

RECOVERY NUTRITION

Importance of recovery nutrition:

- Replenish muscle carbohydrate stores
- Help your body build muscle gains
- Decrease chances of injury
- Allow yourself to train hard day after day
- Maintain a high level of performance



THE FISHER FAVORITE:

- 1 scoop strawberry or vanilla protein powder
- ½ banana
- 4 strawberries
- ½ C skim milk
- Ice
- Blend until smooth!

NUTRITION CONTENT

Calories: 206

Protein: 12

Carbohydrate: 35

Other ideas for protein shakes:

- Chocolate protein powder with peanut butter and banana
- Cookies and cream protein powder with blueberries
- Non-flavored protein powder with pineapple, strawberries, and OJ
- Non-flavored protein powder with spinach and a variety of fruit

