



SPORTS RECOVERY SMOOTHIES

SPORTS NUTRITION

Whether you are exercising just for general health, fat loss or an athlete in competition, the nutritional strategy you put in place before and after training can enhance performance and reduce fatigue and dehydration as well as promote optimal recovery afterwards.

In order to train properly and recover quickly you need to look at your chosen activity, how long it lasts, time of day and the nutritional strategy to assist in energy supply and recovery. What you eat and drink before your workout, allows the body to train in the best possible condition. Your meals should generally be a mix of carbohydrate for energy and protein to repair the body.

FUEL YOUR WORKOUT

If you're exercising, the rule of thumb is begin your workout well nourished, but with your stomach virtually empty. This basically means that based on your pre exercise nutrition, your body should be well hydrated and have enough glycogen to enter your session in the best physical condition.

Glucose is stored in the liver and muscles as glycogen. When we exercise the liver breaks down it's glycogen and releases the glucose into the bloodstream for energy. The muscles use this glucose as well as their own glycogen that is stored in the muscle to fuel their work. When glycogen is depleted we become fatigued. How much carbohydrate we eat will influence how much glycogen is stored and the amount we need depends on our activity level and exercise time.

A piece of low GI fruit like an orange, banana or a small protein drink 30 minutes prior can stabilize energy levels and get you powering through your 60 minutes session. If your exercise bouts are longer then make sure to take along carb replacements such as electrolyte drinks, gels or diluted potassium rich orange juice mixed that is mixed with water to get you through.

REPAIR + RECOVER

Your body needs protein for repair and quality carbs to replenish glycogen and electrolytes, choose foods rich in potassium that will help regulate fluid balance in the body, lower blood pressure and necessary for nerve and muscle contraction.

Consumption of small protein rich meals 10 – 25g of protein at each time throughout the day after your training session is the best for protein synthesis and a protein shake is a convenient way of getting protein into the bloodstream after a workout because it is quickly absorbed into the body and helps to assist the recovery process.

By taking notice of what you eat and what you drink as well as making sure you get enough rest, your body will have all the right ingredients to refuel and repair so you'll be ready to go and energized for your next training session.

TO SHAKE OR TO BLEND ?

Enjoying a Healthy Chef Protein shake immediately after exercise can increase muscle protein synthesis and optimise your recovery process. Before training it can curb appetite and keep blood sugars stable to get you through your workout in the best physical condition.

SHAKE:

For best results, Healthy Chef Pure Protein should be taken according to the instructions on the side panel of the pack. 2 tablespoons per serve in approximately 200mL - 250 mL water. Shake with ice and drink immediately. This is the quickest and most convenient way of enjoying your protein supplement either before or after exercise.

BLEND

For more of a meal replacement, add 2 tablespoons of Healthy Chef Pure Protein into any smoothie along with fresh or frozen fruits and smoothie boosters such as omega 3. This will ensure you will receive adequate protein, antioxidants and fiber to supplement your healthy diet and help you recover quickly after training.

Please consult your healthcare professional before undertaking any diet or exercise program.



HOW I LIKE TO ENJOY MY SMOOTHIE

In the mornings, I'm often pulling out my Vitamix and whipping up a healthy smoothie for breakfast. It's an easy way of getting a nutritious start to the day. I throw in berries, rice milk + a serve of Organic Pea Protein or WPI - it's that simple then blend and enjoy.

When traveling or busy with work I make it portable and keep one in my desk at work or in my suitcase when traveling. They are so quick and easy to prepare with water or your choice of milk then shaken. This helps me power through the day and keeps my energy levels on track.

MY TOP SMOOTHIE BOOSTERS

OMEGA 3

Essential in your diet and will support your health in every way such as reduce inflammation, nourish the brain, help with fat loss and protect the heart. Add 1 teaspoon flaxseed, chia, walnut or their oils into any smoothie. Krill or fish oil can also be added.

SPIRULINA

High in amino acids the building blocks of protein to help the body repair. Rich in iodine, which is needed for healthy thyroid for metabolism. Add one teaspoon into your next smoothie and feel energized.

PROBIOTICS

Good bacteria that help protect our immune and digestive system. Fermented foods such as natural yoghurt and kefir are a great addition to smoothies and you can also add a concentrated powder available from health food stores.

PROTEIN POWDER

Healthy Chef Pure Native Whey and Organic Pea Protein is a great addition to any smoothie. They contain all the essential amino acids needed to repair and support a healthy body. Add 2 tablespoons into any smoothie.

BERRIES

Low in calories and high in antioxidants. A study published in the British Journal of Nutrition found that adding strawberries to meals slowed the insulin responses by delaying the absorption of sugars in the digestive tract. Insulin is an anabolic hormone that increases storage of fat, protein and glucose. It's main effect in regard to fat is to block lipolysis (oxidation of fat). Throw frozen or fresh berries into any smoothie.





RECOVERY SMOOTHIE

2 whole oranges, peeled
1 ripe banana
1 cup (250 ml) water or apple juice
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein
1 cup ice to blend

COMBINE all the ingredients into a blender.
BLEND until smooth smooth + creamy.
ENJOY.

**What it's good
for:**
high in protein +
potassium rich to
support recovery.

PER SERVING:

Protein: 30.2 g
Total Fat: 0.4 g
Saturated: 0
Carbs: 32.2 g
Sodium: 34 mg
Fiber: 5.8 g
Calories: 249
kilojoules: 1040



CHERRY COCONUT SMOOTHIE

150 g (1 cup) **frozen Cherries**
1 banana
250 ml (1 cup) coconut water
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein

What it's good for:

high in protein + electrolytes
that helps hydrate cells and
supports recovery

COMBINE all the ingredients into a blender.
BLEND until smooth smooth + creamy.
ENJOY.

PER SERVING:

Protein: 31.2 g
Total Fat: 1 g
Saturated: 0.5
Carbs: 36 g
Sodium: 293 mg
Fiber: 4.3 g
Calories: 276
kilojoules: 1160



ENERGY SMOOTHIE

150 g (1 cup) **frozen blueberries**
1 orange, peeled
1 banana peeled
1 cup water, coconut water or apple juice
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein

What it's good for:

high in protein +
antioxidants + potassium
that helps to regulate muscle
contraction and fluid balance.

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ENJOY.

PER SERVING:

Protein: 30 g
Total Fat: 0.4 g
Saturated: 0
Carbs: 41 g
Sodium: 31 mg
Fiber: 6.5 g
Calories: 284
kilojoules: 1190



SUPER WARRIOR SMOOTHIE

1 banana fresh or frozen
1 orange, peeled or 1 cup pineapple chopped
1 teaspoon spirulina
1 teaspoon chia seeds
Handful baby spinach or kale leaves
250 ml (1 cup) water or coconut water or apple juice
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein
1 cup ice

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ENJOY.

What it's good for:

high in amino acids +
minerals to support help
support lean muscle and
metabolic rate

PER SERVING:

Protein: 30 g
Total Fat: 1 g
Saturated: 0.1
Carbs: 24.2 g
Sodium: 36 mg
Fiber: 5.1 g
Calories: 223
kilojoules: 935

SPORTS NUTRITION



MUSCLE BUILDER SMOOTHIE

1 banana, fresh or frozen
250 ml (1 cup) your choice of rice or almond milk, water or coconut water
2 tablespoons Healthy Chef Pure Native WPI or Organic Pea Protein
pinch cinnamon
1 teaspoon ground flaxseed, LSA or chia seed
1/2 cup ice

What it's good for:
high in protein
to support
lean muscle
+ recovery

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ADDITIONS: Add 2 teaspoons cacao powder + a little honey for an awesome chocolate flavor. Add tahini to boost calcium.

ENJOY.

PER SERVING:

Protein: 29 g
Total Fat: 2.5 g
Saturated: 0
Carbs: 17.2 g
Sodium: 28.8 mg
Fiber: g
Calories: 200
kilojoules: 722

FINALLY A PROTEIN SUPPLEMENT THAT'S

ALL NATURAL + DELICIOUS

Teresa Cutter

Great as a healthy meal replacement
or snack + supports weight loss,
body shaping + recovery.

Benefits

Gluten free, low carb, high protein,
no artificial sweeteners, fillers or gums,
low fat, organic and purely delicious.

Available online at thehealthychef.com



**HEALTHY
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Purely delicious

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WHY I DIDN'T WANT THESE INGREDIENTS IN MY PROTEIN SUPPLEMENT:

SOY PROTEIN

Most come from GM sources with high pesticide use. Phyto-oestrogens may cause hormonal disturbances + suppressed thyroid function in some people.

GLUTEN

Food sensitivities to gluten can elevate inflammation in some people and cause a range of health problems from hormonal imbalances, skin conditions, nutrient depletion, fatigue, mood swings and headaches.

DEXTRINS / GLUCOSE / FRUCTOSE

Can raise glycemic load as well as cause gastrointestinal distress, malabsorption and mineral loss in some people.

ARTIFICIAL SWEETENERS

Common sweeteners used are sucralose, splenda (955), aspartame, equal, nutrasweet, (951) saccharin (954). Side effects may include headaches, migraines, gastric distress, depression and weight gain.

SKIM MILK POWDER / MILK SOLIDS

Often used as a cheap bulking agent in less quality powders to maximise profit for the manufacturer. They are high in lactose sugars that can cause bloating, gastrointestinal distress, constipation and loose stools.

WHEY PROTEIN CONCENTRATE (WPC) + CASEINATE

WPC's and casein proteins are both by-products of cheese making. These slower release proteins are added to supplements to add a creamy mouthfeel to the final drink. They are poorly absorbed, high in lactose and poorly digested that can often cause bloating, flatulence + gastrointestinal distress in some people. It's quite ironic that these powders actually started off as a weight gainer in medical institutions !

VEGETABLE OILS / FATS

These ingredients are often added to many weight loss and protein supplements to increase richness and mouth feel of the powder. These fats are often derived from hydrogenated sources that contain trans fats, which are thought to be more harmful than saturated fats. Trans fats raise levels of bad cholesterol and lower levels of good cholesterol. Additionally, studies also suggest that trans fats may worsen insulin resistance, weight gain and diabetes and have detrimental effects on brain health.

THICKENERS + GUMS

Including xanthan gum and guar gum which are used as thickening agents and to create a feeling of fullness in the gut. The common side effects are gas, bloating, gastrointestinal distress.