|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Post-Workout Snack Example #1 1- 4” bagel (49g carbs, 9g protein)2 tbsp. strawberry jam (26g carbs, 0g protein)1 medium banana (27g carbs, 1g protein)20oz Gatorade (34g carbs, 0g protein) **Additional water to meet needs** http://farm2.staticflickr.com/1128/1404101779_5fd3c64402_n.jpgMEAL TOTALS: 136g carbs, 10g protein  |  |  | | --- | --- | | http://blog.teamsnap.com/wp-content/uploads/2011/06/gatorade-fruit-punch-20-oz.jpg | http://kaisepictures.com/Page%20KP%20Collection/cool_news/Bananas/banana%20image2.jpg | |  |  | | | |
| Post-Workout Snack Example #2 http://ak6.picdn.net/shutterstock/videos/1921135/preview/stock-footage-cooking-corn-flakes-with-milk-in-a-glass-bowl-stirring-by-spoon-over-white.jpg1 cup cornflakes (24g carbs, 2g protein)1 cup skim milk (12g carbs, 8g protein)2- 1.5oz box of raisins (68g carbs, 2g protein) **12oz Gatorade (21g carbs, 0g protein)**  **Additional water to meet needs**  **MEAL TOTALS: 125g carbs, 12g protein** https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSdbFK64injRUzCv5atVuZLI8PE58lVsfA2xgdrzBORuf50cVEbhttp://c.shld.net/rpx/i/s/pi/mp/22582/3246403405?src=http%3A%2F%2Fwww.picsuitcase.com%2FAprImages%2FGro%2F7e9c4d55-ee6b-4087-8622-c81b48df79ab.jpg&d=802d5e3be11add4e2cae7769d2bcd1945ad7215fhttp://c.shld.net/rpx/i/s/pi/mp/22582/3246403405?src=http%3A%2F%2Fwww.picsuitcase.com%2FAprImages%2FGro%2F7e9c4d55-ee6b-4087-8622-c81b48df79ab.jpg&d=802d5e3be11add4e2cae7769d2bcd1945ad7215f  |  |  | | --- | --- | |  |  | |  |  | | http://www.ornabella.com/image/cache/data/Products/sku51766-500x500.jpgPost-Workout Snack Example #3 1 Oatmeal Raisin PowerBar (45g carbs, 8g protein)1 cup pineapple chunks (22g carbs, 1g protein)1 medium banana (27g carbs, 1g protein) https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTe7lMqO544ePXES4WR0U7UPB392a10prle-qkkzZ1B2ErvOpBUlg**17 pretzels (23g carbs, 2g protein)**  **Water to meet needs** https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcSkT6RxY9qgo5xz5TG_zlYdfXoIqmAfGaT0aLRNiuJE-Mn5ghRMmghttp://kaisepictures.com/Page%20KP%20Collection/cool_news/Bananas/banana%20image2.jpgMEAL TOTALS: 117g carbs, 12g protein  |  |  | | --- | --- | |  |  | |  |  | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | http://images.fatsecret.com/food/f69d2808-2b0e-4bcb-93ae-fad9ab9f28ac.jpghttp://zweberfarms.files.wordpress.com/2011/04/mlk_asptc8oz_chocolate.pngPost-Workout Snack Example #4 1 cup (8oz) chocolate milk (26g carbs, 8g protein)2-1.5oz box of raisins (68g carbs, 2g protein)1 Nutri-Grain Cherry bar (24g carbs, 2g protein) **Water to meet needs** MEAL TOTALS: 118g carbs, 12g protein  |  |  | | --- | --- | | http://c.shld.net/rpx/i/s/pi/mp/22582/3246403405?src=http%3A%2F%2Fwww.picsuitcase.com%2FAprImages%2FGro%2F7e9c4d55-ee6b-4087-8622-c81b48df79ab.jpg&d=802d5e3be11add4e2cae7769d2bcd1945ad7215f | http://c.shld.net/rpx/i/s/pi/mp/22582/3246403405?src=http%3A%2F%2Fwww.picsuitcase.com%2FAprImages%2FGro%2F7e9c4d55-ee6b-4087-8622-c81b48df79ab.jpg&d=802d5e3be11add4e2cae7769d2bcd1945ad7215f | |  |  | | | https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSdbFK64injRUzCv5atVuZLI8PE58lVsfA2xgdrzBORuf50cVEbPost-Workout Snack Example #5 http://www.dsdelights.com/catalog_images/englishmuffin_cinnrais.gif2 Cinnamon-Raisin English muffin (56g carbs, 10g protein)http://www.marlerblog.com/files/2013/03/orange.jpg3.9oz container apple sauce (13g carbs, 0g protein)http://www.marlerblog.com/files/2013/03/orange.jpg2 Florida oranges (34g carbs, 2g protein) **12oz Gatorade (21g carbs, 0g protein)**  **Additional water to meet needs** MEAL TOTALS: 124g carbs, 12g protein  |  |  | | --- | --- | |  | http://www.foodservicedirect.com/productimagesthumb/OT299173T.jpg | |  |  | | | | Post-Workout Snack Example #6 http://media.nj.com/shop_impact/photo/yoplaitltjpg-7bd466f8af47fa07_large.jpg2 cups Special K Red Berries cereal (50g carbs, 4g protein)http://kaisepictures.com/Page%20KP%20Collection/cool_news/Bananas/banana%20image2.jpghttp://kaisepictures.com/Page%20KP%20Collection/cool_news/Bananas/banana%20image2.jpghttp://ecx.images-amazon.com/images/I/51Ti7DotTFL._SX300_.jpghttp://ecx.images-amazon.com/images/I/51Ti7DotTFL._SX300_.jpg2 medium bananas (54g carbs, 2g protein)1 6oz light yogurt (16g carbs, 5g protein) **Water to meet needs** MEAL TOTALS: 120g carbs, 11g Protein  |  |  | | --- | --- | |  |  | |  |  | | | |