Post-Workout Recovery Nutrition

Refuel, Rebuild, Rehydrate

The 30-Minute Window

After every workout, your body needs fuel to recover. The sooner you eat, the better.

Nutrient	Target	Why
Carbs	50-75g	Replenish glycogen
Protein	20-30g	Repair muscle
Fluids	16-24 oz	Rehydrate

Recovery Snack Options

Option	Carbs	Protein
Chocolate milk (16 oz) + banana	60g	16g
Greek yogurt + granola + fruit	55g	20g
PB&J sandwich + milk	65g	22g
Protein smoothie	50g	25g
Bagel + 2 string cheese	55g	18g

Real Meal Within 2 Hours

Plate Components
1/2 plate: Carbs (rice, pasta, potatoes)
1/4 plate: Protein (chicken, beef, fish)

| 1/4 plate: Vegetables |

| Glass of milk or juice |

Post-Workout Steps

1. **Immediately:** 16-24 oz water or sports drink
2. **Within 30 min:** Recovery snack (carbs + protein)
3. **Within 2 hours:** Full balanced meal
4. **Throughout day:** Continue hydrating

Rehydration Guidelines

| Sweat Level | Fluids Needed |

|---|---|

| Light sweat | 16-20 oz per hour of exercise |

| Heavy sweat | 24-32 oz per hour of exercise |

Check urine color: Pale yellow = hydrated

Quick Recovery Combos

- Chocolate milk = perfect 3:1 carb to protein ratio
- Banana + protein shake
- Trail mix + juice box
- Cereal + milk

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