

NUTRITION

for the injured athlete

BONE HEALING EDITION

MAJORS: PROTEIN + CALCIUM + VITAMIN D + VITAMIN C

THE BUILDER

protein

WHEN BONES HEAL, THE BODY FORMS NEW COLLAGEN FIRST. A PROTEIN-RICH SCAFFOLDING. IF PROTEIN IS LOW, HEALING SLOWS AND THE COLLAGEN MATRIX IS WEAKER.

EXAMPLES:

- CHICKEN, TURKEY, BEEF
- GREEK YOGURT, COTTAGE CHEESE
- PROTEIN SHAKES
- EGGS

THE MINERAL

calcium

CALCIUM HARDENS THE COLLAGEN FRAMEWORK INTO NEW BONE AND WITHOUT ENOUGH, THE NEW BONE STAYS SOFT LONGER.

EXAMPLES:

- DAIRY: MILK, CHEESE, YOGURT
- LEAFY GREENS (SPINACH, KALE)
- ALMONDS

vitamin d

THE ABSORBER

VITAMIN D TELLS THE INTESTINE TO ABSORB CALCIUM... AND TELLS THE BODY WHERE TO SEND IT. WITHOUT D, CALCIUM ABSORPTION DROPS BY UP TO 60%.

EXAMPLES:

- VITAMIN D-FORTIFIED MILK
- EGGS
- SALMON, TUNA
- SUPPLEMENT (MOST ATHLETES USE D3 DURING REHAB)

vitamin c

THE COLLAGEN GLUE

VITAMIN C IS ESSENTIAL FOR MAKING COLLAGEN. ITS THE FIRST BUILDING BLOCK OF HEALING TISSUE. WITHOUT ENOUGH VITAMIN C, BONE REPAIR SLOWS AND THE NEW TISSUE IS WEAKER.

EXAMPLES:

- CITRUS: ORANGES, GRAPEFRUIT
- BERRIES
- BELL PEPPERS
- KIWI
- BROCCOLI

OTHER THINGS THAT MATTER TOO:

SLEEP: 7-9 HOURS RECOMMENDED

STRESS: CONTROL YOUR CONTROLLABLES TO KEEP STRESS LOW

MOVEMENT: DO MOVEMENT THAT SERVES YOU WHILE YOU'RE OUT.
(IE: PHYSICAL THERAPY, MOBILITY, CARDIO)

LOTS OF FRUITS & VEGGIES FOR THE MICRONUTRIENTS
(VITAMINS & MINERALS!)

MANAGE YOUR EXPECTATIONS, GIVE YOURSELF GRACE



CONTACT COACH BREE:
BREE@LIFEINMOTIONLLC.COM
CALL OR TEXT (954)857-9336

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SUPER EASY FOOD IDEAS

GREEK YOGURT PROTEIN BOWL

- GREEK YOGURT
- STRAWBERRIES OR KIWI
- ALMONDS ON TOP

BREAKFAST PLATE

- 3 EGGS
- GLASS OF FORTIFIED OJ OR FRUIT
- SLICE OF CHEESE OR GREEK YOGURT ON THE SIDE

SALMON POWER BOWL

- SALMON
- SPINACH OR KALE
- ROASTED PEPPERS OR TOMATOES

HIGH-PROTEIN SMOOTHIE BLEND:

- WHEY OR GREEK-YOGURT-BASE PROTEIN
- MILK OR FORTIFIED PLANT MILK
- FROZEN BERRIES
- SPINACH

TURKEY + CHEESE WRAP + FRUIT

- TURKEY
- CHEESE
- WHOLE-WHEAT WRAP
- SIDE OF ORANGES OR STRAWBERRIES



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