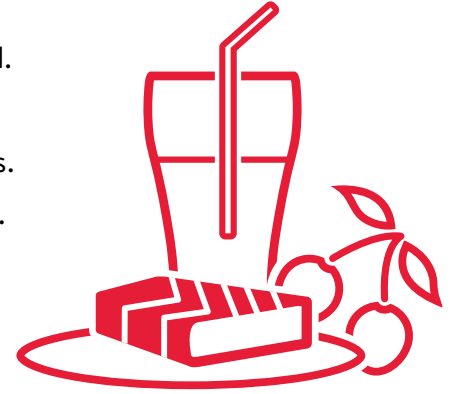


## Essentials

- Maximizing recovery is essential to maintaining performance at a high level.
- Muscle glycogen is the body's fuel during performance.
- During an intense training, your body uses up most of your glycogen stores.
- You need to reload your glycogen stores after every hard training or game. The body is best at doing that in the first 30 minutes after exertion.
- While most athletes are not hungry after a hard session, it is an essential time to re-fuel.
- Be creative in your post-training snack.



## Immediately After Training (30-60 minutes)

|           |   |                  |
|-----------|---|------------------|
| Refuel    | ➔ | 60g carbohydrate |
| Rebuild   | ➔ | 20g protein      |
| Rehydrate | ➔ | 20oz fluid       |

## Recovery is an All-Day Process

- It takes 24-48 hours to fully replace your energy stores.
- Continue eating well-balanced meals and snacks throughout the day for optimal recovery.

## Recovery Food Ideas

- Energy bar
- Recovery drink
- Smoothie
- Trail mix
- Chocolate milk
- Almonds
- Nut butter

## Inflammation-Reducing Foods

- Herbs: tumeric, garlic, ginger
- Produce: tart cherries, spinach
- Omega-3 fatty acids: salmon, nuts, avocados

## Recovery Snack Ideas

| Choose a food from protein column and a food from carb column based on training session |                                           |                                                 |                                                 |
|-----------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Protein: 15 – 20 g                                                                      | Protein: 20 – 25 g                        | Carbohydrates: 15 – 30 g                        | Carbohydrates: 45 – 60 g                        |
| 2 cups milk                                                                             | 3 cups milk                               | 1 piece or cup fresh fruit                      | 2 - 3 pieces or cups fresh fruit                |
| $\frac{3}{4}$ - 1 cup Greek yogurt                                                      | 1 $\frac{1}{2}$ cup Greek yogurt          | $\frac{1}{4}$ - $\frac{1}{2}$ cup dried fruit   | $\frac{3}{4}$ - 1 cup dried fruit               |
| $\frac{3}{4}$ cup cottage cheese                                                        | 1 $\frac{1}{2}$ cups cottage cheese       | 1 cup fruit juice                               | 2 cups fruit juice                              |
| 2 string cheeses                                                                        | 3 string cheeses                          | 1 cup chocolate milk                            | 2 cups chocolate milk                           |
| 1 cup firm tofu                                                                         | 1 $\frac{1}{4}$ cups firm tofu            | $\frac{1}{2}$ cup oatmeal                       | 1 – 1 $\frac{1}{2}$ cups oatmeal                |
| 2 - 3 cooked eggs                                                                       | 3 - 4 cooked eggs                         | 1 - 2 slices sandwich bread                     | 3 - 4 slices sandwich bread                     |
| 2 - 3 oz deli meat                                                                      | 3 - 4 oz deli meat                        | $\frac{1}{2}$ bagel                             | 1 bagel                                         |
| 1 $\frac{1}{2}$ cups Kefir                                                              | 2-2 $\frac{1}{4}$ cups Kefir              | 1 english muffin                                | 2 english muffins                               |
| 1 $\frac{1}{2}$ oz jerky                                                                | 2-2 $\frac{1}{4}$ oz jerky                | 1 granola or cereal bar                         | 4 fig bar cookies                               |
| 2 – 3 oz fish                                                                           | $\frac{3}{4}$ - 1 cup nuts or seeds       | 2 x 6" tortillas or wraps                       | 2 x 8" tortillas or wraps                       |
| $\frac{1}{2}$ cup nuts or seeds                                                         | 1 cup edamame                             | $\frac{1}{2}$ - $\frac{3}{4}$ cup rice or farro | 1 – 1 $\frac{1}{2}$ cups rice or farro          |
| $\frac{1}{2}$ - $\frac{3}{4}$ cup edamame                                               | 1 – 1 $\frac{1}{2}$ cups beans or lentils | $\frac{1}{2}$ - 1 cup quinoa, beans, lentils    | 1 $\frac{1}{2}$ - 2 cups quinoa, beans, lentils |
| 4 tbsp nut butter                                                                       | 1 scoop whey protein                      | $\frac{3}{4}$ cup cooked pasta                  | 1 $\frac{1}{2}$ cups cooked pasta               |
| 1 cup beans                                                                             |                                           | 4 tbsp nut butter                               |                                                 |



### Locations

#### Burlingame

1720 El Camino Real  
Suite 122  
Burlingame, CA 94010

#### Palo Alto

730 Welch Road  
Palo Alto, CA 94304

#### Pleasant Hill\*

3480 Buskirk Avenue  
Suite 125  
Pleasant Hill, CA 94523

\* In partnership with John Muir Health

#### Pleasanton

5000 Pleasanton Avenue  
Suite 200  
Pleasanton, CA 94566

#### San Francisco

1100 Van Ness Avenue  
7th Floor  
San Francisco, CA 94109

#### Sunnyvale

1195 West Fremont Avenue  
2nd Floor  
Sunnyvale, CA 94087

### Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org).