

NUTRITION HACKS FOR PEAK ATHLETIC PERFORMANCE



01

PRIORITIZE PROTEIN INTAKE

Consume high quality protein source like lean meat, egg, fish, and plant baseprotein to support muscle repair and growth.



02

INCORPORATE HEALTHY FAT

Include source like avocado, nut, seed, and olive oil to support joint health, reduce inflammation, and enhance endurance.

03



POST WORKOUT NUTRITION

Eat a balance meal with carb and protein before workout for energy, and refuel with protein and healthy fat after exercise to aid recovery.



04

FUEL WITH COMPLEX CARBO

For whole grain, fruit, and vegetable to provide sustained energy and avoid energy crash during training or competition.