Oatmeal-Whole wheat toast-Potatoes
Protein	<ul style="list-style-type: none">-Muscle repair & building	<ul style="list-style-type: none">-Eggs-Tofu-Greek yogurt
Healthy Fats	<ul style="list-style-type: none">-Vitamin absorption-Reduces inflammation	<ul style="list-style-type: none">-Avocado-Salmon (also a protein)-Walnuts
Color (Fruits/Veggies)	<ul style="list-style-type: none">-Fiber-Vitamins and minerals including antioxidants	<ul style="list-style-type: none">-Spinach-Bell peppers-Berries

Protein Breakfast Walking Workout Guide

Angelo T. Scotti, Thomas A. Moore



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