

Injury Recovery Nutrition Summary

GOALS:

- Maintain lean muscle mass
- Support tissue repair and healing
- Control inflammation
- Boost immune function

MACRONUTRIENT TARGETS:

- Protein: 2.0-2.2g/kg bodyweight (e.g. 146-160g/day if 73kg)
- Carbohydrates: 3-5g/kg depending on rehab intensity
- Fat: 0.8-1g/kg for hormonal and anti-inflammatory support

KEY MICRONUTRIENTS:

- Vitamin C: Citrus fruits, bell peppers, kiwi
- Vitamin D: Eggs, oily fish, sunlight (or supplement)
- Zinc: Meat, seeds, legumes
- Magnesium: Leafy greens, almonds, dark chocolate
- Calcium: Dairy, tofu, spinach
- Omega-3s: Salmon, chia seeds, walnuts
- Collagen + Vitamin C: Take 30-60 mins before rehab for tendon/ligament repair

TIMING STRATEGY:

- Morning: High-protein + healthy fats + fibre
- Pre-Rehab: 10-15g collagen + 50mg vitamin C
- Post-Rehab: 25-30g protein + ~30g carbs

- Evening: Casein-rich snack (e.g. cottage cheese)

TOP FOOD SOURCES:

- Protein: Chicken, fish, eggs, yoghurt, protein powder, tofu
- Anti-Inflammatory: Berries, turmeric, ginger, spinach, olive oil, green tea
- Recovery Carbs: Sweet potato, oats, rice, fruit, whole grains
- Gut-Health: Kefir, yoghurt, fibre-rich veg

AVOID:

- Excess sugar
- Alcohol
- Ultra-processed foods
- Seed oil-heavy processed snacks

This plan ensures your body has the nutrients to heal efficiently while preserving conditioning and performance capacity.