



Maximizing Muscle Gains

After practice muscles are low in carbohydrate energy reserves and damage to protein tissues have been made. It is essential to maximize hard work in training to repair and strengthen muscles. To take advantage of your workout, research shows that a combination of carbohydrates and protein consumed within 30 minutes of completing training can maximize muscle gains and improve recovery time.

Aim to eat ONE of the following within 30 minutes after training:

- 12-24 fl oz of low-fat chocolate milk
- low fat yogurt + dried fruit
- 2 slices bread + ham (no butter)
- 2 rolls + turkey (no butter)
- Granola bar + banana
- Fruit + nuts

Other options if you do not like eating solid foods include:

- Gatorade Recovery Shakes
- Muscle Milk Collegiate
- Or drink equally as nutritious (check with your dietitian!)

Pure protein bars or powder is not optimal nutrition for maximizing muscle gains.

Maximize your efforts in training by recovering properly!

For questions, comments, or to setup your individualized nutrition appointment contact Kathleen Pollard RD, LD at kp@optimalphysicalperformance.com