FEBRUARY

RECOVER THE RIGHT WAY!

Post workout, practice or competition nutrition is extremely important. It is crucial to have a recovery meal, drink or snack within fifteen to thirty minutes afterwards. At this time, your muscles are like sponges, ready to absorb whatever you put into your body. A recovery meal containing protein and carbohydrate will best allow your muscles to repair and your energy stores to be replenished. The way you recover can affect your workout, practice or game the next day! Carbs are the body’s main source of fuel, therefore they should be consumed to replace all of the energy you just expended during your workout. Protein helps muscles recover, and may be the most important nutrient to consume at this time. Chocolate milk has become a widely popular recovery drink because it contains the perfect amount of carbs and protein. Other examples of recovery foods could be trail mix, apples and peanut butter, hard boiled eggs with toast, or Greek yogurt and granola. It’s perfectly okay to use lunch or dinner as your recovery meals, too. Recovering with meat, chicken or fish along with a carbohydrate like pasta, rice or potatoes and a side of veggies will do the trick, too! A good workout is nothing without proper nutrition, especially when it comes to recovery.

- Matt Luongo, RD

INSTANT EGG BREAKFAST

- 2 eggs
- 2 tbsp. milk
- 2 tbsp. shredded low fat cheddar cheese
- Salt and pepper as desired

In a microwave safe coffee mug, crack the two eggs and pour in the milk. Scramble all together and place in microwave on high for 45 seconds—1 minute. Stir, then heat for 30-45 seconds longer or until eggs are fully cooked. Top with shredded cheddar, salt and pepper and enjoy!

*Great for on-the-go in a to-go cup!*

FAQ OF THE MONTH

WHAT IS THE BEST THING TO EAT THE NIGHT BEFORE A GAME OR MEET?

Your best bet is to eat a balanced, high carbohydrate based meal with lean protein, vegetables and even a piece of fruit. Avoid unfamiliar foods, spicy food and foods high in saturated fat. Some examples could be: grilled chicken, potatoes, and broccoli, salmon with rice and asparagus, or meat lasagna with a salad. Staying hydrated at this time is a must, too!

Eat the rainbow! Eat fruits and vegetables of all different colors to make sure your body is getting all of the essential vitamins and minerals it needs.