

# Post Workout Recovery Shake

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The function of this post workout nutrition is to improve the quality and rapidity of recovery and repair.

The shake should be taken immediately after every workout, or within a maximum of 40 mins. In intense resistance workouts, taking the shake during the last 10 mins of exercise can further optimise its benefits.

20g Whey powder

80g<sup>1</sup> Glucose or Maltodextrin

60-120mg Vitamin C powder

1-2g Glutamine

4-5g Powdered Greens<sup>2</sup> (*or as directed on packaging*)

Pinch of himalayan salt

Tsp raw cacao powder (*optional – for taste and extra antioxidants*)

*The benefits of mixing up your own powders are that you know exactly what you are taking and there are no hidden unnecessary additives.*

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<sup>1</sup> This is a ratio of 4:1 carb to protein, which stimulates optimum protein uptake into the muscles. Reduce the ratio to 3:1 if fat loss is needed.

<sup>2</sup> Any greens are good, but the taste can be a challenge, so it's a very personal choice. I find Power Greens and Clean Greens the most pleasant tasting.