

DINNER: REFUEL + RECOVER

Practical meals that support tomorrow's training without requiring perfection.

Dinner helps replace fuel used during the day and supports recovery overnight. Build a complete plate, adjust portions to the training load, and make enough for tomorrow's lunch when you can.

The recovery formula

CARBOHYDRATE	PROTEIN	COLOR	FAT + FLUID
rice, pasta, bread, potatoes, grains	fish, poultry, meat, eggs, tofu, beans	fresh, frozen, or canned produce	oil, avocado, nuts/seeds + beverage

Mix-and-match ideas

FROM THE STOVE • Pasta with meat/bean sauce + side salad. • Tacos with beans/meat/tofu, rice, salsa, and vegetables. • Stir-fry with protein, vegetables, and rice/noodles. • Breakfast for dinner: omelet, toast/potatoes, and fruit.	MICROWAVE / NO-COOK • Loaded potato with broccoli, cheese, and beans. • Microwave grain + frozen vegetables + chicken/tofu. • Bagged salad + leftover protein + roll + fruit. • Soup/chili + pita or bread + vegetables.
OVEN / AIR FRYER • Chicken/tofu + sweet potato + broccoli. • Fish + couscous/rice + asparagus. • Sheet-pan sausage/beans + potatoes + vegetables. • Lasagna or baked pasta + spinach/salad.	TAKEOUT / ON THE GO • Burrito bowl with rice, beans/protein, vegetables, and toppings. • Chicken/beef/shrimp/tofu + broccoli + rice. • Pizza + vegetable topping or side salad + fruit. • Sandwich/wrap + soup or salad + fruit.

Late practice: If appetite is low, start recovery with a smoothie, chocolate milk, yogurt drink, or another easy option, then eat a more complete meal when comfortable.



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