

Performance Based Snacks

Pre Workout Snacks

Goal: quick digesting carbohydrate + moderate protein about 1 hour before exercise

SNACK	Carbohydrate (g)	Protein (g)
1 small (6") banana with 2 TBS almonds	28	7
Trail Mix (1/4 cup pumpkin seeds, 2 TBS almonds, 1/4 cup dried fruit)	20	8
1 slice whole wheat bread + 1 oz turkey meat + mustard	25	9
1 cup whole grain cereal and 1/2 cup low fat milk	26	7
1/2 cup low-fat yogurt and 2 TBS granola	16	8
6 Triscuit Crackers with 1 oz sharp cheddar	20	10
1 oz whole grain pretzels + carrot sticks + 1/4 cup hummus	26	7

Post Workout Snacks

Goal: quick digesting carbohydrate + adequate protein (15-25g) within 0-30 minutes after exercise. Have something in hand as soon as you finish your workout.

SNACK	Carbohydrate (g)	Protein (g)
2 cups of 1% chocolate milk	66	14
1 medium apple with 2 TBS nut butter + 1 cup 1% milk	40	15
2 slices oat bread + 2 TBS peanut butter	42	16
Gatorade whey recovery bar	42	20
Gatorade recovery beverage	41	16
5-oz Chobani Greek yogurt + 1/2 cup berries + 1 cup chocolate milk	60	20
Smoothie: 1 cup 1% milk, 1/2 cup Greek/natural yogurt, 1/2 cup frozen fruit + 2 tsp nut butter	40	19
2 string cheeses + 1 medium apple + 1 cup 1% milk	35	20
1/2 cup low-fat cottage cheese + 1 cup pineapple + 1 TBS honey	37	16
2 cup whole grain cereal and 1 cup low fat milk	52	14
2 oz beef/turkey jerky + 1 large banana	34	18
2 slice oat bread + 3 oz canned tuna + 1 orange	56	24
2 slice whole wheat bread + 2 oz turkey meat + + 1 cup melon	55	18

