

Recovery Snacks

The aim of a recovery snack is to replenish carbohydrate stores and repair muscle damage. The target is to get:

- 50-70g Carbohydrate
- 20-30g Protein

This can come from one snack or multiple snacks built to hit these targets.

Food Name	Measure	Energy (Kcal)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Apples	1 x	53	13.1	0.5	0.1
Bananas	1 x	285	70	3.6	0.9
Cheese cottage (plain)	100g serving	101	3.1	12.6	4.3
Yazoo	1 bottle	273	41	15.4	6.4
Muller Rice (original)	1 Pot	196	32	6.8	4.9
Natures Valley Honey & Oat bar	1 Pack (2 slices)	190	32	4	6
Oranges	1 x	59	13.6	1.8	0.2
Raisins	Box	77	19.6	0.6	0.1
Sandwich Chicken salad white bread	1 sandwich	359	46	22	10.9
Semi-skimmed Milk	1 Pint	261	27	19.9	9.7
Trail mix	Handful	173	14.9	3.6	11.4
Tuna (can)	1 can (180g)	129	0	31	0.8
Yoghurt Muller - Fruit Corner (all flavours)	1 Pot	158	22	5.7	5.7

For example

2 x apple with 1 pint of milk = 53.2g Carbohydrate, 20.9g Protein, 9.9g Fat

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