

**POST-WORKOUT
SNACK IDEAS (LARGE)**

with juice or milk

French toast fingers
with maple syrup

Poached egg on an
English muffin with a
slice of cheese and tomato

Medium muffin with
piece of cheese

Half of a sandwich

- Peanut butter/banana
- Hard cooked egg salad
- Meat or cheese

Smoothies or yogurt

Hard boiled egg with
vegetable crackers

Hummus dip with
cut-up vegetables

**POST-WORKOUT
MEAL IDEAS (SMALL)**

with juice or milk

French toast with fruit
and maple syrup

Half a grilled cheese
sandwich with tomato
slices

Fruity cottage cheese
omelette

Whole sandwich

- Peanut butter/banana
- Hard cooked egg salad
- Meat or cheese

Pasta and meat sauce

Chili with more beans
than meat

Lentil soup with salad