

POST WORKOUT NUTRITION

****This is ONLY for after weight training NOT cardio and is in ADDITION to the meal plan****

LEAN PLANS

One protein shake with water immediately on completion of workout.

If the finish of your workout coincides with a meal time then still have your shake.

BUILD/BULK PLANS

On completion of your workout have your shake immediately PLUS a carb source such as rice, banana, oats, rice cakes etc:

EXTRA SUPPS

If you are taking other supplements such as the BCAAs, Glutamine and Creatine, have them in your post workout shake on training days and on non-training days have them in any shake you choose.