**FUELING FOR RECOVERY**

**REFUEL** muscles with carbohydrates (body weight/2 = grams of carbs).

**REPAIR** and rebuild muscles with 20-30 grams of high-quality protein.

**REHYDRATE** with fluids and electrolytes lost during working out.

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**FUELING STATION: 15-60 MIN. AFTER TRAINING**

- **Chocolate Milk and Almond Refuel**
  - 20g Protein + 53g Carbs
  - 1 1/2 cups low-fat chocolate milk
  - 1/4 cup almonds

- **Blueberry Yogurt Parfait**
  - 22g Protein + 41g Carbs
  - 6 oz. Greek yogurt topped with:
    - 1/4 cup granola
    - 1 cup blueberries

- **Snack Extravaganza**
  - 20g Protein + 70g Carbs
  - 1 string cheese
  - 1 cup apple slices
  - 1/4 cup pretzels
  - 2 tbsp. peanut butter

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**TRAINING TABLE MEAL: 3-4 HOURS AFTER TRAINING**

- **Egg Wrap with 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

- **Fuel Up Stir Fry**
  - 33g Protein + 59g Carbs
  - 3 oz. chicken breast with:
    - 1/8 cup teriyaki sauce
    - 1 cup brown rice
    - 1/2 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

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For 2-a-day workouts, this recovery window is even more important.

- If you have a low appetite after exercising, a liquid food option may be the best place to start.
- Within two hours of working out drink 16-24 oz. of fluid for every pound lost during exercise.

For advice on customizing a nutrition plan, consult a sports dietitian.