Recovery Meals & Snacks

**Re-up with the 3R's**

**REHYDRATE**
Remember to hydrate with water or other beverages soon after exercise.

**REPLENISH & REBUILD**
Refuel with a balanced meal/snack that combines protein and carbohydrate sources 30-60 minutes post exercise.

---

**Recovery Meals & Snacks**

- **Crunchy Cottage Cheese**
  - 1 cup of cottage cheese
  - 1/2 cup of whole grain cereal
  - Your choice of fruit
  - Add a tsp of honey for sweetness

- **Tasty Tuna Salad**
  - 2 spoonfuls of tuna salad
  - A handful of whole grain crackers with your choice of fruit

- **Whole Grain Turkey Wrap + Yogurt**
  - 1 whole wheat tortilla
  - 3 or 4 slices of turkey
  - 1 cup salad greens
  - 1 or 2 tsp of your favorite dressing
  - 1 cup of yogurt

---

**Don't forget...**

1. Remember to plan ahead for your post-workout meals and snacks. Stock your backpack, lockers, cupboards with healthy options.
2. Consider 3 meals and 2 snacks every day.
3. Aim for fruits and vegetables with every meal! These nutrient-packed foods have just what your body needs for recovery.

---

**Helpful Sites**

**NCAA Fueling Performance**
www.ncaa.org/health-and-safety
- Learn about timing of food and fluids before, during, and after exercise!

**SCAN Fueling for Recovery**
scan-dpg.s3.amazonaws.com
- Learn about the process of recovery and optimal recovery tools!

**Eating Frequency for the Student-Athlete**
www.ncaa.org
- Learn about the proper eating frequency for the student-athlete.
Questions from the Athletes

Q. How soon after a workout should I eat and what types of food should I choose?

A. There are many myths about the “best” times and types of food to eat after a workout. Many sources suggest eating a mix of carbohydrate and protein within 30-60 minutes after a workout in order to recover glycogen stores and provide your body with adequate nutrients for muscle repair and growth. Newer research suggests that the timing and type of meal might not matter as much as we once thought. BUT, your body still needs a certain number of calories from healthy sources of carbohydrate, protein, and fat before the day ends, so why not aim for a healthy meal soon after your workout is complete! See this month’s infographic for a quick summary and strategy for recovery and nutrition.

Q. If I have a late night practice or game, what should I eat after to have time to digest?

A. Regardless of the time of day, the most important part of recovery nutrition is to get enough calories from health sources of carbohydrate, protein, and fat. Eating late at night is not a bad thing if you have not met your calorie needs for the day. A good recovery meal late will look similar to a good recovery meal at 5pm. It’s a balance of healthy carbohydrates, protein, and fat – with lots of vegetables and fruit. If you need to go to sleep soon after your meal, it’s probably wise to stick with lower fat meal – this may help prevent indigestion when lying down. A healthy late-night meal might be:
- Whole grain pasta with chicken breast and roasted or sautéed veggies
- Baked sweet potato with roasted tofu and broccoli
- Hearty bowl of whole oats made with milk and fresh berries
- Eggs scrambled with spinach, onions, and peppers with whole grain toast.
Turkey Club Wrap, Fruit, and Veggie Combo

Grocery List:
- Sliced Turkey
- Sliced Bacon
- Tomato
- Lettuce
- Avocado
- Whole Grain Wrap
- Peach
- Carrots
- Celery