

Protein Snacks to Eat After Running



After hitting the treadmill hard, you definitely need to eat a little something.

You didn't just burn fat and calories, but you also eliminated a lot of nutrients through your sweat. Plus, your muscles are exhausted, so they need protein in order to recover fully.

But what to eat? Check out these epic protein-rich snacks to eat after you come home from the gym:

Tuna on Whole Wheat with Onions

If you want a mineral-rich protein source, it doesn't get better than fish! Not only do you get lots of minerals and proteins, but there is even a bit of healthy fats to keep the fat-burning going.

Adding whole wheat toast into the mix gives you a dose of carbs to fill up your energy tank after your run. This is a low-calorie snack you should definitely have as your post-workout meal.

Ingredients:

- 1 can of tuna
- 1 tablespoon of mayonnaise
- 1 tablespoon of mustard
- ¼ onion
- 1 slice of whole wheat bread
- Salt and pepper, to taste

Preparation:

To begin, open the can of tuna and drain the liquid. Let the tuna sit in the strainer as you move on to the onions.

Dice the onions into small pieces and toss them in a pan with a bit of olive oil. Grill them for a couple of minutes until they begin to brown, then drop in a pinch of sugar and a few drops of soy sauce. Cook until they caramelize.

Mix the tuna with the mayo and mustard, and add salt and pepper to taste. Serve the tuna onto the whole wheat bread, and top with the grilled onions.



Peanut Butter with Apple Slices and Celery Sticks

There's nothing better than serving green apples (sour) with the rich, slightly sweet flavor of peanut butter. The apples serve as a quick shot of energy, while the peanut butter will give you slow-digesting fats and proteins.

Bonus points for the high-fiber celery sticks. Eat this after a workout if you need a quick snack!

Ingredients:

- 1 green apple
- 2 long celery stalks
- Natural peanut butter (unsweetened)

Preparation:

Cut the apple into quarters and remove the core. Cut the quarters into three, and place them on a plate.

Cut the leaves off the celery stalks, and slice the stalks into celery sticks about 4 inches long. Arrange them next to the apples on a plate.

Pop the top off that peanut butter jar and use a spoon to apply the peanut-y goodness to your apples and celery.



Chicken Garden Salad

Chicken is one of the best protein sources around! Fairly low in fat and calories yet rich in protein, it's the perfect post-workout snack.

Adding it into a garden salad (lettuce, tomato, cucumber, and carrot) will fill you up effectively thanks to all the fiber, and you can top it off with a bit of your favorite dressing to add the slow-burning fats!

Ingredients:

- 1/3 head of iceberg lettuce
- 1 tomato
- 2 carrots
- 1/2 cucumber
- 150 grams of chicken breast

Preparation:

Slice the chicken breast into strips, and cook them--on a grill is best, but you can always use a frying pan as well. Add plenty of salt and pepper, along with a spritz of lemon for flavor.

Shred the lettuce, chop the tomato into slices, grate the carrot, and slice the cucumber. Mix the salad together, top with the chicken strips, and add your favorite salad dressing.



PBB Toast

Peanut butter and bananas make for an **EXCELLENT** combination, especially if you need a shot of energy after a heavy running session.

Adding whole wheat toast into the mix gives you slow-acting carbs to refuel your energy for the long-term!

Sprinkle seeds on top for bonus nutrition.

Ingredients:

- 1 banana
- 1 slice of whole wheat toast
- Natural, unsweetened peanut butter
- Flax or pumpkin seeds

Preparation:

Spread the peanut butter onto the whole wheat toast. Slice the banana and spread them around the toast. Sprinkle the seeds on top and enjoy!

Recipe courtesy of [Greatist](#)



These recipes are all quick and easy to make, giving you the perfect post-workout snack in a hurry. Remember, your goal is to eat at least 200 to 300 calories in the 60 minutes following your workout.

Even if you're not going to have a huge meal, these snacks will carry you over until you sit down to eat for real.



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