

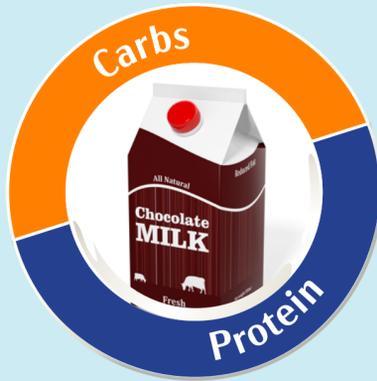
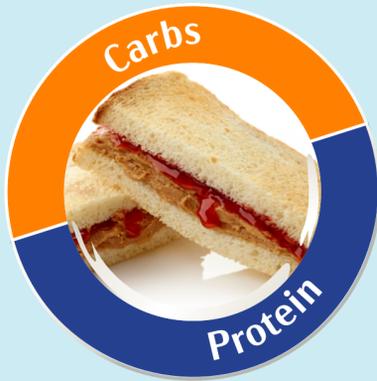


RECOVERY FUEL: ON THE GO



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!

Kit #1: PB&J sandwich + chocolate milk



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

Kit #2: Greek yogurt + trail mix + piece of fruit



Kit #3: Cereal + milk + handful of nuts



Kit #4: Whole-wheat pita + hummus

