



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
(0% fat, total greek
yoghurt for protein)

DRINK OPTIONS



RECOVERY SMOOTHIE
(containing carbohydrates
and protein)



MILK/MILKSHAKE



WATER



Top tip

Plan ahead...
'Pack a Snack'
to eat straight after
exercise which will
speed up your recovery.



OPTIMAL TIMING

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

THE THREE R'S

REHYDRATE

Helps to transport energy
and nutrients throughout
the body.

REPLENISH

To replace the nutrients
lost during exercise.

REGENERATE

Helps to repair
damaged muscles.



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