

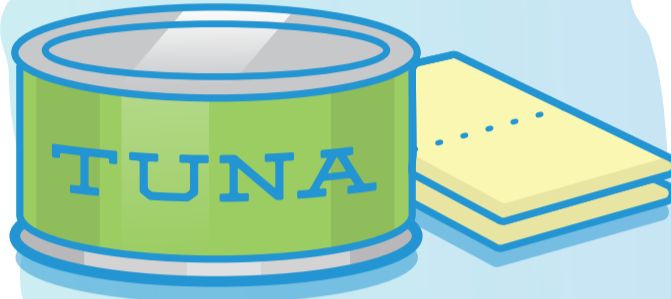
RECOVERY



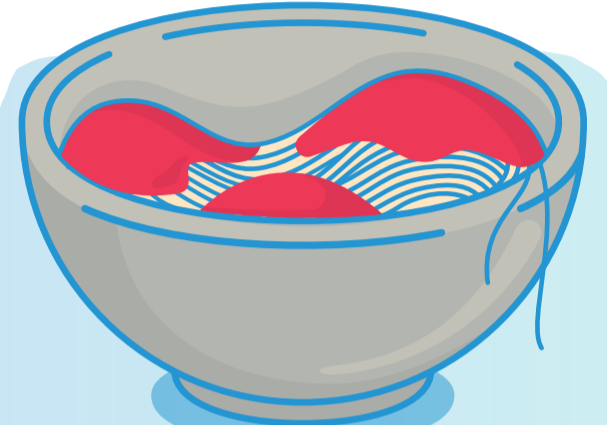
EAT WITHIN 30 MINS FOR OPTIMAL RECOVERY
15+ GRAMS OF PROTEIN &
50+ GRAMS OF CARBOHYDRATES



FRUIT &
MILK



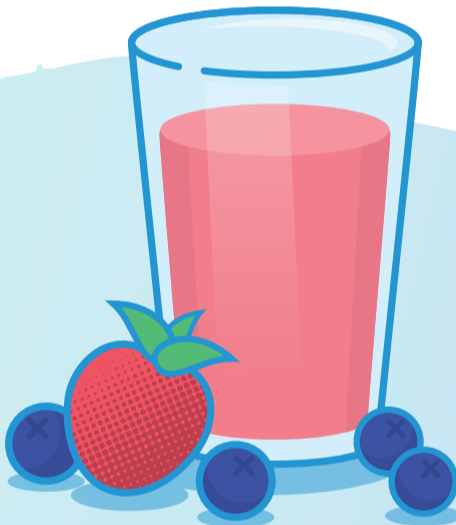
TUNA &
CRACKERS



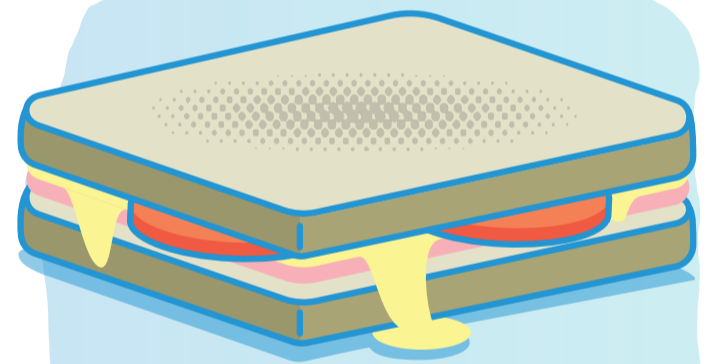
SPAGHETTI
BOLOGNESE



FRUIT
& YOGHURT



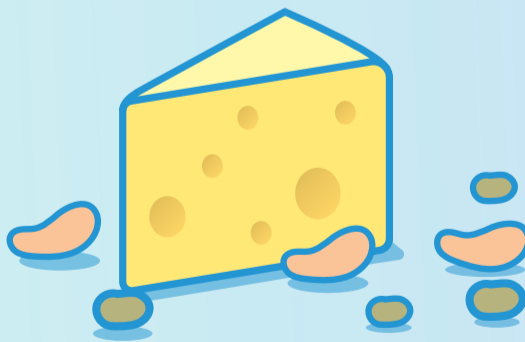
FRUIT & DAIRY
SMOOTHIE



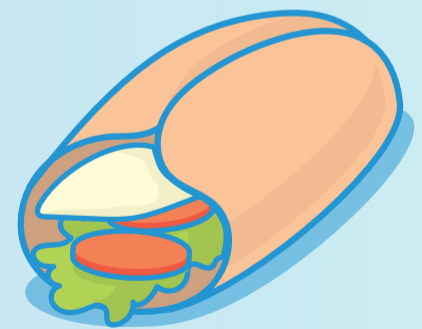
HAM & CHEESE
TOASTIE



SUSTAGEN SPORT
& MILK



CHEESE &
TRAIL MIX



CHICKEN &
SALAD WRAP

