

# POST TRAINING/MATCH **RECOVERY NUTRITION**





## **FOOD OPTIONS**



## **GRILLED CHICKEN** WRAP/PITTA



SANDWICH (Chicken, tuna, cheese, honey, banana, peanut butter)



BAGEL (with jam plus a greek yoghurt)



BANANA (included in a smoothie or with a pint of milk)



YOGHURT + CEREAL BAR (O8 fat, total greek

## **DRINK OPTIONS**



### RECOVERY SMOOTHIE (containing carborhydrates and protein)



MILK/MILKSHAKE



WATER

## Top tip

Plan ahead...

'Pack a Snack' to eat straight after

exercise which will speed up your recovery.



yoghurt for protein)



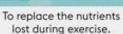
## **OPTIMAL** TIMING

Ideally within 30 minutes of exerice but no later than 2 hours.

### THE THREE R'S



Helps to transport energy and nutrients throughout the body.



REPLENISH

Helps to repair damaged muscles.

REGENERATE