

RECOVERY NUTRITION IDEAS

GOOD OPTIONS FOR RECOVERY, 15-60 MINUTES AFTER TRAINING

- Chocolate Milk (1.5-2 cups)
- Ready-To-Drink Recovery Beverages
 - Core Power, Muscle Milk, Rockin' Refuel, Gatorade Recover Shakes

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Add a hydrating beverage:

- Bagel + Peanut Butter, Cream Cheese, or Cheddar Cheese
- Cottage Cheese + Fruit
- Greek Yogurt + Fruit and/or Honey
- PB&J or PB & Honey Sandwich
- Chicken Sandwich
- Hummus & Pretzels
- Protein bar (at least 10 gram protein) + Fruit
- Bread + Tuna Packet
- Dried Fruit + String Cheese
- Pasta + Chicken
- Avocado Toast + Fruit
- Fig Newtons or Rice Cakes + Protein Shake
- Whole Grain Crackers + Peanut/Almond Butter
- Nuts + Fruit
- Grilled Cheese Sandwich + Fruit

POST-TRAINING SNACK GUIDELINES

- **3 R's of Recovery:** Refuel (with carbs), Repair (with protein), Rehydrate (with fluids + electrolytes)
- **Refuel:** 2-3:1 carb to protein ratio, 30-40 grams carb minimum (endurance training 4:1 ratio)
- **Repair:** 10-15 grams protein minimum, plant-based and larger athletes require more
- **Rehydrate:** Fluids + electrolytes. Hydrating fluids: water, sports drinks, low fat milk, coconut water, 100% fruit juice, decaf teas, tart cherry juice

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