

The 10 Rules of Recovery

- 8 hours of sleep every night
- Eat breakfast upon waking
- Eat every 2-3 hours
- Eat protein with every meal
- Consume post workout shake w/in 30 minutes
- Drink 1 gallon of water every day
- Avoid high fat and processed foods
- Avoid simple sugars and caffeine
- Eat 5 to 9 servings of fruits and vegetables per day
- Post workout stretch