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In order to meet his unique needs, Fred could drink 24 ounces of Accelerade (52 grams carbohydrate, 13 grams protein) in combination with 1/3 Powerbar (~15-16 grams carbohydrate, ~3-4 grams protein) washed down with 8 ounces of water. Recovery Protocol: Within 30 minutes after training, Fred should aim at consuming 68 grams of carbohydrate and 17 grams of protein.

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