



# Recovery Snacks:



1 high protein drinking yoghurt  
1 medium apple



20g high protein cereal  
1 medium banana



3 slices of bread  
with peanut butter



500ml energy drink  
50g biltong



3 slices of bread  
2 eggs



1 wrap with 1/2 chicken breast  
small bunch of grapes



1 cup of peanuts  
and raisins

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