



# **IDEAL breakfast SHAKE**

## **Training and Nutrition**

For athletes or anybody training for upcoming events nutrition is just as important as the training itself.

Recent research reveals the best way to replace this stored energy after intense exercise is to take a good quality source of protein such as whey combined with quick burning carbohydrates such as banana and milk. This combination provides electrolytes, branch chain amino acids (BCAA's) and a highly absorbable form of carbohydrates that can improve recovery and prevent overtraining which often leads to muscle soreness and injury.

The window of opportunity for taking protein and carbohydrates is from immediately post training to no more than 45 minutes after. At this time your metabolism is high and you absorb and replenish rapidly.

By having a shake, such as the Ideal Breakfast Shake, after exercise you are doing everything possible to maximise your results and prepare for the next session.

If you are looking for a superior protein source packed with antioxidant rich berries and immune enhancing herbs then Ideal Breakfast Shake is your answer.

Written by Jason Carroll, Naturopath and creator of Ideal Breakfast Shake