

# 5 POST-WORKOUT SNACK IDEAS

Goal: Replace fluid and fuel used during the activity

## #1

### PB&J with Chocolate Milk

You cannot go wrong with the classic PB&J sandwich accompanied by a large glass of chocolate milk.

This snacks provides a good source of protein, carbohydrates, and fluid - helping you meet your post-workout nutrition needs.

## #2

### Fruit Smoothie

For those who are not hungry post-workout, try a fruit smoothie to meet your nutrition needs. Make sure to use either Greek yogurt or a whey protein powder to ensure your smoothie has enough protein to meet your post-workout needs.

## #3

### Greek Yogurt & Fruit Parfait

Greek yogurt is a great source of protein - with ~20 grams/cup. Top your yogurt with mixed berries and low-fat granola or dry cereal for a quick & delicious post-workout snack.

## #4

### Trail Mix & Sports Drink

Build your own trail mix with a variety of nuts, dried fruit, pretzels, and dry cereal - providing a mixture of carbohydrates and protein. Help replenish your fluid & electrolyte needs with a sports drink.

## #5

### Sports Bar & Tart Cherry Juice

If you need a quick snack you can throw in your gym bag - consider a sports bar that contains ~20 grams of protein and a bottle of tart cherry juice. The tart cherry juice will help you meet your fluid and carbohydrate needs and is a great source of antioxidants.

**Follow-up your post-workout snack with a balanced meal in the next 2 hours.**

*Learn more at [nutritionbymandy.com](http://nutritionbymandy.com)*