

Three elements of recovery:

1. Refuel muscles with carbohydrates
2. Repair and rebuild muscles with protein
3. Rehydrate with fluid and electrolytes



Try to have within 15-30 mins after training



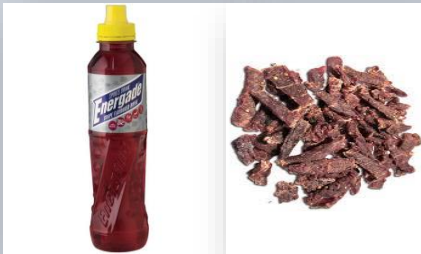
20g Protein; 52g Carbs



24g Protein; 49g Carbs



26g Protein; 52g Carbs



29g Protein; 43g Carbs



25g Protein; 48g Carbs



20g Protein; 49g Carbs



23g Protein; 56g Carbs