



TrueFood Recovery Menu

Training Type	Nutrition Guidelines	Example of Recovery Nutrition
<p>HARD TRAINING</p> <ul style="list-style-type: none"> • High volume and/or intensity • Training adaptation (e.g. heavy lifting, altitude training) • Races (even if simulated) • 2-3 or more sessions per day 	<p>Refuel immediately after training</p> <ul style="list-style-type: none"> • Carbohydrate • Protein • Fluid • Electrolytes <p>Eat next meal 1 hour later Add a snack 1 hour later Continue with fueling and hydration</p> <ul style="list-style-type: none"> • Have a good plan in place! • Prepare for hard days with dinner! 	<p>Young and light athletes < 140 lbs</p> <ul style="list-style-type: none"> • Natural Sports Bar w/ 10-15 g Protein + Seasonal Fruit + Water • Local Yogurt (regular) + Apple Sauce + Water • 8 oz Organic Milk + ½ PB&J + Water <p>Young and heavier athletes 140-170 lbs</p> <ul style="list-style-type: none"> • Natural Sports Bar w/ 15-20 g Protein + 20 oz Sport Drink • Organic Milk (16 oz) + Sports Bar with 10 g Protein + Water • Local Yogurt + Apple Sauce + 1/2 cup Oats + Water <p>Heavier athletes > 170 lbs</p> <ul style="list-style-type: none"> • Natural Sports Bar w/ 10-15 g Protein + 12 oz Milk + Water • 16-20 oz Sweet, Organic Milk + Water • Local Yogurt + Natural Sport Bar w/ 10-15 g Protein + Water • Smoothie: local yogurt + organic milk + seasonal fruit
<p>MODERATE TRAINING</p> <ul style="list-style-type: none"> • 1-2 moderate sessions per day • Technical/skill based training • 1 moderate to hard training bout with >24 hrs of recovery 	<p>Refuel within 60 min after training</p> <ul style="list-style-type: none"> • Balanced snack with carbohydrate, protein, fluid, and electrolytes • Eat next meal within 1-2 hours 	<ul style="list-style-type: none"> • Natural Sport Bar + Water • Local Yogurt + Homemade Apple Sauce + Water • Organic Fruit/Milk/Soy Smoothie • 8-12 oz Organic Milk + Water • Fresh Seasonal Fruit + Almonds + Water • PB/J + Water • Smoothie: Organic Milk + seasonal fruit
<p>EASY TRAINING</p> <ul style="list-style-type: none"> • 1 easy session per day • 1 technical/skill-based session • Recovery day or off season • Weight loss 	<p>Timing is less critical</p> <ul style="list-style-type: none"> • Begin recovery with fluids, electrolytes and a snack but focus on your meal 1-2 hours later to get recovery nutrition completed! 	<ul style="list-style-type: none"> • Water Followed By Next Meal • 8oz Home-brewed Tea with Honey • Homemade Granola Bar + Water • Fresh Seasonal Fruit or Homemade Apple Sauce + Water • Dried fruit with Nuts + Water • Local Yogurt + Water



TrueFood Recovery Smoothie



TrueFood for TrueSport is defined as **food for athletes who eat with integrity and respect for the planet, animals, and people.** TrueFood for TrueSport is a collaboration between the Daniels Fund Ethics Initiative and the US Anti-doping Agency. The project aims at teaching TrueFood literacy to athletes, parents, and coaches to become informed decision makers regarding the ethics of food choices, while promoting the health and performance of the young athlete and supporting rather than threatening the wellbeing of animals, plants, and people that are part of the local and global food system, now and in the future.

FRUIT SMOOTHIE RECIPE



INGREDIENTS (2 SERVINGS)

- 2 cups your favorite frozen fruit
- 1 cups vanilla or honey Noosa Yogurt
- 1 cups organic apple juice

DIRECTIONS:

Add frozen fruit, yoghurt and apple juice to a blender. Blend until smooth.

We recommend to buy local fruit in season and freeze for smoothies.

Try some of our favorites:

Watermelon, Beet and Cucumber, Apricot, Peach and Plum.