



# TOP 10 SUPERFOODS FOR ACTIVE PEOPLE

MUST-HAVES IN YOUR KITCHEN!

*by Musclecraft*



# INTRODUCTION



If you train regularly, you know that success isn't just about the hours spent at the gym or on the track. What you eat daily has a huge impact on your performance, recovery, and overall well-being. The right diet supports muscle growth, provides energy for workouts, and speeds up post-exercise recovery.

Your body derives energy from various sources, with three key macronutrients playing a crucial role:

- Carbohydrates – The primary fuel for muscles, especially during intense workouts. Fast-digesting sources like fruits or rice provide almost instant energy, while slow-digesting ones like oats or whole grains offer long-lasting support.
- Fats – Essential for recovery, hormone production, and serving as an energy source, particularly during prolonged, moderate-intensity exercise. Healthy fats (from nuts, olive oil, avocado, or fish) are vital for optimal body function.
- Protein – The main building block of muscles, necessary for post-workout recovery and maintaining muscle mass. While the body prefers to use other nutrients for energy, it may resort to protein in cases of calorie deficit.



Beyond macronutrients, vitamins, minerals, and antioxidants are also essential for strengthening immunity, supporting the nervous system, and protecting cells from oxidative stress.

In this guide, you'll find 10 key superfoods that should be staples in your kitchen if you want to stay strong, healthy, and in peak shape. Adding them to your diet will help improve athletic performance, speed up recovery, and keep you energized every day. Check out which foods should become a permanent part of your nutrition plan!



For more recipes, a calorie calculator, and other useful tools, visit [musclecraft.pro](https://musclecraft.pro) and take your nutrition and training to the next level!





*"Your body is your engine. The fuel you put in determines your performance."*

*~Tom Brady*





# OAT FLAKES

A great source of fiber and energy, supporting digestion and long-lasting satiety.

Calories	Protein	Carbohydrates	Fats
366	13	59	7

per 100g

# OAT FLAKES

Oat flakes are a fantastic source of complex carbohydrates, fiber, and essential nutrients such as B vitamins (B1, B5), magnesium, iron, and antioxidants like avenanthramides, which help reduce inflammation and improve heart health. The beta-glucans found in oats support digestion, promote satiety, and regulate blood sugar levels, making them a great choice for athletes and fitness enthusiasts.

## SAMPLE RECIPES

- Protein Oatmeal
- Overnight Oats
- Oat Pancakes







# CHICKEN BREAST

A lean protein source that supports muscle building and recovery.

Calories	Protein	Carbohydrates	Fats
120	22	0	3

per 100g

# CHICKEN BREAST

Chicken breast is a high-protein, low-fat meat that provides essential amino acids for muscle growth and recovery. It is rich in B vitamins (B3, B6, B12), which support metabolism and energy production, as well as minerals like phosphorus and selenium, which contribute to bone health and immune function. Due to its lean nature, chicken breast is an excellent choice for weight management and muscle-building diets.

## SAMPLE RECIPES

- Grilled Lemon Herb Chicken
- Chicken Stir-Fry
- Baked Chicken with Sweet Potatoes







# BEETS

Rich in nitrates, improving endurance and supporting circulation.

Calories	Protein	Carbohydrates	Fats
43	1,5	10	0,5

per 100g

# BEETS

Beets are packed with nitrates, which help improve oxygen delivery to muscles, enhance endurance, and lower blood pressure. They are also rich in folate, vitamin C, potassium, and antioxidants like betalains, which have anti-inflammatory and detoxifying properties. Beets support liver function, improve circulation, and are a great choice for pre-workout nutrition.

## SAMPLE RECIPES

- Beetroot Smoothie
- Roasted Beet Salad
- Beet Hummus





# EGGS

A complete source of protein and healthy fats,  
supporting recovery and hormones.

Calories	Protein	Carbohydrates	Fats
155	13	1	11

per 100g



# EGGS

Eggs are a complete protein source, containing all nine essential amino acids. They are rich in choline, which supports brain function, and vitamins A, D, E, and B12. The yolk provides healthy fats, omega-3s, and antioxidants like lutein and zeaxanthin, which promote eye health. Eggs are incredibly versatile and a staple for muscle recovery and overall health.

## SAMPLE RECIPES

- Scrambled Eggs with Spinach
- Avocado Egg Toast
- Protein Omelet





# SALMON

High in omega-3 fatty acids, promoting heart health and muscle recovery.

Calories	Protein	Carbohydrates	Fats
208	20	0	13

per 100g

# SALMON

Salmon is an excellent source of high-quality protein and omega-3 fatty acids (EPA and DHA), which reduce inflammation, support brain function, and improve heart health. It also contains vitamin D, B12, and selenium, making it an essential food for strong bones, immunity, and muscle recovery. Wild-caught salmon is particularly rich in antioxidants and beneficial fats.

## SAMPLE RECIPES

- Grilled Garlic Salmon
- Salmon with Quinoa Salad
- Smoked Salmon Wrap







# LOW-FAT COTTAGE CHEESE

A great source of casein protein, ensuring prolonged satiety and nighttime recovery.

Calories	Protein	Carbohydrates	Fats
99	21	3	0,5

per 100g

# LOW-FAT COTTAGE CHEESE

Cottage cheese is high in casein protein, which digests slowly and helps with overnight muscle recovery. It is rich in calcium, phosphorus, and B vitamins, which support bone health and metabolism. Its high protein content makes it an excellent snack for athletes and those looking to maintain muscle mass.

## SAMPLE RECIPES

- Cottage Cheese with Berries
- High-Protein Pancakes
- Savory Cottage Cheese Toast





# MILLET GROATS

An easily digestible source of carbohydrates with B vitamins, perfect for athletes.

Calories	Protein	Carbohydrates	Fats
346	11	69	3

per 100g



# MILLET GROATS

Millet is a gluten-free grain packed with fiber, magnesium, phosphorus, and antioxidants. It helps regulate blood sugar, supports digestion, and provides sustained energy for workouts. Its high vitamin B6 content contributes to brain health and energy metabolism.

## SAMPLE RECIPES

- Millet Porridge
- Millet and Vegetable Stir-Fry
- Millet Energy Balls





# AVOCADO

A source of healthy fats and potassium, supporting recovery and heart function.

Calories	Protein	Carbohydrates	Fats
160	2	8,5	15

per 100g

# AVOCADO

Avocado is rich in healthy monounsaturated fats, potassium, fiber, and vitamins C, E, K, and B6. It helps reduce inflammation, supports heart health, and provides long-lasting energy. Its creamy texture makes it a great addition to meals.

## SAMPLE RECIPES

- Guacamole
- Avocado Smoothie
- Stuffed Avocado







# BANANAS

A natural source of fast-absorbing carbohydrates and potassium, ideal post-workout.

Calories	Protein	Carbohydrates	Fats
89	1	23	0,3

per 100g

# BANANAS

Bananas are a fast-digesting carbohydrate source packed with potassium, vitamin C, and B6. They support muscle function, prevent cramps, and provide quick energy before or after workouts.

## SAMPLE RECIPES

- Peanut Butter Banana Toast
- Banana Protein Shake
- Banana Oat Muffins





# WALNUTS

Rich in omega-3 fatty acids, supporting brain function and recovery.

Calories	Protein	Carbohydrates	Fats
654	15	13,5	65

per 100g



# WALNUTS

Walnuts are rich in omega-3 fatty acids, antioxidants, and vitamin E. They support brain function, heart health, and reduce inflammation, making them a great snack for active individuals.

## SAMPLE RECIPES

- Walnut and Yogurt Parfait
- Walnut Pesto
- Walnut Energy Bars



# CONCLUSION

Fueling your body with the right foods is just as important as your training routine. The ten foods highlighted in this eBook provide essential nutrients, high-quality protein, healthy fats, and energy-boosting carbohydrates to help you perform at your best, recover efficiently, and maintain overall well-being.

By incorporating these nutrient-dense foods into your daily diet, you'll not only support muscle growth and endurance but also improve digestion, brain function, and heart health. Whether you're looking for quick pre-workout snacks, post-workout recovery meals, or balanced nutrition for an active lifestyle, these foods are the foundation of a strong and healthy body.

Remember, consistency is key—both in training and nutrition. Choose whole, natural ingredients, experiment with new recipes, and listen to your body's needs. With the right fuel, you'll maximize your performance, enhance your recovery, and take your fitness journey to the next level.

For more recipes, a calorie calculator, and other useful tools, visit [musclecraft.pro](https://musclecraft.pro) and take your nutrition and training to the next level!

Stay active, eat well, and keep pushing your limits!