

*Helping you live more!™*



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## **Post-Workout Smoothie**

*(Fast, Simple, Delicious!)*

Blend till smooth:

- 1 cup frozen berries
- 2 Tbsp. chia seeds
- 1 scoop of [Dutch Greens™](#)
- Add kefir to desired consistency (replenishes healthy bacteria), or almond/rice milk, or 100% fruit juice



After your workout, it is important to properly (as well as promptly) refuel your body. To ensure that your body will replace the fuel where you want it to go (as muscle fuel, not as stored fat), you should consume your post-workout meal within 45 minutes.

My favorite post-workout meal is a smoothie, which is very easily digested and the nutrients can be absorbed quickly by your body. Of course, your post-workout meal does not have to be a smoothie, just keep my “PFF Rule™” (always include Protein, Fat, & Fiber in a meal and/or snack) so you are properly refueling your body.

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