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Protein is made up of amino acids, which act like building blocks for the body. When you eat protein after exercise, it gives your muscles the amino acids necessary to repair and rebuild.
After a workout, eating a complete source of protein that contains all of the essential amino acids is recommended.
Protein is essential for supporting muscle recovery even on rest days. One high-quality protein source to include on both active and rest days is protein shakes.
The protein I am using right now is

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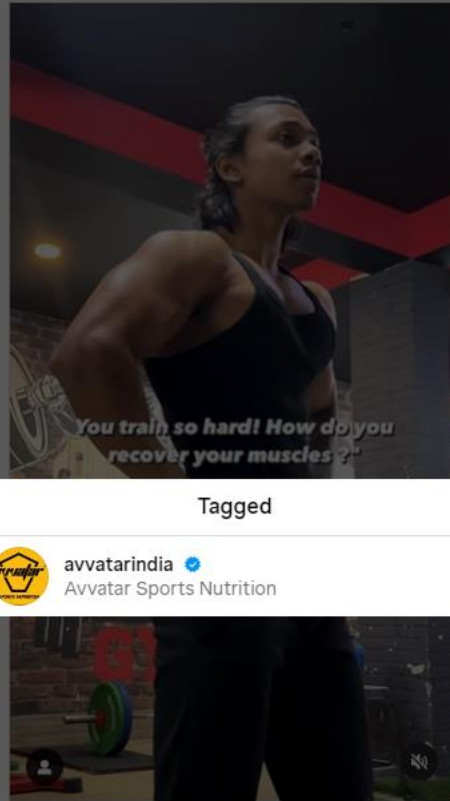
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