

Recovery stacking provides a simple formula to tailor your exercise and recovery needs. Look to your requirements at the bottom of the page and insert options to meet your needs.

25 + 25 = 50g

You can mix and match options to make the amounts you need. E.g 25g + 25g = 50g, or you can choose directly from the 50g list, for 75g you could choose 3x 25g options or a 50g + 25g option. The reverse page also has alternative options / combinations that you can choose from.

P Contains a protein source as well as carbohydrate, maximizing your recovery

Options provide quickly absorbed carbohydrate but minimal nutrients, avoid using these options solely in recovery. For those with higher energy needs, these can be easily tolerated if appetite is low.



During Exercise



25-30g serving of carbohydrate (CHO)

1/2 bottle (400ml) Sports drink	5 jet planes	1 x large banana (ripe banana)	1 serving of gel	1 sports bar Check label for Carb amount	1 slice white bread with jam topping	1x Muesli bar (low fat) Slower absorbed
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Recovery Eating

25g serving of carbohydrate (CHO)

P 250ml Flavoured milk	1 x large banana	2 x citrus fruit	1 Muesli bar
1 slice white bread Jam/peanut butter topping	P 150g Yoghurt	P 1x small tin Creamed rice	P 1 handful of dried fruit & nuts

(350ml) half bottle Sports Drink	5 jet planes or 15 jelly beans or 4 snakes	1 gel
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Post resistance training



Always include a whey protein shake post resistance training to maximize protein repair and development

50g serving of carbohydrate (CHO)

P	P	P Fruit smoothie	P	P Lean meat or cheese or egg sandwich	P	P	P 2 x eggs + 2 x toast	P 1/2 tin fruit salad + yoghurt
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Individual Recommendations (General guide only - not individually specific)

Intensity	During exercise (per hour)	Carbohydrates in recovery (Per Kg body weight)		
		50kg	75kg	100kg
Moderate intensity	Water or 30g CHO	25 - 50g	50 - 75g	75 - 100g
Heavy session	30-60g CHO	50 - 75g	75 - 100g	100 - 125g
Resistance (weights) session	Water or 30g CHO	25 - 50g	50 - 75g	50 - 75g

+ Whey Protein source in recovery from resistance training

25-30g Carbohydrate options + added protein

90g lean meat topping
+ 6-8 rice crackers

1 x English muffin or 1 x toast
(sandwich slice) + thin spreads
Jam or Peanut butter

4 wholegrain crackers
with cottage cheese

Breakfast cereal + milk
1 cup cereal + milk (flakes)
or 3/4 cup low fat muesli
or 3/4 cup Porridge (raw)
or 2 weetbix

+ low fat milk

50g Carbohydrate options + added protein

1 x banana +
1 x fruit yoghurt

1 x Muesli bar +
1 x fruit yoghurt

250ml milk drink
+ Muesli bar

Low fat Noodles
+ Lean meat

2 x toast
with peanut butter
or 2 x English muffins
or 2 x crumpets

Handful fruit & nuts
+ banana

One square meal
1x bar

250ml flavoured milk
+ 2 x fruits

Breakfast cereal + milk
3 x weetbix
1 cup muesli
1 cup Porridge
1.5 cups flakes
(Choose one)

1 bagel
low fat cream cheese
1 x yoghurt

2 x yoghurts

90g tin of tuna / chicken
+ 1 row of rice crackers
+ 1 x fruit (large)

75g Carbohydrate options + added protein

500ml
Flavoured
milk
1x banana

750ml sports drink
90g can lean meat
1 X row rice crackers

Breakfast cereal + milk
3 x weetbix
or 1 1/4 cup muesli
or 1 1/4 cup Porridge
or 2 cups flakes

220g can creamed rice
1 x muesli bar
1 x serve of fruit

1 x 440g can
creamed rice
1 x lean meat sandwich
+ Glass of juice

1 x square meal bar
2 x pieces of fruit

220g can baked beans
2 x toast

1 x smoothie (500ml)
+ Muesli bar

2 x eggs
2 x toast +
glass of juice

100g Carbohydrate options + added protein

500ml of flavoured milk
1 x banana
1 x muesli bar

440g can creamed rice
1 rows rice crackers
90g can lean meat

440g can creamed rice
1 x banana

440g can baked beans
2 x slices toast

2 x sandwiches
- lean meat & salad filling

1 tin can fruit
+ 2 x pottles yoghurt

Breakfast cereal + milk + Glass of juice
5-6 x weetbix
or 1.5 cups muesli
or 1.5 cups Porridge
or 2 cups flakes

750ml sports drink
220g can creamed rice
2 x yoghurts

2 x muesli bars
+ 2 x yoghurts

3 x slices toast +
+ 2 x eggs
+ Tall glass of juice