

The meals included in this pamphlet are based on:

10 grams of protein

100-150 grams of carbohydrates

Moderately high to high glycemic carbohydrates

These amount of proteins and carbohydrates allow your athlete to start the recovery process right after their competition or practice in order to be ready for the next day.

With all 6 menu options make sure to also do these two additional items:

Make sure to drink water with each of the six menu options to stay hydrated

Get at least 8 hours of sleep to let your body fully start the recovery process

Pre-Competition information

Get a good night sleep the night before

Eat a Healthy Breakfast

Eat a Healthy Lunch, Carbohydrates are important for competition

Drink lots of Water throughout the day

Bring a snack to eat before, especially if we have a 4 P.M. game and your athlete ate lunch at around 11 AM

More smaller meals is better for an athlete than a few LARGE meals

The minimum number of Calories your athlete should be consuming is 2700 Calories

Healthy Recovery Options

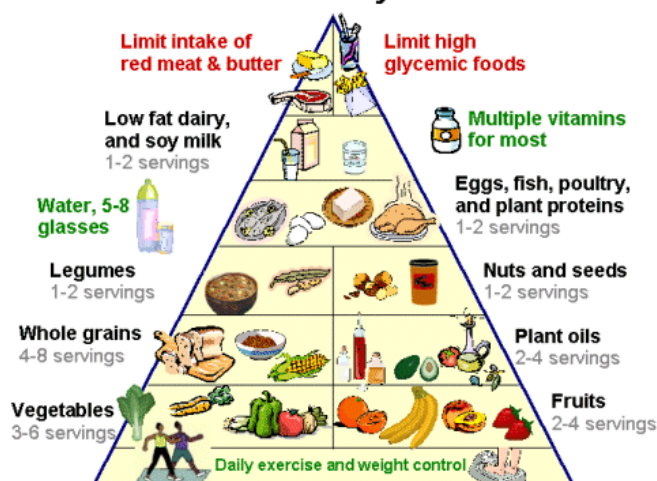
MENU FOR SUCCESS

6 good options to refuel your body after competition



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New Food Pyramid



OPTION #1

Foods	CLIFF Bar Chocolate Chip Peanut	Gatorade - 02 Perform	Original Mike and Ikes
Serving Size	1 bar	8 ounces	23 pieces
Servings	1	4	0.5
Carbohydrates (grams)	40	14	36
Proteins (grams)	10	0	0
Total Carbohydrates (grams)	114		
Total Proteins (grams)	10		

OPTION #2

Foods	Pineapple	Chocolate Milk	Raisins
Serving Size	1 cup	1 cup	1 ounce
Servings	2	1	2
Carbohydrates (grams)	22	27	22
Proteins (grams)	1	9	1
Total Carbohydrates (grams)	118		
Total Proteins (grams)	13		

OPTION #3

Foods	Yoplait Greek Yogurt	RITZ Crackers	Cranberry Juice
Serving Size	4 ounces	5 crackers	8 ounces
Servings	1	3	2
Carbohydrates (grams)	18	10	30
Proteins (grams)	8	0.8	0
Total Carbohydrates (grams)	108		
Total Proteins (grams)	10.4		

OPTION #4

Foods	Swedish Fish	Gatorade - 03 Recover	Banana Bread
Serving Size	19 pieces	8 ounces	1 ounce is approx. 1 slice
Servings	1	1	3
Carbohydrates (grams)	38	20	15
Proteins (grams)	0	8	1
Total Carbohydrates (grams)	103		
Total Proteins (grams)	11		

OPTION #5

Foods	Jello	Banana	Tropicana Orange Juice
Serving Size	1/2 cup	1 large banana	8 ounces
Servings	3	1	1
Carbohydrates (grams)	19	31	26
Proteins (grams)	2	1	2
Total Carbohydrates (grams)	114		
Total Proteins (grams)	9		

OPTION #6

Food	Fruit Smoothie	Cottage Cheese	Strawberry	Jelly Belly Sour Gummy Worm
Serving Size	1 cup	1 ounce	1 cup	14 pieces
Servings	2	2	1	1
Carbohy- drates (grams)	34	1	11	27
Proteins (grams)	1	3	1	2
Total Carbohydrates (grams)	108			
Total Proteins (grams)	11			