

# Protein Timing for Recovery

Reflect each day for a week (record in pencil if possible) on your recovery

Date / Time

While you sleep, growth hormone is released into your body's systems to stimulate recovery. If your body does not have protein, the key building block for recovery, you will not recover properly while sleeping.

Find high quality protein snacks that you enjoy to use as a bed time snack. Snacks with Casein (slow release protein), BCAAs, and essential amino acids provide the best recovery while you sleep.

1. Research high-quality protein snacks that are available in your area that you might enjoy.

2. The following morning, reflect on which protein snacks helped you recover best (for best results don't have more than one alcoholic a night drink during this test).

1. Reflect on times you may need to plan protein to recover, and what bedtime snack you might choose (long days at work, stress with family, after a big workout)

