



## Why?

- Repair and build muscles
- Recover faster
- Replenish glycogen stores
- Rehydrate
- Improve performance



## When?

~ 30 to 60 minutes after exercise

## Steps to

### Step 1: REFUEL

#### CARBOHYDRATE

Goal range:: 60-75g\*



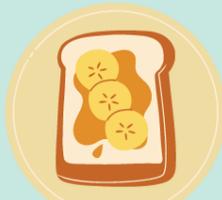
30g Carb



55g Carb



55g Carb



30g Carb



40g Carb



45g Carb

\*Needs will vary per individual according to body size, level of training, and goals

## Post-Exercise

### Step 2: REBUILD

#### PROTEIN

Goal range: 15 - 25g\*



8g Pro



7g Pro



15g Pro



15g Pro



25g Pro



8g Pro

## Examples



### Yogurt Parfait

40g Carb  
18g Pro



### PB & J

30 Carb  
8g Pro



### Chocolate milk + Banana

30 Carb  
10g Pro



### Turkey Sandwich

55g Carb  
20g Pro



### Egg + Chicken Rice Bowl

45 Carb  
20g Pro

## Nutrition

### Step 3: REHYDRATE FLUIDS + ELECTROLYTES\*

