

FUELING FOR RECOVERY: REFERENCE GUIDE

Use this quick reference guide to choose foods that help you recover faster, feel better, and be ready for your next competition.



Golden Window Reminder

Refuel within 30-60 minutes after competition to optimize recovery.

Carbohydrates

Purpose:

Replenish energy stores lost during competition.



Fruit



Crackers



Granola bars



Sweet potatoes



Whole-grain bread

Protein

Purpose:

Rebuild muscles and speed up recovery.



Chicken



Greek yogurt



Fish



Cottage cheese



Eggs



Protein shakes

Hydration

Purpose:

Restore fluids and replenish electrolytes lost during exercise.



Water



Coconut water



Electrolyte tablets



Sports drinks

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Quick Post-Competition Snack Ideas:

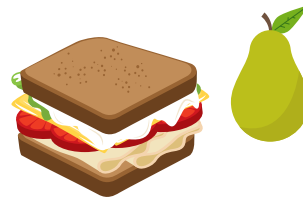
Carbs + Protein = Best Combo for Recovery!



Apple slices
with peanut butter



Banana with
Greek yogurt



Turkey sandwich
and fruit



Trail mix +
sports drink

Action Steps for Your Recovery:

1

Refuel with the right nutrients:

Try to include carbs, protein, and healthy fats in your post-competition meal or snack.

2

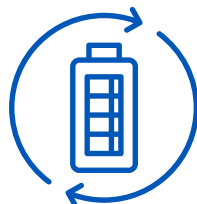
Remember to hydrate:

Replenish lost fluids and electrolytes, especially if you've had an intense competition.

3

Adjust based on how you feel:

If you're feeling sluggish or sore after a competition, tweak your fueling plan for next time.



Refuel, Repair, Recharge!