

# Clean Eating & Recovery Plan

## Clean Eating & Recovery Plan

Your foundation for rebuilding energy, reducing inflammation, and thriving every day.

What to Focus On:

### 1. Whole Foods

- Prioritize vegetables, lean proteins, whole grains, healthy fats, and clean beverages.
- Avoid refined carbs, processed foods, and added sugars.

### 2. Sleep & Hydration

- Aim for 7-9 hours of quality sleep.
- Drink half your body weight in ounces daily.
- Add electrolytes for better hydration.

### 3. Post-Workout Fuel

- Eat within 30-60 mins post-workout.
- Combine protein + complex carbs.

### 4. Recovery Practices

- Active recovery: walking, yoga, or foam rolling.
- Stress reduction: breathwork, journaling, mindfulness.
- Cold & heat therapy: contrast showers, Epsom salt baths.

## 5. Weekly Plan Template

- Monday: Strength + foam rolling
- Tuesday: Walk + stretch
- Wednesday: HIIT + cold shower
- Thursday: Yoga + meditation
- Friday: Strength + sauna
- Saturday: Nature walk + journal
- Sunday: Full rest + meal prep

### Support Tools:

- Supplements: Magnesium, collagen, adaptogens
- Apps: Insight Timer, MyFitnessPal, WHOOP
- Resources: [fitwithgreg.com](https://fitwithgreg.com)

For the full guide and meal plan:

Visit [fitwithgreg.com/clean-eating-meal-plan](https://fitwithgreg.com/clean-eating-meal-plan)