



RECOMMENDED POST-RUN RECOVERY FOODS

Use within ~40 minutes after hard or long sessions

LIQUID (EASIEST TO DIGEST)

- Whey protein shake + banana + quick oats
- Protein smoothie
- Drinkable yogurt/kefir + banana

SPOONABLE

- Greek yogurt + honey + granola
- Rice pudding + whey isolate
- Oatmeal ($\frac{1}{2}$ cup cooked) + protein powder

SOLID

- Egg whites (5–6) + white toast with jam (2 slices)
- Turkey sandwich on white bread
- Protein pancake + banana

DAIRY-FREE

- Plant-based protein shake (pea/soy blend) + banana + oats
- Tofu scramble (firm tofu + white toast + jam)
- Plant-based protein bar + sports drink