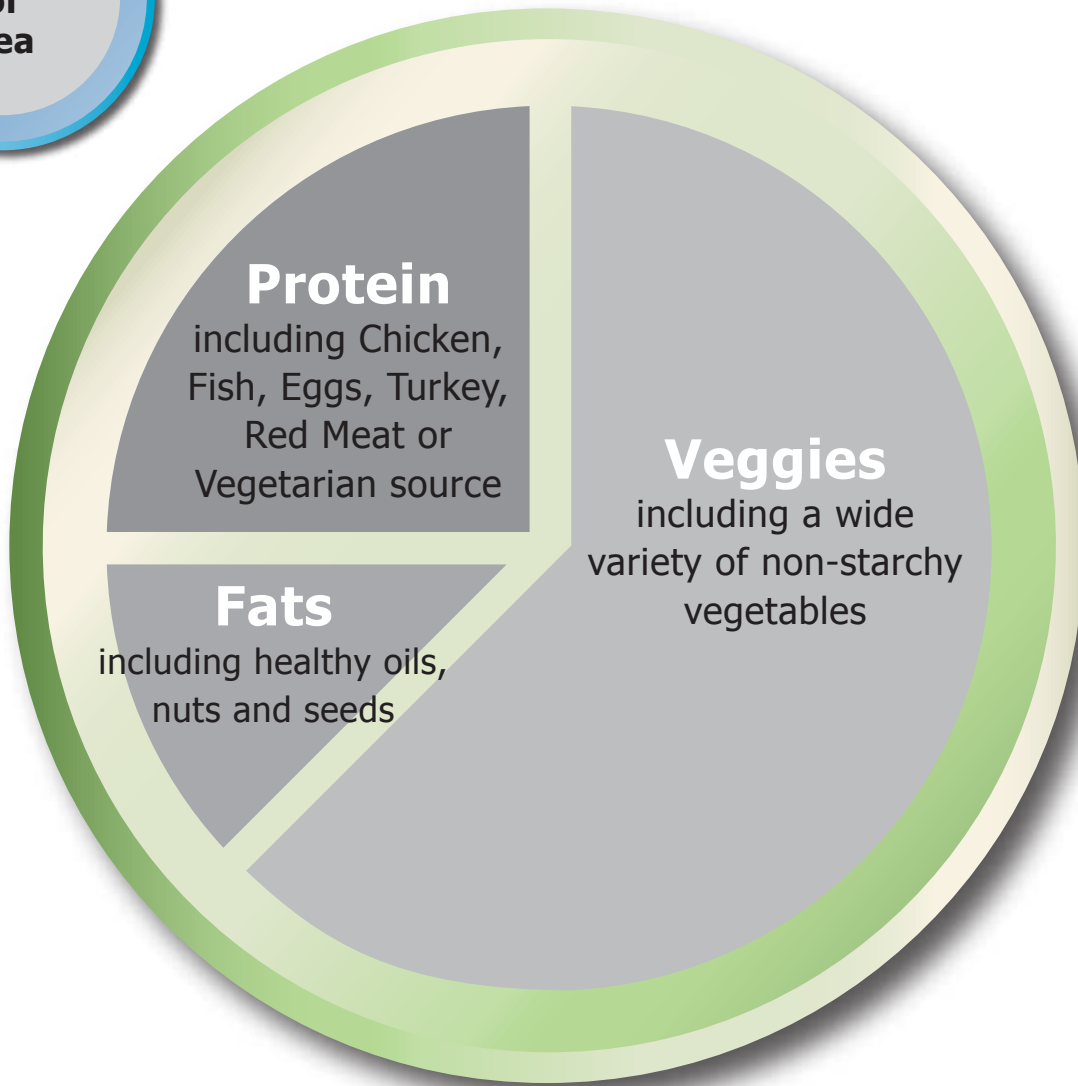
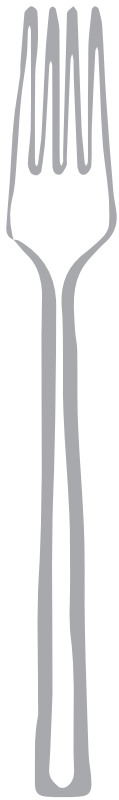
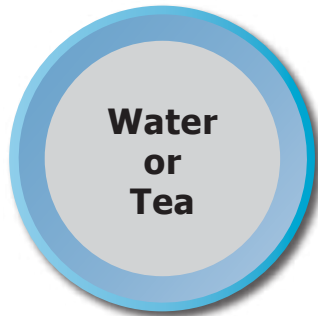


ANYTIME MEAL

All your meals not directly after a workout



- ✦ Eat slowly and stop when you are 80% full
- ✦ Save the starchy carbohydrates for after you exercise
- ✦ Chose mostly whole foods with minimal processing
- ✦ Follow hunger cues, eat more or less depending on your appetite
- ✦ Chose local or organic when possible

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