

FUELING FOR RECOVERY

REFUEL muscles with carbohydrates (body weight/2 = grams of carbs).
REPAIR and rebuild muscles with 20-30 grams of high-quality protein.
REHYDRATE with fluids and electrolytes lost during working out.

FUELING STATION: 15-60 MIN. AFTER TRAINING



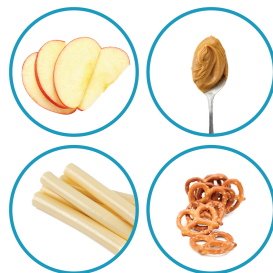
Chocolate Milk and Almond Refuel
 20g Protein • 53g Carbs

1 ½ cups low-fat chocolate milk
 1/4 cup almonds



Blueberry Yogurt Parfait
 22g Protein • 41g Carbs

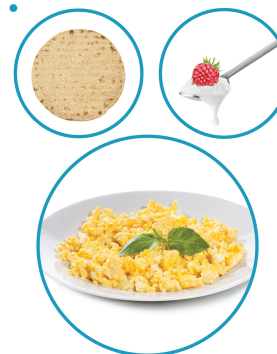
6 oz. Greek yogurt topped with:
 1/4 cup granola
 1 cup blueberries



Snack Extravaganza
 20g Protein • 70g Carbs

1 string cheese
 1 cup apple slices
 1/4 cup pretzels
 2 tbsp. peanut butter

TRAINING TABLE MEAL: 3-4 HOURS AFTER TRAINING



Egg Wrap with Yogurt Parfait
 28g Protein • 40g Carbs

2 scrambled eggs with 1/4 cup Cheddar cheese
 1 whole wheat tortilla
 1/2 cup plain yogurt with 1 cup raspberries



Fuel Up Stir Fry
 33g Protein • 59g Carbs

3 oz. chicken breast with 1/8 cup teriyaki sauce
 1 cup brown rice
 1 ½ cups stir fry vegetables



Chicken Fiesta Bowl
 40g Protein • 68g Carbs

1 cup brown rice topped with:
 1/2 cup black beans
 3 oz. chicken breast
 1/8 cup salsa
 1/2 cup lettuce
 1/8 cup shredded Mexican blend cheese



For advice on customizing a nutrition plan, consult a sports dietitian.

- ▶ For 2-a-day workouts, this recovery window is even more important.
- ▶ If you have a low appetite after exercising, a liquid food option may be the best place to start.
- ▶ Within two hours of working out drink 16-24 oz. of fluid for every pound lost during exercise.