

## Eating On the Go, By Running Warehouse & Stephanie Nuunes

Optimizing Recovery: Try to refuel within 30 minutes of your workout

*Recovery plans should include:*

1. Rehydration: most important
2. Carbohydrate replacement: .5g per lb body weight and 10-20g protein

*Breakfast at home:*

- Bowl of cereal with nonfat milk
- Pecans
- Fruit or juice
- Yogurt with granola
- Bagel
- Cottage cheese & Pretzels

*Breakfast on the go (plan ahead):*

- *Bag or cereal*
- *Trail mix*
- *Chocolate milk – great for hydration!*
- *Sports bar*
- *Sports drink*

*Fluid Replacement:*

- *24 oz for every lb of body weight lost during exercise*

*Smoothies:*

1. Start with a yogurt base
2. Add fruit: frozen, fresh berries or bananas, or canned fruit
3. Add other options: silken tofu, juice, whey protein

*Foods known to decrease inflammation:*

- Walnuts, fish, avocado, olive oil

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