EAT REAL FOOD INSTEAD!

SUPPLEMENT: PRE-WORKOUT
FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT:
- Nut butter and jam/jelly on whole-grain bread
- Low-fat Greek yogurt with fruit and water
- Oatmeal, banana, and water
- Low-fat granola and milk

SUPPLEMENT: POST-WORKOUT
FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY:
- Tuna, whole-grain crackers, fruit, and water
- Chocolate milk (or soymilk) and fruit
- Yogurt, fruit, granola, and juice
- Nuts, fruit, and water

SUPPLEMENT: BODYBUILDING
FOODS THAT PROMOTE MUSCLE GROWTH:
- Lean meats
- Poultry
- Fish and seafood
- Milk and Greek yogurt
- Beans and lentils
- Nuts and seeds
- Tofu
- Eggs

SUPPLEMENT: WHEY OR CASEIN PROTEIN
FOOD SOURCES OF WHEY OR CASEIN:
- Milk
- Cottage cheese
- Ricotta cheese
- Yogurt

SUPPLEMENT: BRANCHED-CHAIN AMINO ACIDS
FOOD SOURCES OF BCAAS:
- Meats
- Poultry
- Fish and seafood
- Milk
- Cottage cheese

SUPPLEMENT: WEIGHT LOSS
FOODS THAT HELP YOU LOSE WEIGHT:
- Fruits and veggies
- Whole grains (brown rice, quinoa, etc.)
- Lean proteins (fish, poultry, beans, nuts, and dairy)
- Unsweetened beverages (water, low-fat milk, tea, etc.)