

# PERFECT POWER SNACK

**TO BE CONSUMED WITHIN 45 MIN OF A HARD WORKOUT-HIGH ZONE 2  
PLUS AND OVER 60 MINUTES**

## carbohydrates

*found in grains, fruits, & vegetables  
fuels your body & can have sedating effect*

## protein

*found in milk products, meats, beans & fish  
adds to alertness and maximizes the benefit of carbohydrates*

## **Carbohydrate**

*chocolate  
fruit chunks,  
whole wheat crackers  
bananas & chocolate syrup  
soft pretzel  
toasted English muffin  
canned tomato soup  
trail mix  
pancakes, waffles  
popcorn  
kaiser roll  
whole wheat bread  
pita bread  
pasta, orange & raisin salad  
raisin bread*

## **Protein**

*skim white milk  
non-fat cottage cheese topping  
peanut butter topping  
blend with skim milk & ice  
and string cheese  
filled with tuna & hot sauce  
made with skim milk not water  
eaten with glass of skim milk  
maple syrup & yogurt topping  
parmesan cheese topping  
filled with lean roast beef  
topped with baked beans  
stuffed with turkey  
non-fat lemon yogurt topping  
dipped in apple-spice yogurt*