



10 Post-Game Healthy Refueling Snacks

After a Sports Official has finished a game, their body is crying out for nutrients. The muscles are depleted and the brain is likely exhausted after such concentration and focus of intensely following all plays. What they need is the perfect combination of nutrients to recharge so that they get refueled instantly. [Officially fit](#) has seen the result of many sports officials not following proper post-game nutrition practices as they should, and is here to give advice and guide you in the right direction.

If you don't refuel your body correctly, shortly after the game, you will feel the results of the fatigue much longer than otherwise. On average, in a single game or contest, most sports officials are burning somewhere between 300-600 calories, depleting their essential vitamins, minerals, and nutrients the body needs to maintain homeostasis, and maybe even showing small signs and symptoms of dehydration. It is critically important to remain injury free and on the field or court, and the sports official must be smart about feeding their body with the proper food and beverages.

The post-game snack is a key element to quickly refuel the body. Each of the below listed snacks that [Officially Fit](#) has put together contains the perfect combination of protein to support muscle recovery and carbohydrates to refill muscle glycogen stores. Fat is kept lower in these meals as fat will only slow the transport of the nutrients to the muscle cells, which is precisely what should be avoided. Getting rapid delivery of essential vitamins, nutrients, and minerals will help the body feel better instantly.

Little preparation is needed to make sure you put yourself in the best situation to achieving success as a high quality sports official when it comes to your nutrition choices. It's a matter of making a choice and staying committed to changing your lifestyle for the better.

Healthy Snack Options

1. Bagel With Sliced Chicken Breast

A bagel is the perfect post-game refuelling source of carbohydrates, as it is higher in calories and will get into the muscle cells quickly to restore muscle glycogen. Paired together with chicken for protein and you have the perfect low-fat post-game meal.

Time To Prepare: 3 minutes

Directions: Slice one whole grain bagel and smear with mustard or fat free mayonnaise. Top with 3 oz. of sliced real chicken breast from the deli along with a few spinach leaves. Add salt and pepper if desired. Keep chicken chilled until ready to serve.

Servings: Makes 1 serving.



2. Pasta With Tomato Sauce And Tuna

Pasta is another terrific source of post-workout carb to refuel with and for those watching their weight. This is one time in the day when it's actually good to have more carbs. Since you want to keep the total fat content of this meal lower, adding tuna is a perfect protein source.

Time To Prepare: 10 minutes.

Directions: Bring a pot of water to boil and then cook 8 oz. pasta according to instructions – 5-8 minutes depending on the variety. Once cooked, drain the water and place back in the pot, putting it on the burner over low heat. Add in ½ cup of tomato sauce and 1 can of tuna. Toss in some garlic and onion powder if desired and then place in a hot thermos to place in your bag until post-game.



Servings: Makes 1 serving.

3. Egg Salad

Eggs are another very healthy source of protein that you should make sure to include in your program. They're quick to make and will supply your muscles with high quality protein for a fast recovery.

The pasta again offers that source of carbohydrates that will be used to help restore muscle glycogen levels and get you energized for the next time you're officiating a game.

Time To Prepare: 10 minutes



Directions: Hard boil 2 eggs until done. Remove from shells and dice finely. Then toss together with 1 cup of whole wheat pasta, already made (prepare according to package directions while eggs are boiling).

In another bowl, stir together 3 tbsp. low-fat or fat free mayonnaise with 1 tbsp. Dijon mustard and ½ tsp. garlic and onion powder. If desired, add a few tbsp. of chopped fresh chives as well.

Add this mixture to the eggs and pasta, stir well, and then place in a Tupperware container in the fridge before you're getting ready to go. Pack this with an ice pack to ensure that it stays cool.

Servings: Makes 1 serving.

4. An Apple With Low-Fat Cheddar Cheese

Low-fat cheddar cheese is going to supply your muscles with the amino acids they need for this quick post-game snack on the go. The apple will provide a quick burst of carbohydrates that will taste perfect alongside it. Keep cheese chilled.

Time To Prepare: 2 minutes



Directions: Slice some low-fat cheddar cheese and pack 1-2 oz. of it in a small container. Place an apple and a chopping knife in your bag in a container to use to cut the apple when you're ready to eat, pairing each slice with a bit of cheese.

Servings: Makes 1 serving.

5. Pizza Pita



If you're a pizza lover, now's the perfect time to make a healthy snack for yourself that tastes just as good as the high-fat original. The pita recipe below will have a nice blend of proteins, healthy carbs, and some veggies for added nutrients to ensure you feel your best.

Time To Prepare: 2 minutes

Directions: Smear some low-sodium pizza sauce on the inside of a whole wheat pita. Add in 4-5 slices of low-fat deli meat ham, sliced mushrooms, sliced green peppers, and sliced onions and then toss 2-3 tbsp. of shredded mozzarella cheese inside, sprinkling with a bit of oregano to finish. Place in the microwave for 30 seconds on high if desired to melt cheese and serve.

Servings: Makes 1 serving.

6. Bananas With Yogurt And Honey

Bananas are one of the best types of fruits to eat after a game as they're rich in carbohydrates for refueling muscle glycogen stores and also offers a good dose of potassium. Honey will further add some fast acting carbohydrates to speed the recovery and your vanilla yogurt will supply protein and added flavour. You can't go wrong with this snack.

Time To Prepare: 1 minute



Directions: Place 1 cup of vanilla, low sugar yogurt into a Tupperware container and top with a sliced banana. Drizzle over top 1 tbsp. of honey for added sweetness and carbs. Keep Yogurt chilled until ready to eat.

Servings: Makes 1 serving.

7. Ezekiel Bread With Hummus

Ezekiel bread is one of the best options for those who want a quick post-game snack but don't want all the refined carbs. Paired together with hummus which offers more carbs and a great source of protein, this snack will keep you satisfied for hours until your next meal while supplying your muscles what they require for rebuilding purposes.



Time To Prepare: 2 minutes

Directions: Spread two-three tablespoons of hummus over two slices of Ezekiel bread. Note, you can either purchase store bought hummus or prepare it ahead of time yourself by combining 16 oz. chickpeas, ¼ cup liquid from the chickpeas, 3 tbsp. lemon juice, 1 ½ tbsp. tahini, 1 clove crushed garlic, ½ tsp salt, and 1 tbsp. olive oil in a bowl and blending with a food processor.

Servings: Makes 1 serving (hummus recipe makes 4-5 servings).

8. Chocolate Milk



It doesn't get much simpler than this. It's been proven that chocolate milk can be just as effective for post-game recovery as some of the higher priced protein powder recovery products on the market, so grab this one when you're in a rush. It has the perfect blend of protein with carbs to fuel your muscles.

Time To Prepare: 10 seconds

Directions: Pour 2 cups of chocolate milk into a thermos and serve when ready.

Servings: Makes 1 serving.

9. Cottage Cheese With Grapes

Cottage cheese is a fantastic source of protein that will digest slowly in the body and release a steady stream of amino acids to the muscles while they enter into deep recovery mode. Paired with some grapes which contain natural sugars to help increase the recovery process, this snack will help you fight post-game fatigue.

Time To Prepare: 1 minute

Directions: Scoop 1 cup of cottage cheese into a Tupperware container or bowl and top with 1 cup sliced grapes. Keep this cold until ready to eat

Servings: Makes 1 serving.



10. Granola & Fruit

Granola and fruit is the perfect post-game pick-me-up and will be rich in healthy carbs, fiber, and some protein from the nuts in the granola as well. This snack is ultra-easy to stash in your bag beforehand so that it's ready as soon as you finish up the game.

Time To Prepare: 30 seconds

Directions: Place about a cup of store-bought granola in a plastic bag or Tupperware container along with an apple, banana, or orange. When



purchasing your granola try and choose a variety that contains nuts of some variety and is lower in sugar content.

Servings: Makes 1 serving.

In conclusion, [Officially Fit](#) hopes this guide educated you and gave you some direction in making good choices in regards to your nutrition. We have discussed the importance of refuelling your body, why your body needs the right food, and given you some examples of great snack ideas. It is up to you to make the commitment to changing your lifestyle and becoming a better sports official just by making small changes in your daily activities.