

MEET THE NEW POWER FOODS

Stock up on these ingredients. Research proves they can make you stronger, rev your metabolism, burn serious fat—even ease soreness so you can do it all over again tomorrow.

GAIN ENERGY



OATMEAL: Provides staying power so you won't crash between the 10th and 11th laps.



RAISINS: Grab a handful during long workouts for a natural energy boost.



BANANAS: Just as effective as sports drinks at keeping your electrolytes balanced.

SOOTHE PAIN



GINGER: Fights nausea and can reduce muscle pain by about 20 percent.



TART CHERRIES: They neutralize free radicals so you can recover faster.



TURMERIC: The spice that makes curry yellow acts like ibuprofen against joint pain.

BUILD MUSCLE



EGGS: This rich source of the amino acid leucine jump-starts muscle repair.



WHEY PROTEIN: Prime building material for tight abs and toned glutes.



SALMON OR TUNA: Their protein urges your muscles to begin the strengthening process.

SPIKE METABOLISM



PISTACHIOS: Curb post-workout hunger without packing on the pounds.



BEETS: These bad boys help you push harder with less effort during your workouts.



EDAMAME: Soybeans are high in fat-torching protein and fiber.

Power Foods

Ian Pickup



Power Foods:

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, Explore **Power Foods** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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