

FRST CENTER NUTRITION



FUEL FOR THE FRONTLINE: RECOVER TO RESPOND



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

The work doesn't end when the call is over! Every response places physical and mental demands on the body, making recovery an essential part of health and performance. Prioritizing recovery through smart nutrition, hydration, and rest can help replenish energy, reduce fatigue, support muscle repair, and keep you ready for the next shift. This month, we're focusing on simple strategies to help you recover stronger and stay mission-ready!

WHY RECOVERY MATTERS

PER MEAL AIM FOR:

- **20 - 40 g** of high-quality protein for **muscle repair**
- **30 - 90 g** of **carbohydrates** to **restore energy stores**
- **Fluids and electrolytes** to **replace sweat losses**
- Micronutrient-rich **fruits and vegetables** to **support immune function** and **overall recovery**



Southwest Chicken & Rice Skillet¹

Serves 4

Calories: 582 kcal | Carbohydrates: 59g | Protein: 42g

Ingredients:

- 2 Tbsp butter, unsalted
- 1 medium onion, chopped
- 1 lb. chicken breasts (skinless and boneless), cubed
- 1 Tbsp chili powder
- 1 tsp ground cumin
- ½ tsp dried oregano
- 1 cup long grain rice, uncooked
- 1 cup salsa
- 1 cup black beans
- 2 cups chicken broth, low-sodium
- 1 cup cheddar cheese, shredded
- 2 green onions, chopped
- ½ medium tomato, diced

Directions:

1. Melt the butter in a large skillet over medium heat. Add the chopped onion and cook for about 3 minutes until softened, stirring occasionally.
2. Add the chicken cubes to the skillet and season with chili powder, cumin and oregano. Cook for another 3 to 5 minutes until chicken is no longer pink.
3. Add the rice, salsa, black beans, and chicken broth to the skillet and stir until everything is well combined. Bring to a boil, then reduce heat to low and cover the skillet with a lid. Cook for 15 minutes covered.
4. Turn off the heat and allow the rice to rest for another 5 minutes before removing the lid. Fluff the rice and chicken with a fork, then sprinkle the cheddar cheese over the rice and cover with the lid again. Wait for 1 to 2 minutes until the cheese melts.
5. Finally, remove the lid and garnish the rice with chopped green onions and diced tomatoes. Enjoy!

EXAMPLE RECOVERY MEALS

Option 1:

- 1 cup nonfat Greek yogurt
 - ½ cup berries
 - ¼ cup granola
 - 20 oz water
- 23 g protein · 35 g carbohydrates

Option 2:

- 16 oz Fairlife Core Power Protein Shake
 - 1 medium apple
 - 20 oz water
- 26 g protein · 31 g carbohydrates

