HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH

POST-WORKOUT RECOVERY SHAKE

REPAIR • REPLENISH • PERFORM

CORE RECOMMENDATION

- **PROTEIN** *(Choose One)*
  - **Whey concentrate** *(e.g., 20–30 g per scoop)*
  - **Whey isolate** *(e.g., 20–30 g per scoop)*
  - **Beef protein** *(e.g., 20–30 g per scoop)*
- **CARBOHYDRATE**
  - 1–2 pieces of fruit OR 8–12 oz (1–1½ cups) of 100% fruit juice



OPTIONAL ADD-INS (GOAL-DEPENDENT)

- **CREATINE MONOHYDRATE** *3–5 g (strength, power, lean mass)*
- **ELECTROLYTES** *Sodium, potassium, magnesium (rehydration, performance)*
- **EAAs (ESSENTIAL AMINO ACIDS)** *5–10 g (muscle protein synthesis, recovery)*
- **L-GLUTAMINE** *5 g (recovery, immune, gut support)*
- **LIQUID** *Whole milk (bulking) or juice*
- **POWDERED GREENS** *(recovery)*
- **FATS** *Ground flax, nuts, or avocado (bulking)*
- **ADDITIONAL CARBS** *Oats (bulking)*

STANDARD RECOVERY SHAKE

IDEAL FOR: *General training, single sessions, moderate intensity.*

- **30–60 g protein** *(whey concentrate, isolate, or beef protein)*
- **1–2 pieces of fruit OR 8–12 oz (1–1½ cups) 100% fruit juice**

STRENGTH & SIZE SHAKE

IDEAL FOR: *Heavy training, multiple sessions, size/strength goals.*

- **30–60 g protein** *(whey concentrate, isolate, or beef protein)*
- **1–2 pieces of fruit OR 8–12 oz (1–1½ cups) 100% fruit juice**
- **Optional:** additional **carbohydrates** *(e.g., oats)*
- **Optional:** 3–5 g creatine **monohydrate** *(when appropriate)*

KEY POINTS

- Consume within 30–60 minutes after training.
- Use 30–60 g of high-quality, fast-digesting protein.
- Include a fruit or juice source to replenish glycogen and support recovery.
- Adjust carbs and add-ins based on training demands, body weight, and individual needs.

STRONG • LEAN • ENERGIZED

Make nutrition fit your training schedule.

Need help planning food around practices, games, and recovery? Scan to connect with HPT about personalized nutrition coaching.

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