

Snack Ideas for Swimmers AFTER Hard Training Session

3 R's of Recovery Nutrition

- **Refuel** with fast absorbed **carbs**
- **Rebuild** with high quality **protein**
- **Rehydrate** with **fluids**

When: As soon after training as possible, ideally within 30 minutes

How much: 50-70g carbs
20-40g protein

Snack size soreen (30g)



Carbs: 18g
Protein: 2g
Fat: 2g

1 medium banana (100g)



Carbs: 20g
Protein: 1g
Fat: 0g

1 medium apple (180g)



Carbs: 20g
Protein: 1g
Fat: 1g

Strawberries (160g)



Carbs: 10g
Protein: 1g
Fat: 1g

Access Colour-Fit [HERE](#)

There are 100's of recipes and over 25 smoothies on Colour-Fit. The all day energy smoothie is a great option here

2 oranges (240g)



Carbs: 19g
Protein: 2g
Fat: 0.5

150ml orange juice



Carbs: 16g
Protein: 1g
Fat: 0g

300ml semi skimmed cows milk



Carbs: 14g
Protein: 11g
Fat: 5g

300ml flavoured milk



Carbs: 27g
Protein: 13g
Fat: 4g

Drinks are a great way to increase carb count if you struggle with your appetite after training. Dairy options tick off protein too

Total carb amount depends on the recipe you use and your portion size

Energy balls



Carbs: 15g
Protein: 5g
Fat: 15g

150ml Naked Blue Machine juice



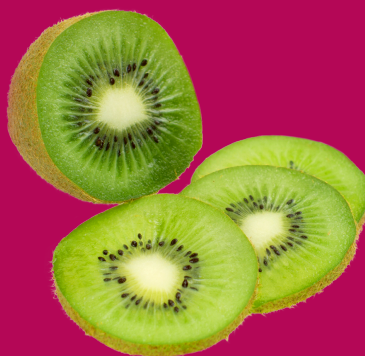
Carbs: 18g
Protein: 1g
Fat: 0g

1 Nakd bar (35g)



Carbs: 16g
Protein: 4g
Fat: 7g

2 x kiwis (160g)



Carbs: 8g
Protein: 1g
Fat: 0.5g

Adding fruit/veg to your post training snack can help you stay healthy and illness free

Flapjack



Carbs: 45g
Protein: 4.5g
Fat: 18g

Strawberry and blueberry smoothie



Carbs: 27g
Protein: 13g
Fat: 4g

Banana bread



Carbs: 40g
Protein: 4g
Fat: 17g

180g pot muller rice original



Carbs: 29g
Protein: 6g
Fat: 5g

Try making the Colour-Fit 'nut free flapjacks' in advance

Mix and match. Try different options and see what you prefer