

POST-PRACTICE RECOVERY GUIDE

Refuel, rehydrate, and recover after training

1. Rehydrate

Drink fluids after training and continue drinking with the next meal or snack.

2. Eat a recovery meal or snack

Aim for a combination of carbohydrate-rich foods and protein, plus produce or other nutrient-dense foods as practical.

3. Keep it convenient

- Turkey or chicken wrap + fruit
- Greek yogurt + fruit + oats
- Rice bowl with chicken/turkey and vegetables
- Eggs + toast + fruit
- Smoothie + sandwich or other balanced snack

4. Make recovery routine

Plan the post-practice option before practice starts, especially on busy school nights.

Remember

Recovery is more than one snack. Consistent meals, hydration, sleep, rest, and appropriate training all contribute to recovery.

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.