



# Day 2 Recovery

## Your recovery schedule

- 1. Stretch
- Eat
- Vision

## Stretch Exercises

- Butterfly Stretch
- Side Lunge Stretch
- Standing Quad Stretch
- Cobra
- Standing Hip Flexor Stretch
- Standing Hamstring Stretch

Below is an example of a meal plan. Each Client varies. Each client's body vaies. For custom food plans contact [brugmethod@gmail.com](mailto:brugmethod@gmail.com) to fit your needs. Thank you.

## Sustenance

### Meal One (8:00-9:00)

- |                |                  |             |
|----------------|------------------|-------------|
| 3 - Whole Eggs | 2 - Turkey Bacon | ½ cup- Rice |
|----------------|------------------|-------------|

### Meal Two (12:00)

- |                  |                    |              |
|------------------|--------------------|--------------|
| 6oz- Ground Beef | 1 cup - Green Bean | ½ cup - Rice |
|------------------|--------------------|--------------|

- Snack
- Chocolate Rice Cakes

### Meal Three (16:00-17:00)

- |                         |                    |              |
|-------------------------|--------------------|--------------|
| 4 - oz - Chicken Breast | 1 cup - Green Bean | ½ cup - Rice |
|-------------------------|--------------------|--------------|

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.