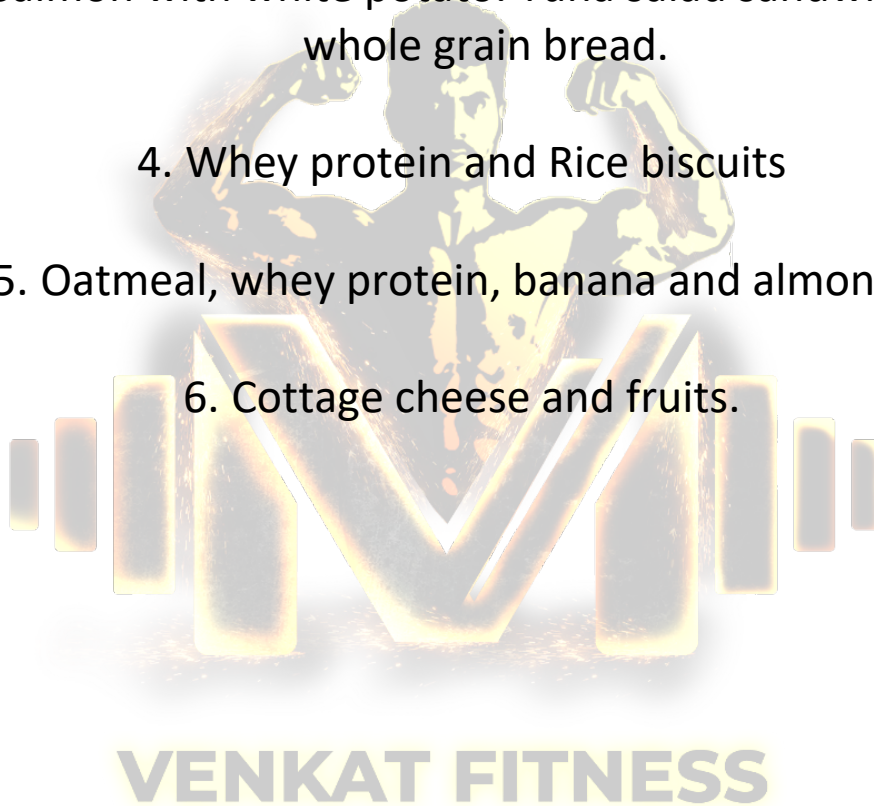


POST WORKOUT MEAL COMBINATIONS

1. Grilled chicken with roasted vegetables and rice
2. Egg Omelet with whole grain toast.
3. Salmon with white potato. Tuna salad sandwich on whole grain bread.
4. Whey protein and Rice biscuits
5. Oatmeal, whey protein, banana and almonds.
6. Cottage cheese and fruits.



FOR ONLINE FITNESS TRAINING VISIT OUR WEBSITE:
<https://venketfitness.com/online-training/> or call +91 96761
46789 for Complete Details