



# BCC Recovery Guidelines: Nutrition

**The Quality of the Recovery Process Dictates the Quality of Your Next Performance!**  
**It is in Your Interest to get the Right Amount of the Right Fuel at the Right Time!**

## The Post Training/Competition Snack(s)

Must be consumed within an hour of heavy training/playing!

After batting or bowling a long spell, eat and drink immediately to boost your performance!

Use the Following Guidelines:

### 1. Calculate Your Nutritional Requirements

Post Training Carb(g) = Bodywt (Kg) ..... Post Training Protein (g) = 20-30g      Daily Protein Needs(g) = Bodywt (Kg) .....

### 2. Create Your Post Training Snack: It MUST Contain The Following Carbohydrate -

To restore energy levels (e.g. milk or a sports drink)

**Protein** - For repair of damaged tissue (e.g. whey protein drink/bar or milk)

**Anti-oxidants** - To eliminate waste products of training and aid recovery (e.g. vegetables and fruit)

**Fluid** - To aid in the absorption of protein and carbohydrate (sports drink)

Food	Portion Size	When	What
<b>Fruit Juice</b>	500ml (1 tall glass) (50g)	After training/bowling/batting	Carbohydrate + Anti-oxidants
<b>White Bagel</b>	1 Large (50g)	After training/bowling/batting	Carbohydrate
<b>Dried Fruit</b>	1 Large Handful (50g)	After training/bowling/batting	Carbohydrate + Anti-oxidants
<b>Blueberries</b>	1 Large Handful	After training/bowling/batting	Anti-oxidants
<b>Banana</b>	2 Medium (50g)	After training/bowling/batting	Carbohydrate + Anti-oxidants
<b>Protein drink (milk)</b>	500ml (1 tall glass) (50g)	After training/bowling/batting	Protein + Carbohydrate
<b>Jaffa Cake/Jellies</b>	5/Small Handful (50g)	After training/bowling/batting	Carbohydrate
<b>Isotonic Sports Drink</b>	500ml Medium Bottle (50g)	After training/bowling/batting	Carbohydrate + Fluid
<b>Hypertonic Sports Drink</b>	250ml Small Bottle (50g)	After training/bowling/batting	Carbohydrate
<b>Protein Bar</b>	1 Small Bar	After training/bowling/batting	Protein
<b>Cottage Cheese</b>	1 Small Tub	After training/bowling/batting	Protein
<b>Cereal + Skimmed Milk</b>	1 Small Bowl (50g)	After training/bowling/batting	Carbohydrate + Anti-oxidants
<b>Lean Cold- Meat</b>	3 Large Slices	After training/bowling/batting	Protein

### 3. Continue to Eat

2 Hours Post Snack, Eat a Meal Containing the Same Carb/Protein/Anti-Oxidant/Fluid Combination Continue to Eat the Same Quantity of Carbohydrate and Protein every Two Hours until Bed.

**Don't Think of Food as Something to Stop Hunger but as Something to Increase your Recovery Speed and Performance.**