

POST-EXERCISE POWER MOVE!

Refuel. Recover.

After exercise, your body needs the right fuel to repair muscles, replace energy and get you ready for your next session. Aim to eat or drink something within **30 minutes** of finishing exercise.

Consume these as soon as possible after hard training or competition. Follow up with your next proper meal.



**STORM FORCE
PERFORMANCE**



01

WHEY PROTEIN SHAKE + FRUIT



- Whey protein
- Banana
- Berries
- Milk or water



WHY IT WORKS

- Repairs muscle
- Replaces energy
- Fast and convenient

02

RICE CAKES + PEANUT BUTTER + BANANA



- Rice cakes
- Peanut butter
- Banana



WHY IT WORKS

- Carbohydrates + protein
- Great after training
- Easy to prepare

03

GREEK YOGHURT RECOVERY BOWL



- Greek yoghurt
- Berries
- Honey
- Granola or oats



WHY IT WORKS

- High in protein
- Supports growth
- Provides vitamins and minerals



EASY WIN

Have a recovery snack within **30 minutes** of finishing exercise.

POWER COMBO



PROTEIN

+



CARBOHYDRATES

+



WATER

Hard Work Demands *Smart Recovery*