

4 Goals For Recovery Nutrition

1. Restore Fluid and Electrolyte Balance
 - **Strategy: Take and drink a Powerade and / or water after exercise**
2. Restore Muscle Glycogen (carb) levels
3. Promote Protein Growth and Repair
4. Maintain Immune Function
 - **Strategy 1: Eat 1 recovery snack containing carbs and protein or drink a recovery smoothy immediately AND**
 - **Strategy 2: Have a carb-protein meal within 60 minutes of finishing e.g Beef and vege stir-fry and Rice or a chicken and salad sandwich**

Recovery Smoothy

Ingredients:

1 banana
250ml trim milk
150g low fat yoghurt
½ cup mixed frozen berries
2 scoops Sustagen sport powder

Directions:

Whizz in a blender

Consume immediately after exercise for best results

