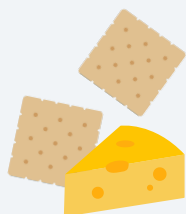


SMART SNACKING FOR FASTER RECOVERY

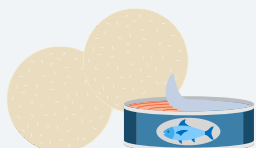
Don't forget to snack 30-60 minutes after a competition. This is your body's golden fueling window to absorb nutrients optimally!

Power Up: Post-Competition Recovery Snacks

Pair carbs and proteins for an optimal post-game snack to restore energy and kickstart recovery.



Crackers and cheese



Tuna salad and rice cakes



Chocolate milk



Chicken wrap



Carrots and hummus



Greek yogurt with fruit



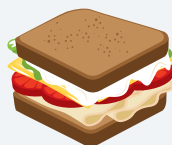
A fruit smoothie made with milk



Banana with peanut butter



A protein shake with added fruit



Turkey sandwich



Greek yogurt and berries

SMART SNACKING FOR FASTER RECOVERY

Don't forget to snack 30-60 minutes after a competition. This is your body's golden fueling window to absorb nutrients optimally!

Travel Snacks: Fuel on the Go

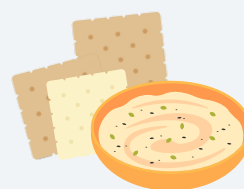
Keep your energy up with these easy-to-pack snacks!



String cheese and
a granola bar



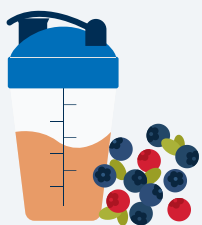
Trail mix with nuts
and dried fruit



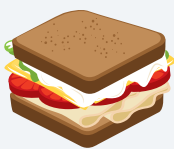
Hummus with
crackers

Bedtime Snacks: Recharge While You Sleep

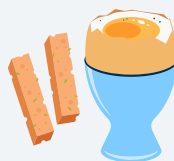
Your body works hard to recover while you sleep, so give it the nutrients it needs to come back stronger!



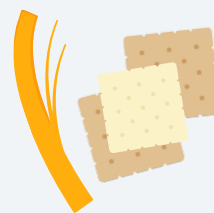
Protein shake made
with milk and berries



A turkey
sandwich



Soft-boiled egg
with toast



String cheese
with crackers



Smart fueling = faster recovery!

Keep your body strong by refueling at the right time. Choose a snack that works for you and make recovery a part of your routine.

Your next game starts now!