

When is Recovery Nutrition Most Important?

- High volume or intensity
- Heavy lifting
- Competition
- 2-3 training sessions/day

For skills/drills, yoga, stretch, recovery day, and weight loss phases, the next meal or small post-training snack is sufficient.

Recovery is not just a single event!

While the body may be responsive to nutrients 1-2 hours after exercise, the next 24-48 hour fully enhances the training response and prepares you for upcoming sessions.

Continuous ingestion of these nutrients in well-balanced meals and snacks every few hours can help you achieve your total daily nutrient needs.

SNACK IDEAS

Protein: 15-20 g

2 c milk (cow's, soy)*
 ¾ -1 c Greek yogurt*
 ¾ c cottage cheese
 2 string cheese
 1 c firm tofu
 2-3 cooked eggs
 2-3 oz deli meat
 1 1/2 c Kefir*
 1 ½ oz jerky
 2-3 oz fish
 ½ c nuts or seeds*
 ½ - ¾ c edamame
 4 Tbsp nut butter*
 1 c beans*

Protein: 20-25 g

3 c milk (cow's, soy)*
 1 ½ c Greek yogurt*
 1 ½ c cottage cheese
 3 string cheese
 1 ¼ c firm tofu
 3-4 cooked eggs
 3-4 oz deli meat
 2-2 ¼ c Kefir*
 2-2 ½ oz jerky
 ¾-1 c nuts or seeds*
 1 c edamame
 1-1 ½ c beans or lentils*
 1 scoop whey protein

Carbohydrate: 15-30 g

1 piece or cup fresh fruit
 ¼-½ c dried fruit
 1 c fruit juice
 1 c chocolate milk
 ½ c oatmeal
 1-2 slices sandwich bread
 ½ bagel
 1 English muffin
 1 granola or cereal bar
 2 x 6" tortillas or wraps
 ½-¾ c rice or farro
 ½ -1 c quinoa, beans, lentils*
 ¾ c cooked pasta
 4 Tbsp nut butter*

Carbohydrate: 45-60 g

2-3 pieces or cups fresh fruit
 ¾ - 1 c dried fruit
 2 c fruit juice
 2 c chocolate milk*
 1-1 ½ c oatmeal
 3 - 4 slices bread
 1 bagel
 2 English muffins
 4 fig bar cookies
 2 x 8" tortilla or wrap
 1 - 1 ½ c rice or farro
 1 ½ -2 c quinoa, beans, lentils*
 1 ½ c pasta

* Protein source contains at least 15 g of carbohydrate. Carbohydrate source contains at least 10 g of protein.

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