



CARBOHYDRATE REFUEL MEAL POST WORKOUT

The ultimate build up bagel

INGREDIENTS (1 serving)

-
- 1 egg
- 1 plain bagel
- 245g (8.7oz) deli-style cooked turkey or chicken breast
- 125g (4.3oz) deli-style sliced roast beef
- Small handful of arugula
- 1 tomato, sliced
- 25g (0.8oz) 0% fat Greek yogurt
- 1 tsp chipotle paste or barbeque sauce

Long live the build-up bagel. You have just smashed a training session and earned those carbs. Go for good quality meat, not the nasty cheap processed stuff. Try the egg poached or fried instead of being soft boiled.

METHOD

—

Bring a saucepan of water to the boil. Carefully lower your egg into the water. Cook for 5-6 minutes for a runny yolk, then carefully lift it out with a slotted spoon and run it under cold water for 1 minute to help release the shell. Peel the egg and place to one side.

Slice the bagel in half and toast for a couple of minutes.

Spread the toasted bagel with your choice of sauce and yogurt, then begin building your bagel: start with the arugula and tomato, followed by the turkey or chicken and beef, then the egg. Finally, stick the top on the bagel and get munching!