## WHAT TO EAT AFTER TRAINING?

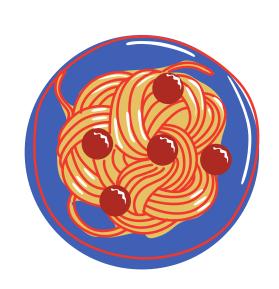
## IMMEDIATELY AFTER (AT THE FIELD)







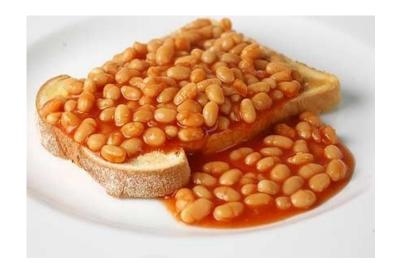
## WHEN YOU GET HOME













allbodies