

Recovery Nutrition Ideas

- ☒ Sandwich (meat) and chocolate milk
- ☒ PBJ sandwich and fruit juice
- ☒ Sports bar, fruit, and a sports drink
- ☒ Big bowl of cereal and milk
- ☒ Meal replacement shake and fruit
- ☒ Trail mix and a sports drink
- ☒ Cheese and crackers and fruit juice
- ☒ Smoothie or milkshake

✓ **FINAL TIP 1** Don't fall back on weekends

Sleeping in on the weekends can be a great reward for a long week. But when you're trying to gain muscle mass, you can sleep right through your chances to bulk up with solid nutrition. Avoid taking steps backward by making a nutrition plan for Saturday and Sunday in addition to weekdays.

✓ **FINAL TIP 2** Watch out for other weight gain deterrents

Chronic dehydration can slow down your weight gain progress. So can an unusual amount of stress or getting inadequate sleep. Take care of yourself!

BONUS POINT

High-calorie Meal Plan

(5,000+ calories and 200+ grams of protein)

Breakfast:

- ☒ 3 eggs, scrambled with cheese
- ☒ 3 waffles, pancakes, or slices of whole grain toast
- ☒ margarine, jelly, or syrup
- ☒ banana or fresh fruit
- ☒ 16 ounces of 100% juice

Snack in class:

- ☒ bagel with peanut butter
- ☒ 16 ounces of 100% juice
(apple, grape, cranberry, pineapple are best)

Lunch:

- ☒ 2 turkey, ham, roast beef, or grilled chicken sandwiches on whole grain bread
- ☒ 1 bowl of veggie soup or small side of veggies
- ☒ 1 apple, peach, or pear
- ☒ 1 cup yogurt or cottage cheese
- ☒ 16 ounces of 100% juice and 16 ounces of lowfat milk

Dinner:

Make the most of your dinner as a chance to refuel and recover from afternoon workouts:

- ☒ 6–8 ounces of lean meat
(the size of at least 2 decks of cards)
- ☒ 1 bowl of pasta, rice, potatoes, corn, or other starch
- ☒ 1 bowl of soup, or veggies, or salad
- ☒ dessert
- ☒ 16 ounces of 100% juice and 16 ounces of lowfat milk

Night Snacks Ideas:

- peanut butter and jelly sandwich with a fruit smoothie
- or homemade milkshake with 1 cup ice cream, 1 cup lowfat milk, and ¼ cup peanut butter
- or 1 large bean burrito with 16 ounces 100% orange juice
- or 1 serving chicken and veggies with rice take-out meal
- or 1 turkey/cheese/veggie sub sandwich with 16 ounces 100% apple juice

This handout was designed by Sports Dietitians Michelle Rockwell, MS, RD, CSSD and Susan Kundrat, MS, RD, CSSD to provide general education. For specific concerns, refer to your sports medicine team.