

Recovery Snacks



| HARD TRAINING | NUTRITION GUIDELINES | EXAMPLES OF RECOVERY SNACKS |
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| <ul style="list-style-type: none"> • 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 | <p>Refuel immediately after each training session.</p> <p>Include:</p> <ul style="list-style-type: none"> ▪ Carbohydrates ▪ Fluid ▪ Electrolytes ▪ Protein <p>Continue refueling and rehydrating by consuming your next meal 1 hour later, followed by a snack 1 hour after that meal.</p> | <p>Athletes who weigh < 140 lbs. (choose one):</p> <ul style="list-style-type: none"> ▪ Natural sports bar with 10-15 g protein + seasonal fruit + water ▪ 1 yogurt (regular) + 1 cup apple sauce + water ▪ 8 oz organic milk + 1/2 peanut butter and jelly sandwich + water <p>Athletes who weigh between 140-170 lbs. (choose one):</p> <ul style="list-style-type: none"> ▪ Natural sports bar with 15-20 g protein + 20 oz sport drink ▪ 16 oz organic milk + sports bar with 10 g protein + water ▪ 1 yogurt + 1 cup apple sauce + 1/2 cup oats + water <p>Athletes who weigh > 170 lbs. (choose one):</p> <ul style="list-style-type: none"> ▪ Natural sports bar with 10-15 g protein + 12 oz organic milk + water ▪ 16-20 oz local honey-sweetened, organic milk + water ▪ 1 yogurt + natural sport bar with 10-15 g protein + water ▪ Smoothie: yogurt + organic milk + seasonal fruit |



MODERATE TRAINING

NUTRITION GUIDELINES

EXAMPLES OF RECOVERY SNACKS

- 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

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

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

NUTRITION GUIDELINES

EXAMPLES OF RECOVERY SNACKS

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

Timing is less critical

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

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