

Build your own recovery snack/meal using the tables below.

Aim to include 15-25g protein and 40-50g carbohydrate.

Table 1: Protein-rich foods; each of the following provides 10-15g protein

ANIMAL-BASED PROTEIN	PLANT-BASED PROTEIN
2 small eggs	4 slices (120g) wholemeal bread
30g (1 ½ slice) reduced fat cheese	3 cups wholegrain cereal
¼ cup (70g) cottage cheese	2 cups cooked pasta
1 cup (250mL) low-fat milk	3 cups cooked rice
35g (cooked) lean beef, lamb, pork	¾ cup lentils or kidney beans
40g (cooked) lean chicken	200g baked beans
½ palm size (50g) grilled fish	120g tofu
50g canned tuna or salmon	60g nuts or seeds
200g reduced fat yoghurt	300mL soy milk

Table 2: Carbohydrate-rich foods, each of the following provides approximately 20-25g carbohydrate

GRAIN (CEREAL) FOODS	FRUIT/VEGETABLE FOODS
¾ cup cooked porridge	1 medium apple, pear
½ cup untoasted muesli	1 large banana
2 x Weet-Bix™	1 ½ cups fresh fruit salad
½ cup Kellogg's Sustain	¾ cup canned fruit salad in juice
½ cup cooked rice	1 cup grapes
½ cup cooked pasta	3 kiwifruit (no skin)
¾ cup cooked quinoa	1 large peach (skin eaten)
1 ½ slice wholegrain bread	1 medium white or sweet potato
1 plain English muffin	¾ cup baked beans

Example 1:

4 Weetbix + 1.5 cups low-fat milk
2 slices wholemeal toast + peanut butter

Example 2:

1x95g tinned tuna + 1.5 cups cooked pasta + 1 cup salad

Example 3:

80g lean chicken + 1 cup cooked rice + 2 cups non-starchy vegetables + 1.5 cups fresh fruit salad