
Betsy's RECOVERY BOWL
Repair. Rebuild. Refuel.
WHY IT WORKS:
Replenishes Energy
Repairs Muscles
Reduces Inflammation
Prepares You for Tomorrow
RECOVERY CARBS
Quinoa & Sweet Potato
Refill Glycogen Stores
LEAN PROTEIN
Salmon (or Chicken, Turkey, Eggs)
Builds & Repairs Muscle
COLOR
Broccoli, Spinach & Greens
Vitamins, Minerals & Antioxidants
HEALTHY FATS
Avocado
Supports Recovery & Fights Inflammation
FLAVOR
Lemon, Herbs, Olive Oil
Great Taste + Nutrients
Refuel + Repair + Rehydrate = Come Back Stronger