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One could be a body builder or power lifter, a cricket player or a footballer or into any other activity. In order to succeed at these endeavors one has to push oneself far beyond ordinary expectations. Training is of course important but the right kind of nutrition at the right time in correct doses is equally important for the development of any individualâ€™s physical capabilities. Itâ€™s not only about consuming 35% protein, 50% carbohydrates and 15% fat but also selecting the right foods that will give you these nutrients at the correct time. These nutrients are macronutrients such as proteins, carbohydrates and fat and micronutrients such as vitamins and minerals. Protein shakes and sports nutrition such as the protein bars are ideal suppliers of protein that is so vital for building muscle tissue.

The body needs a large quantity of macronutrients to provide the fuel required for mental and physical endeavors. However, only a small amount of micronutrients such as vitamins and minerals are required. The perfect key lies in the effective use of these nutrients in balance. This is achieved through portion control and correct timing. Other than proteins, carbohydrates are required by the body for strength and endurance while caffeine, an alkaloid, is necessary to reduce perception of pain and physical efforts. Smaller doses of caffeine are therefore required throughout the day since it makes exercise seem easier too. The perfect meal for one who is keen to raise oneâ€™s threshold of energy therefore consists of

Protein Bar , vitamins and protein shakes at various times through the day during and between meals.

A typical example of Protein shakes is that of ABB Pure Pro 50 (12 bottles). Each bottle contains 50 gm of milk and whey proteins. It has low fat and sugar and contains the essential amino acids and BCAAs. Adequate support is provided towards muscle recovery and the product is diet friendly.

There are several examples of the protein bar/gel. The ABB steel bar has 12 bars in one pack. There are 20 gm of high quality protein and 19 vitamins and minerals in each bar. These bars therefore fit the bill whenever you are looking for a quick protein and carbohydrates after workout or for just a mini meal. There are 36 gm of carbohydrates but only 4 gm of fat in each bar. Other examples of protein bars are the optimum nutrition 100% whey crisp bar and the optimum nutrition wholly oats bar.

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