

# DON'T FORGET TO EAT

BY NOT EATING PROPERLY AFTER A WORKOUT, YOU'RE WASTING IT. MAKE SURE YOU EAT — LEAN PROTEIN AND CARBOHYDRATES ARE BEST — AS SOON AS POSSIBLE.

MILK — 8g PROTEIN PER 8oz. SERVING

PASTA & RICE — 24g CARBS PER SERVING

LEAN MEATS & CHICKEN — 20g PROTEIN PER 4oz. SERVING

BREADS — 24g CARBS PER SERVING

PROTEIN BARS — 20g PROTEIN

FRUITS & VEGETABLES

EGGS & EGG WHITES — 6g PROTEIN PER SERVING



**GATORADE**  
THE SPORTS FUEL COMPANY