



Recovery Fuel

Maximizing recovery is essential to maintain performance at a high level.

Muscle glycogen is the body's fuel during performance.

During an intense training, your body uses up most of your glycogen stores.

You need to reload your glycogen stores after every hard training or game.

The body is best at doing the first 30 minutes after exertion.

While most athletes are not hungry after a hard session, it is an essential time to re-fuel.

Be creative in your post-training snack.



Recovery Food Ideas

Energy bar

Recovery Drink

Smoothie

Trail mix

Chocolate milk

Almonds

Nut butter

30-60 MINUTES AFTER TRAINING

REFUEL → 60g CARBOHYDRATE

REBUILD → 20g PROTEIN

REHYDRATE → 20 OUNCES FLUID

POST-GAME / TRAINING

RECOVERY IS AN ALL DAY PROCESS.

It takes 24-48 hours to fully replace your energy stores.

Continue eating well-balanced meals and snacks
throughout the day for optimal recovery



The foods you eat can also reduce inflammation.

Herbs: Turmeric, Garlic, Ginger

Produce: Tart Cherries, Spinach

Omega-3 Fatty Acids : Salmon, Nuts, Avocados

Recovery Snack Ideas

Choose a food from protein column + food from carb column based on training session

Protein: 15 – 20 g	Protein: 20 – 25 g	Carbohydrates: 15 – 30 g	Carbohydrates: 45 – 60 g
2 C milk	3 C milk	1 piece or cup fresh fruit	2 - 3 piece or cup fresh fruit
¾ - 1 C greek yogurt	1 ½ C greek yogurt	¼ - ½ C dried fruit	¾ - 1 C dried fruit
¾ C cottage cheese	1 ½ C cottage cheese	1 C fruit juice	2 C fruit juice
2 string cheeses	3 string cheeses	1 C chocolate milk	2 C chocolate milk
1 C firm tofu	1 ¼ C firm tofu	½ C oatmeal	1 - 1 ½ C oatmeal
2-3 cooked eggs	3-4 cooked eggs	1-2 slices sandwich bread	3 - 4 slices sandwich bread
2-3 oz deli meat	3-4 oz deli meat	½ bagel	1 bagel
1 ½ C Kefir	2-2 ¼ C Kefir	1 english muffin	2 english muffin
1 ½ oz jerky	2-2 ¼ oz jerky	1 granola or cereal bar	4 fig bar cookies
2 - 3 oz fish	¾ - 1 C nuts or seeds	2 x 6" tortillas or wraps	2 x 8" tortillas or wraps
½ C nuts or seeds	1 C edamame	½ - ¾ C rice or farro	1 - 1 ½ C rice or farro
½ - ¾ C edamame	1 - 1 ½ C beans or lentils	½ - 1 C quinoa, beans, lentils	1 ½ - 2 C quinoa, beans, lentils
4 Tbsp nut butter	1 scoop whey protein	¾ C cooked pasta	1 ½ C cooked pasta
1 C beans		4 Tbsp nut butter	



Locations

Emeryville

6121 Hollis St, Ste 2
Emeryville, CA 94608

Los Gatos

555 Knowles Dr
Los Gatos, CA 95032

Lucile Packard Children's Hospital Stanford

725 Welch Rd
Palo Alto, CA 943048

Palo Alto

730 Welch Rd
2nd floor
Palo Alto, CA 943048

Pleasanton

5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

San Francisco - Sutter Health CPMC

3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

Sunnyvale - Motion & Sports Performance Lab

1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

Walnut Creek -

John Muir Medical Center
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

Contact Us

Call (844) 41-ORTHO for appointments and more information, or visit us online at ortho.stanfordchildrens.org.