



10 Ways to achieve Peak Athletic Performance

- 1. Keep hydrated - drink water and clear or semi-clear liquids all day.
A good indicator of proper hydration is light colored urine.**
- 2. Eat 15-30 grams organic lean proteins immediately after a heavy workout.
This will help with muscle recovery.**
- 3. Eat at least 9-14 servings of fruits and veggies every day.
Include 5-7 servings of dark green leafy veggies a week.**
- 4. Eat two servings of fish a week: salmon, tuna, mackerel and/or take a
high quality fish oil supplement.**
- 5. Eat “good” monounsaturated fats including: Ground flax seed and flax
seed oil, olive oil, nuts, seeds and avocados.**
- 6. Eat high fiber whole grains like organic whole wheat, brown rice,
oatmeal, quinoa, millet etc.**
- 7. Choose organic meat and dairy as much as possible.**
- 8. Do not exercise without fuel. Try to eat good quality carbs (fruits and
grains), lean protein (beans, chicken, fish and egg whites) and healthy
fats.**
- 9. Get rid of toxins from your foods**
- 10. Take Juice Plus everyday to bridge the gap between what you should
eat and what you do eat everyday!! www.amyb.juiceplus.com**