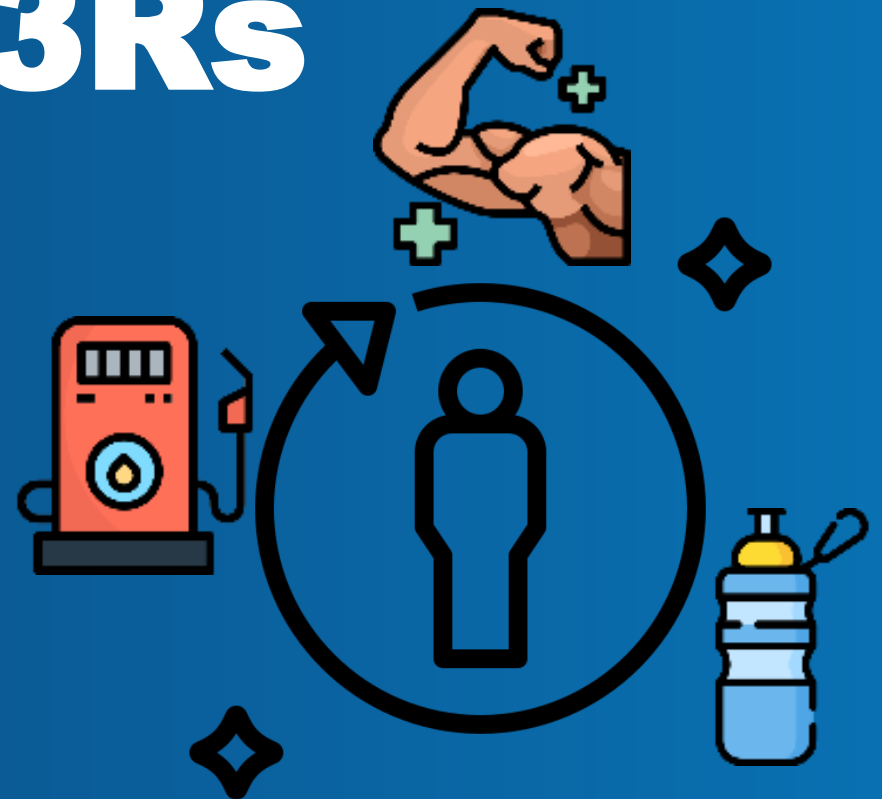
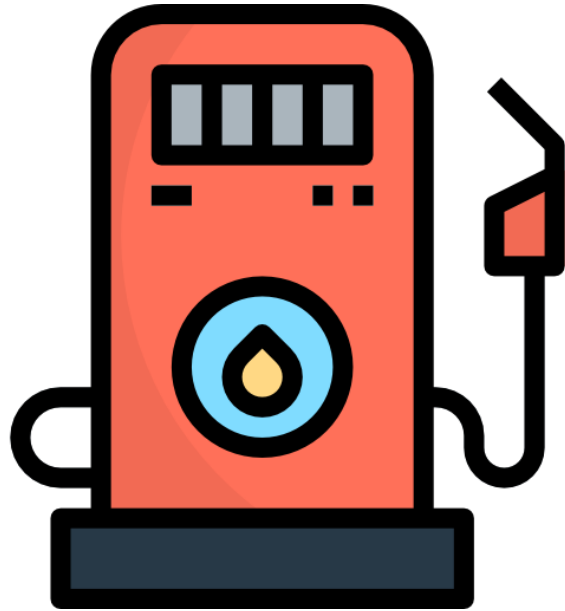
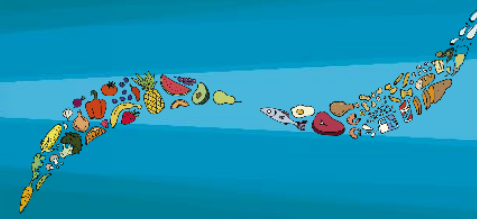


# RECOVERY SNACKS FOLLOWING THE 3Rs OF NUTRITION RECOVERY

Practical snack options for the 3Rs of Nutrition  
Recovery - Refuel, Repair and Rehydrate.



# 3Rs OF NUTRITION RECOVERY



## REFUEL

Replacing the carbohydrate energy reserves which were depleted from training



## REPAIR

Begin the process of repairing the muscle tissue that was damaged during training



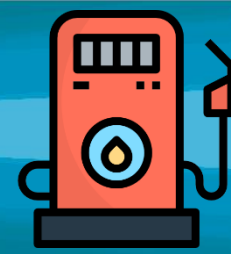
## REHYDRATE

Replace fluids that were lost from sweat in training

# REFUEL

## AIM

Refuel glycogen reserves so they aren't limiting in the subsequent training session



Up to 1.2g/kg  
Carbohydrate in  
the first hour  
after exercise

### BODY WEIGHT

### CARBS

50kg

60g

60kg

72g

70kg

84g

80kg

96g

1 ½  
Bananas

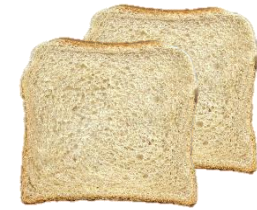


2 Apples

2 Weetabix with Milk



60g Porridge  
Pot



2 Slices of Bread

50g Dried  
Fruit



Each of these foods  
contains **30-40g**  
carbohydrate per  
serving



Average Bagel



300ml  
Fruit Juice



2 Large Slices  
Malt Loaf



1 Large  
Oat-based  
Bar



2 Small Cereal Bars

330ml  
Low-fat  
Chocolate  
Milk



500ml  
Sports  
Drink



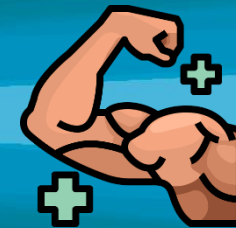
330ml  
Breakfast  
Drink



# REPAIR

## AIM

Combine the muscle protein synthesis stimulating effects of exercise and protein intake to maximise muscle repair and growth



~0.3g/kg of protein to maximally stimulate MPS in a meal

BODY WEIGHT	PROTEIN
50kg	15g
60kg	18g
70kg	21g
80kg	24g



Pint of Milk

Dairy-based Smoothie



200g Greek or Icelandic-style yoghurt



3 Eggs

1 Can Baked Beans



Each of these foods contains ~20g protein per serving



Small Tin Tuna



30-50g Biltong or Jerky



Small Chicken Breast

125g Cold Meat or Smoked Salmon



Protein Bar



30g Whey Protein



# REHYDRATE AIM

Replace lost fluids from sweat to avoid post-training dehydration and enter the next session in a euhydrated state



Over a 5h period aim to ingest 150% of the fluids lost during training

Body weight before (kg) – Body weight after (kg) x 1.5 = Fluid requirement (L)

Virtually all fluids positively contribute to hydration balance

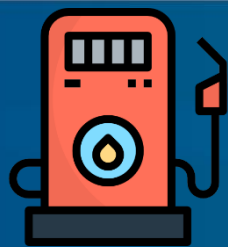
WEIGHT LOSS	150% FLUID
0.5kg	0.75L
1.0kg	1.5L
1.5kg	2.25L
2kg	3L



Protein Shake



# REFUEL



# + REPAIR



# + REHYDRATE



*Granola and berries with Greek yoghurt & green tea*



CARBS	PROTEIN
70g	20g



*Beans on toast*

CARBS	PROTEIN
65g	20g



*Protein bar and 250ml fruit juice*

CARBS	PROTEIN
50g	21g



*Oat, banana and yoghurt smoothie*

CARBS	PROTEIN
45g	20g



*Large tuna sandwich*

CARBS	PROTEIN
33g	33g



*Protein shake made with milk & banana*

CARBS	PROTEIN
33g	33g



*4 Weetabix with milk*

CARBS	PROTEIN
70g	20g

