



A slow digest

Exercise Day:

Breakfast: (Slow digesting) protein/carbs
Mid-morning: protein/fat
Lunch: protein/fat
Mid-afternoon: protein/fat
Evening (after exercise): (Fast digesting) protein/carbs
Pre-bed: (Slow digesting) protein/fat

Non-exercise Day:

Breakfast: protein/carbs
Mid-morning: protein/carbs
Lunch: protein/fat
Mid-afternoon: protein/fat
Evening: protein/fat
Pre-bed: protein/fat

Breakfast via Evelin



Ingredients

- Oatmeal
- Bananas
- Frozen Casein shake
- Peanut butter

Lunch via Lina



Ingredients

- Salmon
- Pineapple
- Cilantro
- Red onions
- Red peppers
- Olive oil

Lunch via Evelin



Ingredients

- Veggies
- Rice
- Tuna

Breakfast via Evelin



Ingredients

- Oats
- Frozen berries
- Pineapple
- Frozen Casein

As usual, reply to this email, add me on Skype (chamileon857),
Whatsapp, Viber, Kik (Shauntls) or even Facebook to ask me about
anything...

Remember...

- Newsletter = The ingredients
- OSC and stuffz = The recipe

See you in the email replies or on Sunday.

Shaun
Stayfitbuzz.com

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