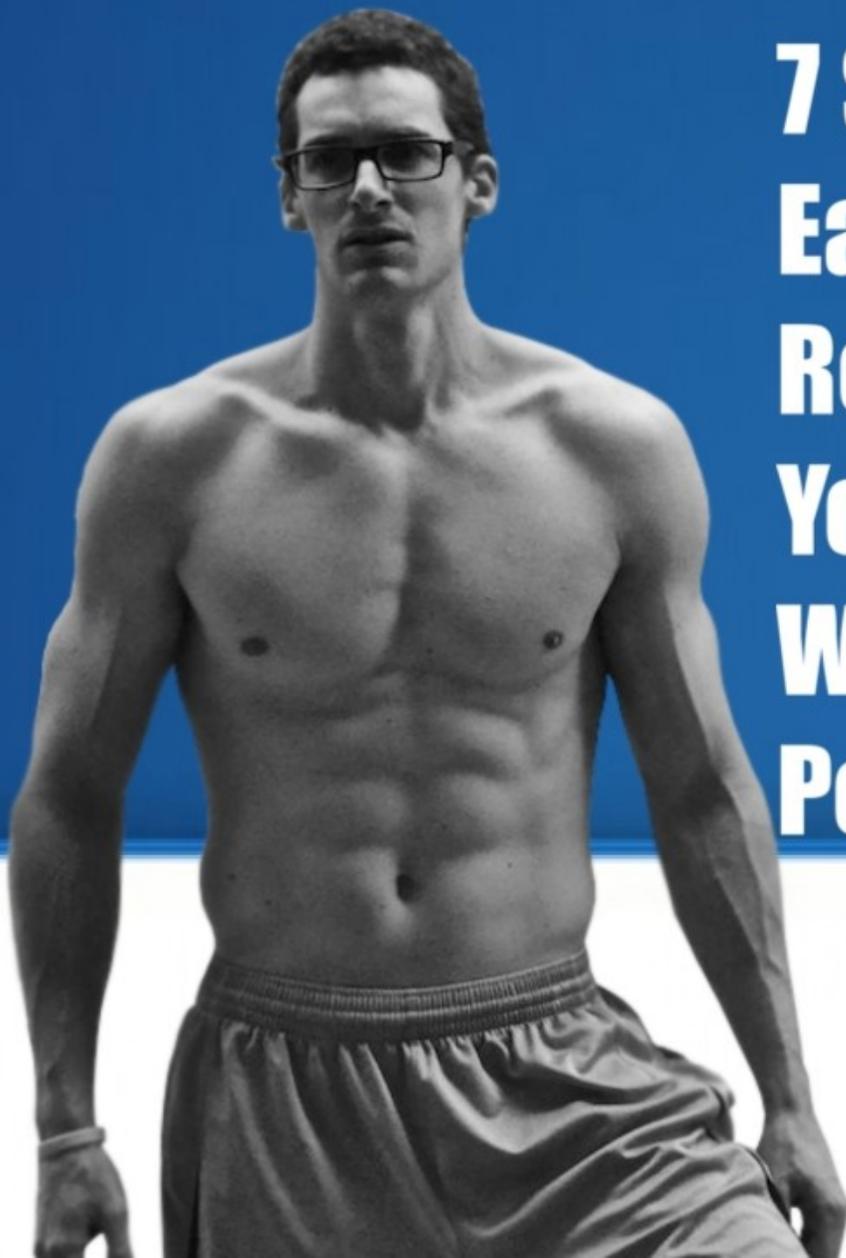


7 PERFECT POST-WORKOUT MEALS



**7 Simple And
Easy-To-Follow
Recipes To Give
Your Body Exactly
What It Needs
Post Workout!**

By: Dennis Heenan

7 Perfect Post-Workout Meal Options

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7 Perfect Post-Workout Meal Options

I often get asked about what the “perfect” post workout meal is...

The answer is there are plenty of meals that get the job done when it comes to post workout nutrition. The right combination of protein, carbs, and fats is really what you are looking for when creating the perfect meal.

Although there is no scientific numbers I can share, as everyone is different and needs different amounts, I can point you in the right direction telling you this:

Your post workout meal should be centered around protein and carbohydrates with a little bit of fat.

Then depending on if you are male or female, age, body type, goals, etc. will determine just how much you should consume. A good rule of thumb is to include **about** 25 grams of protein, 50 grams of carbs, and 10-15 grams of fat in your post workout meal. Some may need more, other less.

Test what combination works best for you and stick with it.

If you have any questions, please feel free to email me. In the meantime, enjoy the 7 Perfect Post Workout Meals below.

In good health,

Dennis Heenan

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Perfect Post-Workout Meal #1: Chicken Stir Fry

Ingredients Needed:

- Chicken Breast
- White Rice
- Assorted Veggies

Preparation:

- Cook Chicken Breast (or use pre-made chicken) with spices of your choice. I like sea salt, pepper, and cayenne pepper.
- Prepare white rice on the stove (follow directions on the bag or box)

Cooking Instructions:

- Heat Skillet, lightly coating it with grass fed butter.
- First add in the vegetables and heat for about 2-3 minutes.
- Add the white rice (about 1 cup) and heat with the veggies for another 45-60 seconds.
- Finally, add the chicken and other spices (optional) and stir fry together for 1-minute.

As a post workout meal, this hits everything on our list. The chicken is very high in protein, the white rice is a high glycemic carbohydrate (which is what we want post workout), and the veggies add in some extra nutrients.

This is also lower fat which is perfect for post workout.

Perfect Post-Workout Meal #2: Protein Shake with Dried Fruit and Nuts

This is the perfect post workout meal for those on the go. Before heading to the gym, throw some almonds, macadamia nuts, cashews, and pecans in a bag with some raisins, dried cranberries, dried apricots, etc.

Then make sure you remember your whey protein to go along with it.

After your workout, all you will need to do is add water to your whey protein and pull out your dried fruit and nuts baggy and you are good to go. The whey protein, of course, is great post workout, the dried fruit will add a good source of carbs and the nuts will throw in some healthy fats and more protein. Great for those on the go.

My Dried Fruit and Nut Combo:

- Almonds
- Cashews
- Pecans
- Macadamia Nuts
- Dried Mangos, apricots, papaya, and apples

Perfect Post-Workout Meal #3: Salmon and Potatoes

Ingredients Needed:

- Wild Salmon Fillet
- 1 medium potato

Preparation:

- Cook Salmon with spices of your choice. Again, I like sea salt, pepper, and cayenne pepper.
- Cut potato into small pieces

Cooking Instructions:

- Heat Skillet, lightly coating it with grass fed butter.
- Take the diced potato and place on the skillet and cook with spices of your choice until it is cooked all the through.

Often times I find myself adding the salmon to the potato stir fry, however, you can eat them separately as well. Totally up to you.

This is another great option as wild salmon brings tons of health benefits including a good dose of Omega 3's and is high in protein. The potato has a good amount of carbohydrates post workout. I recommend buying organic potatoes if possible.

Perfect Post-Workout Meal #4: Spinach Omelet

Ingredients Needed:

- Eggs
- Spinach

Cooking Instructions:

- Heat Skillet, lightly coating it with grass fed butter.
- Take 1-2 handfuls of spinach and cook for about 1 minute.
- Add 4-6 eggs and cook thoroughly.

Eggs have great protein content while also adding in some healthy fats. Spinach is a perfect addition to this meal as it has been shown to help speed up muscle growth and recovery. I guess we can conclude that Popeye was on to something with all that spinach he ate...

Perfect Post-Workout Meal #5: Fruit, Kifir, and Whey Protein Shake

Ingredients Needed:

- 1-2 scoops of Whey Protein
- 1/2-1 cup of Plain Kifir
- 4 frozen Strawberries
- Handful of Blueberries
- Ice
- Water
- Spinach (optional)

Instructions:

-Add all ingredients (except the water) in a blender and blend together. Add water to make the smoothie the consistency that you like.

This is typically my “go-to” post workout meal. You get good protein and carbs, plus tons of healthy nutrients. With the Kifir, you are adding in a great digestive element (plus, I personally think Kifir makes all smoothies taste better!)

Perfect Post-Workout Meal #6: Coconut Milk, Banana, Peanut Butter, Protein Shake

Ingredients Needed:

- 1-2 scoops of Whey Protein
- 1/2-1 cup of coconut milk
- 1 frozen banana
- 1 tablespoon of organic peanut butter
- Ice
- Water
- Spinach (optional)

Instructions:

-Add all ingredients (except the water) in a blender and blend together. Add water to make the smoothie the consistency that you like.

This is another very good post-workout protein shake. Perfect for recovery and has a great protein and carb complex.

Perfect Post-Workout Meal #7: Coffee (or caffeine)

I usually recommend taking this with some protein (like a whey protein shake, chicken, eggs, or fish).

Taking caffeine after a workout has been shown to boost your bodies ability to recover faster so that you can come back stronger for your next workout.

A simple cup of coffee or a few shots of espresso will do the trick here. Add in a whey protein shake or one of the meal options above and you are good to go!

Dennis' Recommendation:

I recommend getting a French Press coffee maker (around \$20) as this makes the best coffee on earth. Also make sure you are using high quality beans so you can benefit the most from your cup of Joe.

Conclusion...

As you can see, there are plenty of options to choose from when trying to find the perfect post workout meal. Whether you are on the go or have time to cook, there is something for you.

The key is to remember that you want a good balance of protein, carbs, and fat so that you can benefit most from your post workout meal.

Keep things simple and don't overthink it. Eat what you love and what is best for your body.

If you have any favorite post workout meals that you would like to share, be sure to send them to *dennis (at) fatburningnation (dot) com*.

Talk soon,

Dennis Heenan

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