

WRESTLER'S MEAL PLAN

BREAKFAST

1. 1 cup of Cereal with 1/3 cup Skim Milk
1 piece of fruit
8 oz of fruit juice and 16 oz of water
2. 1 packet of Oatmeal with 1/3 cup skim milk
1 piece of fruit
8 oz of fruit juice and 16 oz of water
3. 1 Bagel with 2 teaspoons non-fat cream cheese
1 piece of fruit
8 oz of fruit juice and 16 oz of water

Choose ONE
selection from
each meal...
Stick to it
exactly! No
additions and
limit your
substitutions!

LUNCH

1. 4 slices of turkey breast with 2 slices of tomato, 2 pieces of lettuce on 2 pieces of whole wheat bread
1 piece of fruit
8 oz of fruit juice and 16 oz of water
2. Salad with 1/2 can of tuna fish, with 1/2 a cucumber cut up or 1 whole carrot, and 2-3 cherry tomatoes, 2 teaspoons of vinegar
1 piece of fruit
8 oz of fruit juice and 16 oz of water
3. 1 cup of pasta with broccoli, 1/3 cup red sauce
8 oz of fruit juice and 16 oz of water

SNACK: 30-45 minutes before training

1. piece of fruit and 1 granola bar or snack bar
2. 6-7 pieces of celery with 1/4 teaspoon of peanut butter on each
3. 2 pieces of fruit

DINNER

1. 1 piece of chicken breast (size of palm), grilled, black pepper or tabasco, no salt
1/2 cup of green beans or peas or broccoli or carrots, steamed no butter or salt
1 piece of fruit
8 oz of fruit juice and 16 oz of water
2. Salad with 1 can of tuna fish, 1/2 cucumber or whole carrot, 2-3 cherry tomatoes, 2 teaspoons of vinegar
1 piece of fruit
8 oz of fruit juice and 16 oz of water

Be creative with your choices, but stick to the pattern. NO CARBS after practice!