**The body is primed to replenish lost nutrients soon after exercise. After a workout, game, match or race, start refueling within 15-60 minutes**

**Stage 1 recovery: Snack and Fluid (within 15-60 minutes) carbohydrates and 10-15 grams of protein.**

**Stage 2 recovery: Meal and Fluid (within 2 hours). Balance(mostly carbs, lean protein, low fat).**

**Stage 3 recovery: Snack and Fluid (within 4 hours) carbohydrates and 10-15 grams protein.**