

VIBEMOTION LABS

Injury Recovery

Nutrition Guide

Eat to heal faster — the exact macros sports dietitians prescribe post-surgery.

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Phase-specific nutrition protocols for optimal tissue repair and return to performance.

WHY NUTRITION DETERMINES YOUR RECOVERY SPEED

Inadequate nutrition during injury recovery leads to accelerated muscle atrophy, impaired collagen synthesis, slower wound healing, and significantly elevated re-injury risk. The right nutritional strategy can reduce muscle loss by up to thirty percent and measurably accelerate return to sport.

MACRONUTRIENT TARGETS BY RECOVERY PHASE

PHASE	PROTEIN	CARBOHYDRATES	CALORIES
Acute — weeks 0 to 2	2.0 to 2.5 g per kg bodyweight	Moderate — match reduced activity level	10 to 15% deficit
Subacute — weeks 2 to 8	2.0 to 2.5 g per kg bodyweight	Increase as rehabilitation load increases	Maintenance calories

Remodelling — week 8 onwards 1.8 to 2.2 g per kg bodyweight High — fuel your training load 5 to 10% surplus

KEY HEALING NUTRIENTS

NUTRIENT	DOSE	MECHANISM	BEST SOURCES
Vitamin C	500 to 1000 mg/day	Collagen synthesis — critical for tendon, ligament, and bone repair	Citrus, bell peppers, kiwi, broccoli
Zinc	15 to 25 mg/day	Tissue repair, immune function, protein synthesis	Beef, pumpkin seeds, oysters, lentils
Omega-3 (EPA/DHA)	2 to 4 g/day	Anti-inflammatory — reduces swelling and muscle loss	Salmon, sardines, fish oil supplement
Collagen Peptides	15 to 20 g/day	Direct substrate for connective tissue collagen synthesis	Supplement — take with Vitamin C for absorption
Creatine	3 to 5 g/day	Attenuates muscle atrophy during immobilisation	Creatine monohydrate supplement
Leucine	3 g per meal	Activates muscle protein synthesis — critical during reduced training	Chicken, whey protein, cottage cheese

7-DAY SAMPLE MEAL PLAN — ACUTE PHASE

Adjust quantities to reach your protein target. Caloric intake should be slightly reduced to reflect lower activity levels during this phase.

DAY	BREAKFAST	LUNCH	DINNER
Monday	Greek yoghurt + berries + collagen powder	Chicken breast + roasted vegetables + quinoa	Salmon + sweet potato + steamed broccoli
Tuesday	Scrambled eggs + whole grain toast + orange juice	Turkey + avocado wrap + side salad	Lean beef stir-fry + brown rice + bell peppers
Wednesday	Protein oatmeal + banana + fish oil supplement	Tuna salad + whole grain crackers + kiwi	Chicken thigh + lentils + leafy greens
Thursday	Cottage cheese + pineapple + pumpkin seeds	Egg salad sandwich + tomato soup	Shrimp + pasta + garlic and olive oil + spinach
Friday	Protein smoothie with berries and chia seeds	Chicken rice bowl + roasted peppers	Turkey meatballs + courgette noodles + tomato sauce
Saturday	Poached eggs + fruit bowl	Sardines + whole grain toast + leafy salad	Lean pork + mashed sweet potato + green beans
Sunday	Pancakes + Greek yoghurt + blueberries	Chicken vegetable soup + whole grain roll	Salmon + asparagus + wild rice