REFUELING FOR RECOVERY

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

REFUELING STATION: 15-60 MIN. AFTER TRAINING



Chocolate Milk and Almond Fuel

20g Protein • 53g Carbs

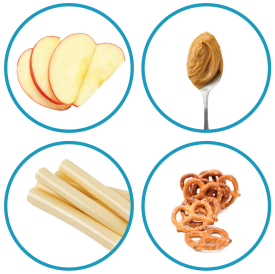
1 ½ cups low-fat chocolate milk
1/4 cup almonds



Blueberry Yogurt Parfait

22g Protein • 41g Carbs

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

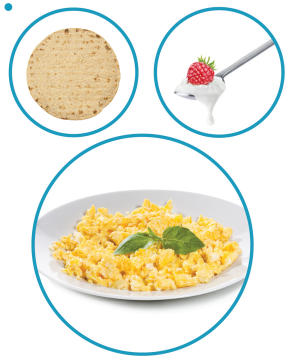


Snack Combination

20g Protein • 70g Carbs

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

TRAINING MEAL: 3-4 HOURS AFTER TRAINING



Egg Wrap and 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



Energizing 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 a nutrition plan tailored to you, consult a sports dietitian.

- **When training twice a day, this recovery window matters even more.**
- **If your appetite is low after exercise, start with a liquid food.**
- **Within two hours after exercise, drink 16-24 oz. of fluid per pound lost.**