



Smart Snacks for After Workouts and Training

Replenish your energy after your workout with these smart protein and carb snack combos.

A snack before you work out helps give you energy and stamina to go the distance. But did you know that eating a snack after you work out is even more important?

You want to make sure you feed your body to help repair muscle tissues and replenish glycogen stores, which are depleted after a strenuous workout. Here are my six top snacks to fuel your body post workout along with 8-12 ounces of water.

Protein Shake with Banana

After a workout, you want ample protein combined with a carbohydrate. A protein shake made from whey protein, water, and half a banana is a great choice, since your body quickly turns it into energy.

Nut Butter & Banana on Rice Cakes

If you're craving something more substantial after a workout, a healthy peanut butter and banana sandwich will fit the bill. Instead of bread, you can smooth your nut butter on to two brown rice cakes for extra fiber (without empty carbs).

Hummus and Pita

Another great carb/protein combo: Hummus and whole wheat pita. Hummus, a dip made from pureed chickpeas, gives you both carbs and protein. Coupled with the slow-release energy from the whole wheat pita, it makes for a snack that'll keep you fueled for hours.

Yogurt and Fresh Berries

Protein makes sense after a workout, since it contains amino acids that help build muscle. Whole milk yogurt can pack nearly 15 grams of protein; add some berries for carbohydrate-driven energy.

Tuna on Whole Wheat

What could be more filling after a workout than half a sandwich? And when you choose its filling wisely, you'll be too! Research shows that when carbs and



protein are eaten together athletes have a better post-workout recovery and you build muscle while you eat. Tuna drizzled with a little lemon juice and olive oil spread over a slice of whole wheat bread is an ideal protein/carb mini-meal.

Turkey and Cheese with Apple Slices

If you're not in the mood for a sandwich, skip the bread and eat the fillings on their own! Spread a soft-cheese wedge over two or three slices of turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple for some energy-boosting (and glycogen-replenishing) carbs.

Bowl of Whole Grain Cereal and Milk

A study from the University of Texas at Austin found that glycogen repletion (the replenishment of immediate muscle fuel) was just as good after eating whole grain cereal consumption than consuming a sports drink. The milk provides a source of easily digestible and high quality protein, which promote protein synthesis and training adaptations, making this an attractive recovery option for those who refuel at home.