



**Diet is more than
food.**

**How we eat is a
result of how we
think.**

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**POST
WORKOUT
SUPER-
FOOD
MEAL**



THIS MEAL WOULD ALSO BE A SUPERIOR PRE-WORKOUT.

I WOULD SUGGEST ADDING QUINOA OR ANOTHER HEALTHY CARB IN THAT CASE.



COMPARE TO WHEY

1 scoop (32 gram) -- 350 grams

Calories: 124 - 1365.5

Protein: 20 - 220.5 grams

Fat: 2.3 - 25.5 grams

Carbs: 5.8 - 64.05 grams

Leucine: 2.2 - 24.43 grams

THE DIFFERENCE

Gram for gram this REAL food post-workout meal is superior in every way. However, feel free to customize this to your liking. Chicken is a great sub for the tuna. For vegans, lentils, avocado, and tofu make a great bean salad.



INGREDIENTS

3 - XL hard-cooked eggs (80 grams)

120 grams - Tuna (drained weight - olive oil)

150 grams- Kidney Beans

few drizzles of homemade Greek Yogurt dressing

NUTRITION

350 gram serving

Calories - 626.5

Protein - 65.5 grams

Fat - 33 grams

Carbs - 14 grams

leucine - 65.75 grams

