

What Should My Post-Workout Nutrition (REALLY) Be?

Have you heard that you should eat 20-30g of protein IMMEDIATELY after you work out? Have you heard that you won't see the same gains if you don't? Have you heard that you should chug a protein shake? Eat a steak? Eat some fruit? Wait 20 minutes? What's the truth???

The truth is, it's probably a good idea to eat within a reasonable time post-workout BECAUSE you'll likely be hungry. I recommend a balance of carbs and protein to replenish your energy and to preserve that muscle. What's reasonable? Eat within an hour or two post-workout to satiate yourself. Does it matter for muscle growth? Not as much as you have been led to believe. More than anything, eating post-workout will help you be less hungry throughout the rest of the day.

Scrambled eggs & avocado toast, a protein bar, some turkey and an apple, any of these are a good combination to have after you've had a tough sweat sesh!

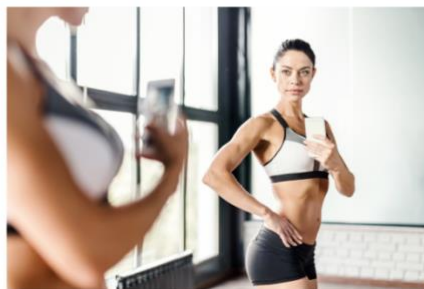
I JUST FINISHED MY WORKOUT...NOW WHAT?



20-30 grams



25-50 grams



Mirror Selfie...or did your workout even happen?