

# Post-Workout Breakfast

the dietitian runner

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

# Protein Breakfast Walking Workout Guide

**RC Schank**



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