



3 Nut job

Directly after training

Best if you need to eat on the move

- 30g peanuts
- An apple
- Drinking yoghurt

The pay-off Researchers at Purdue University, US, found that the high protein and fibre content of peanuts helps to curb hunger and doesn't promote weight gain.

...AFTER EXERCISE

1 Something fishy

Eat within 60 minutes after training

Best if you train late at night

- 1 large salmon fillet
- 1tbsp pesto
- ½tsp of olive oil
- 50g basmati brown rice
- 2 medium carrots
- 100g or a handful of French green beans

The pay-off "The olive oil is rich in omega 3, while the rice is rich in fibre, B vitamins and zinc, and puts you on track to a streamlined waistline," says Wells.

Step 1 Preheat the oven to 180°C/gas mark 4 and bring a pan of water to the boil.

Step 2 Brush a baking tray with the oil, place the salmon fillet on it and spread the pesto on the top – bake for approximately 18 minutes.

Step 3 Boil the rice for 15-20 minutes until cooked.

Step 4 Steam the veg for 5 minutes then serve.

2 Lunchbox gobble

Eat within 45 minutes after training

Best if you need a packed lunch for after training

- 2 turkey breasts
- 1 sweet potato
- A handful of steamed green beans

The pay-off "This gives you a sensible amount of sugar to replenish muscle sugar lost during training, plus protein to repair damaged body tissues from the workout," says Lovell. "The veggies supply essential nutrients to protect cells against damage."

Step 1 Bake the sweet potato for 45 minutes at 200°C/gas mark 6. While the spud is cooking, grill the turkey on a medium heat for 12 minutes or until cooked through.

Step 2 Steam the green beans for approximately 6 minutes so they retain a slight firmness to bite, then arrange all the items in a lunchbox and garnish the potato with olive oil when serving.

4 Cottage industry

Directly after training

Best if you exercise at lunch time and need to eat when you get back to work

- 4 oat cakes with low-fat cottage cheese

The pay-off "The roughage in the oat cakes leaves you feeling fuller for longer and the cottage cheese is a low-fat source of protein to fuel the muscle-building process without adding fat," says Wells.

5 Take the subway

Directly after training

Best if you are in a rush after training and don't have time to make something yourself

- Subway Chicken Teriyaki on wholewheat

The pay-off "It's only got 6g of fat and is loaded with cancer-bashing beta-carotene in the tomato," says Richard Kemp, head personal trainer at Global Training. "Protein will help build muscle, while the carbs recharge your batteries."