

RECOVERY FUEL **ON THE GO**

Aim to eat a carb-rich meal with protein within **2 hours after physical activity** for optimal recovery.

Or grab a recovery-snack kit to go!

Each recovery kit provides the right amount of **carbs (50–80 g) & protein (16–24 g)** to refuel your body and boost recovery.

KIT #1
PB&J sandwich + chocolate milk

CARBS
PROTEIN

CARBS
PROTEIN

KIT #2
Greek yogurt + trail mix + piece of fruit

PROTEIN

CARBS
PROTEIN

CARBS

KIT #3
Cereal + milk + handful of nuts

CARBS

CARBS
PROTEIN

PROTEIN

KIT #4
Whole-wheat pita + hummus

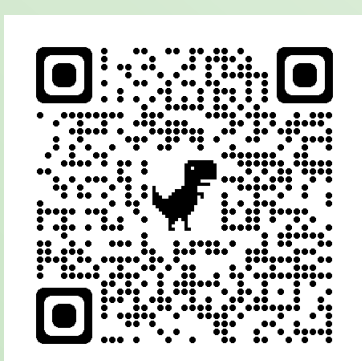
CARBS

PROTEIN

Go for Green® makes it easy for you to identify and choose foods that enhance your performance.

- Green** High-performance fuel
- Yellow** Moderate-performance fuel
- Red** Low-performance fuel

Eat Well
PERFORM WELL



hprc-online.org/nutrition/go-green

