POST-WORKOUT SNACKS WITH OIKOS

The amount of protein an athlete needs each day depends on their age, body size, and the type and intensity of their workout.[1]

ATHLETES HAVE INCREASED PROTEIN NEEDS

RECOMMENDED PROTEIN INTAKES

0.8-1.1 G/KG/DAY
RECREATIONAL ATHLETE
Practicing gentle exercise a few times a week
= GENERAL POPULATION

1.1-1.5 G/KG/DAY
ENDURANCE ATHLETES
Practicing a mix of low/moderate to intense training
4-5 DAYS PER WEEK FOR AT LEAST 1H

1.6-2 G/KG/DAY
TOP-LEVEL ATHLETES
Practicing high intensity or endurance sports
ON A DAILY BASIS FOR EXTENDED PERIODS OF TIME

20g PROTEIN

SMOOTHIE:
- 1 5.3oz cup **OIKOS® TRIPLE ZERO** BLUEBERRY
- ½ cup 1% milk
- ½ banana
- ½ cup blueberries

- 2x **OIKOS® PRO SHOTS** poured over
- ⅓ cup granola and
- ¼ cup raspberries

30g PROTEIN

- 1 **OIKOS® PROTEIN SHAKE**

- 1 5.3oz cup **OIKOS PRO** VANILLA
- 2 tbsp peanut butter
- 1 tsp chia seeds
- ½ banana sliced

40g PROTEIN

HIGH PROTEIN FRUIT DIP:
- 1 cup **OIKOS PRO** PLAIN
- 1 scoop of your favorite vanilla 15g protein powder
- 1 tsp of cinnamon

Blend together and enjoy with sliced apples, berries or your favorite fruit.

TUNA SALAD:
- 5oz can white tuna,
- ¼ cup **OIKOS TRIPLE ZERO** PLAIN
- 1 chopped dill pickle
- 1 tbsp Dijon mustard

Enjoy with your favorite whole grain cracker.

STRONGER MAKES EVERYTHING BETTER®

REFERENCES: Kerksick CM, et al. International society of sports nutrition position stand: nutrient timing. J Int Soc Sports Nutr. 2017. 14: 33. Travis TD, et al. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. J Acad Nutr Diet. 2016. 116(3): 501-528.

CHECK OUT OUR FULL LINEUP

OIKOS® PRO

20g PROTEIN PER 5.3 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 cup (150g)	**Total Fat** 3g	4%	**Total Carb.** 8g	3%
	Sat. Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g		Total Sugars 3g	
	Cholesterol 20mg	7%	Incl. 0g Added Sugars	0%
Calories per serving 140	**Sodium** 45mg	2%	**Protein** 20g	40%
	Vitamin D 10% • Calcium 15% • Iron 0% • Potassium 4%			

Available in: Vanilla, Banana, Cherry, Strawberry, Peach, Mixed Berry, Key Lime

OIKOS® PRO SHOTS

10g PROTEIN PER 3.1 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 bottle (93mL)	**Total Fat** 0.5g	1%	**Total Carb.** 4g	1%
	Sat. Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g		Total Sugars 2g	
	Cholesterol 5mg	2%	Incl. 0g Added Sugars	0%
Calories per serving 60	**Sodium** 45mg	2%	**Protein** 10g	20%
	Vitamin D 10% • Calcium 15% • Iron 0% • Potassium 2%			

Available in: Mango, Strawberry, and Mixed Berry

OIKOS® TRIPLE ZERO

15g PROTEIN PER 5.3 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 cup (150g)	**Total Fat** 0g	0%	**Total Carb.** 7g	3%
	Sat. Fat 0g	0%	Fiber 0g	0%
	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 10mg	3%	Incl. 0g Added Sugars	0%
Calories per serving 90	**Sodium** 55mg	2%	**Protein** 15g	30%
	Vitamin D 10% • Calcium 10% • Iron 0% • Potassium 4%			

Available in: Vanilla, Banana, Cherry, Strawberry, Peach, Mixed Berry, Salted Caramel, Blueberry, and Lemon Tart

OIKOS® SHAKES

30g PROTEIN PER 12 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 bottle (355mL)	**Total Fat** 4g	5%	**Total Carb.** 9g	3%
	Sat. Fat 2.5g	13%	Fiber 6g	21%
	Trans Fat 0g		Total Sugars 1g	
	Cholesterol 25mg	8%	Incl. 0g Added Sugars	0%
Calories per serving 180	**Sodium** 240mg	10%	**Protein** 30g	60%
	Vitamin D 20% • Calcium 60% • Iron 8% • Potassium 60%			

Available in: Chocolate, Vanilla, and Salted Carmel

OIKOS® REMIX

11g PROTEIN PER 4.5 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 cup (128g)	**Total Fat** 2g	3%	**Total Carb.** 15g	5%
	Sat. Fat 1g	5%	Fiber <1g	2%
	Trans Fat 0g		Total Sugars 11g	
	Cholesterol 5mg	2%	Incl. 7g Added Sugars	14%
Calories per serving 120	**Sodium** 75mg	3%	**Protein** 11g	22%
	Vitamin D 10% • Calcium 10% • Iron 2% • Potassium 4%			

Available in: S'mores, Coco Almond Chocolate, Salted Caramel, Cookies & Cream, and Berry Dark Chocolate Crisp

OIKOS® FUSION

23g PROTEIN PER 7 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 bottle (207mL)	**Total Fat** 1.5g	2%	**Total Carb.** 9g	3%
	Sat. Fat 0.5g	3%	Fiber 5g	18%
	Trans Fat 0g		Total Sugars 4g	
	Cholesterol 55mg	18%	Incl. 0g Added Sugars	0%
Calories per serving 130	**Sodium** 105mg	5%	**Protein** 23g	46%
	Vitamin D 25% • Calcium 15% • Iron 0% • Potassium 6%			

Available in: Strawberry, Mixed Berry, and Vanilla

OIKOS® PRO DRINKS

23g PROTEIN PER 7 oz SERVING

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving size 1 bottle (207mL)	**Total Fat** 1.5g	2%	**Total Carb.** 8g	3%
	Sat. Fat 1g	5%	Fiber 0g	0%
	Trans Fat 0g		Total Sugars 4g	
	Cholesterol 15mg	5%	Incl. 0g Added Sugars	0%
Calories per serving 140	**Sodium** 100mg	4%	**Protein** 23g	46%
	Vitamin D 10% • Calcium 40% • Iron 0% • Potassium 4%			

Available in: Mango Pineapple, Peach, and Strawberry Banana

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