## Recovery Snacks

### Hard Training

- 2-3 sessions per day
- High volume and/or intensity training
- Intense training phases with focus on adaptation (e.g., heavy lifting, altitude training)
- Races, tournaments, time trials

### Nutrition Guidelines

Refuel immediately after each training session.

- Include:
  - Carbohydrates
  - Fluid
  - Electrolytes
  - Protein

Continue refueling and rehydrating by consuming your next meal 1 hour later, followed by a snack 1 hour after that meal.

### Examples of Recovery Snacks

<table>
<thead>
<tr>
<th>Athletes who weigh &lt; 140 lbs. (choose one):</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural sports bar with 10-15 g protein + seasonal fruit + water</td>
<td></td>
</tr>
<tr>
<td>1 yogurt (regular) + 1 cup apple sauce + water</td>
<td></td>
</tr>
<tr>
<td>8 oz organic milk + 1/2 peanut butter and jelly sandwich + water</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Athletes who weigh between 140-170 lbs. (choose one):</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural sports bar with 15-20 g protein + 20 oz sport drink</td>
<td></td>
</tr>
<tr>
<td>16 oz organic milk + sports bar with 10 g protein + water</td>
<td></td>
</tr>
<tr>
<td>1 yogurt + 1 cup apple sauce + 1/2 cup oats + water</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Athletes who weigh &gt; 170 lbs. (choose one):</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural sports bar with 10-15 g protein + 12 oz organic milk + water</td>
<td></td>
</tr>
<tr>
<td>16-20 oz local honey-sweetened, organic milk + water</td>
<td></td>
</tr>
<tr>
<td>1 yogurt + natural sport bar with 10-15 g protein + water</td>
<td></td>
</tr>
<tr>
<td>Smoothie: yogurt + organic milk + seasonal fruit</td>
<td></td>
</tr>
</tbody>
</table>
### Moderate Training

- 1-2 moderate sessions per day
- Technical/skill-based training
- 1 moderate to hard training session with >24 hours of recovery before the next training or competition

### Nutrition Guidelines

**Refuel as soon as possible after the hardest training session of the day.**

**Include:**
- Balanced snack of carbohydrates, protein, fluid, and electrolytes
- Eat next meal within 1-2 hours

### Examples of Recovery Snacks

Choose one:
- Natural sport bar + water
- Yogurt + apple sauce + water
- Organic fruit/milk/soy smoothie
- 8-12 oz organic milk + water
- Fresh seasonal fruit + almonds + water
- Peanut butter and jelly sandwich + water
- Smoothie: yogurt + organic milk + seasonal fruit

### Easy Training

- 1 easy session per day
- 1 technical/skill-based session
- Recovery day or off season
- Weight loss

### Nutrition Guidelines

**Timing is less critical**

- Eat a healthy snack after training
- Eat a complete meal within 1-2 hours of training

### Examples of Recovery Snacks

Choose one:
- Water followed by next meal
- 8 oz home-brewed tea with honey
- Homemade granola bar + water
- Fresh seasonal fruit or homemade apple sauce + water
- Dried fruit with nuts + water
- Yogurt + water