

Recovery meals:

For optimal recovery, fuel your body within 30 minutes of finishing. The body is primed for carbohydrates to restore fuel to your muscles and protein to make repairs.

This is especially important for daily high-intensity or back-to-back workouts. Shoot for 40-80 grams of carbohydrates and 10-20 grams of protein. Include fluids as well for rehydration and electrolytes.

30-minute recovery ideas:

- Chocolate milk (low-fat) 10-20 ounces, granola bar
- Smoothie with low-fat yogurt, banana, berries, and splash of milk
- Peanut butter and jelly sandwich, sports drink
- 2 string cheese, whole-grain crackers, apple
- Bagel with cheese or turkey, sports drink
- Graham crackers, banana, low-fat milk

Other meal Ideas:

- Burrito or rice bowl- Rice, chicken/pork/beef/beans, vegetables, and salsa, easy on the sour cream and cheese, Add tortilla chips and guacamole, water
- Subs- Whole grain bread, turkey/chicken/roast beef, veggies, cheese, and mustard/ketchup, touch of mayo, Add pretzels, Water or low-fat milk.
- Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt

