

# THE CORE

*Life is a journey with ups and downs, challenges and triumphs.  
Stay focused on your truth. -Kate Hudson*

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## THE FIGHT IS WORTH THE BITE: POST-WORKOUT SNACKS



01.16.16 | Blog Team

This year we are going to be lean, green workout machines! With fitness resolutions in full gear, we need to start thinking about post-workout fuel to keep our bodies running smoothly. After weight lifting and high-impact workouts, our muscles need protein and sustenance to rebuild. Take a look at our tasty and healthy on-the-go treats that will help you transition from the studio to the streets.

### **Peanut Butter Banana Blast Shake**

Put down the tub of Chunky Monkey and reach for a healthier option that boosts your body after a workout with protein, potassium and fiber, which is great for gut health. We spruced it up with some greens because who doesn't like some extra color?! Here's how you make it:

Ingredients:

Servings: 1

½ c plain yogurt

½ c milk

1 banana

1 Tbsp peanut butter

1 lg handful spinach

½ tsp vanilla

Blend all ingredients until smooth.

### **Seaport Farms Dry Roasted Edamame**

Take Japanese cuisine with you to the gym by snacking on delicious 100-calorie packs of [roasted edamame](#). They contain soy protein and plenty of fiber to restore your body after a bold workout. Choose from a goji blend, spicy wasabi and lightly salted varieties.

### **The Not-So-Develed Egg**

We love us a deviled egg, but these bite-sized snacks are full of fat and calories! Instead of getting rid of them all together, we swapped the yolk interior for hummus. It is just as delicious and has more of a Mediterranean taste, which we can definitely get behind. Top it off with some salt, pepper and paprika for an instant boost!



### **Vermont Smoke & Cure Meat Sticks**

A sophisticated take on jerky, [Vermont Smoke & Cure](#) crafts high-quality, smoked meat sticks packed with protein and flavor. They're easy to throw in your gym bag and they are non-GMO and gluten-free for all of you "smart" eaters out there. Our Fabletics team put their taste buds to the test, selecting these top flavors:

Honey Mustard Turkey Stick- We love how this turkey snack has a touch of honey to satisfy our sweet cravings.

Chipotle Beef and Pork Stick-This treat packs a punch with layers of flavor and medium heat. We love the taste of cumin and garlic and the fact that all the meats are humanely raised—major bonus points!

BBQ Beef Stick- Peppers and molasses are a dynamic duo—who knew!?

### **Tuna + Crackers**

This is not your elementary school tuna and crackers. Step up this longtime favorite snack by choosing the best ingredients to support muscle regrowth after your sweat session. Let us break it down for you:

Tuna: We recommend buying solid white albacore tuna packed in water. Mix it with a little fat-free yogurt and toss in some diced red onions and tomatoes. If you're feeling a little naughty, add in some fat-free shredded cheese.

