

Wrestler Food Guide (Diet is a BAD word)

Breakfast:

Options include oatmeal, cream of wheat, eggs/toast, fruit smoothie (see recipe)

Snack:

Options include nuts/fruit, Greek yogurt, pb & j sandwich on whole wheat. Hard boiled eggs (if you didn't have eggs for breakfast)

Lunch:

Options include chicken, tuna, pb & j sandwich, salad (light dressing...see directions), end with an orange!

Snack:

Options include fruit, raw veggies, handful of nuts

Dinner:

Options include salmon, tuna, chicken (about 4-5oz serving) with fresh veggies filling half of the plate. Have an orange for dessert.

Recipes....

Breakfast Smoothie: in blender add 1 banana, 1 greek yogurt, frozen strawberries, non-fat milk. Blend.

Preparation for meat/fish: lightly spray frying pan with non-stick spray. Place fish/chicken into frying pan on medium/high heat. Season with oregano, garlic, basil, fresh cracked pepper. You may add a squeeze of lemon juice to taste. NO salt! Turn over when meat/fish appears to gently brown on one side & is cooked about ½ way through. Once finished, plate the main dish & follow directions for the veggies...

Preparation of fresh veggies: use the same pan you prepared the meat/fish in...it is already sprayed so you don't need to add oil. Place veggies into pan. Add seasoning as above...gently move the veggies about in the pan with a wooden spoon. They should cook in just a few minutes. To steam them just cover the pan for a couple of minutes...the moisture in the veggies will be enough with the lemon juice.

Stir Fry Thai Chicken/Veggies: Cut up 1 boneless skinless chicken breast (per 2 servings). Spray frying pan with non-stick spray. Heat on medium/high flame. Add chicken & brown. Add 1 package of stir fry veggies (fresh), chopped onion. Stir gently for about 5mins until veggies start to soften. Add Thai peanut sauce to taste (less is more). Serve over brown rice.

Preparation of salads: Use premade spinach/salad mixes. Add fresh onion, celery, bell peppers & tomatoes. Use only 1 cap of Kraft Fat Free Zesty Italian dressing per serving. Use spinach salads in place of lettuce on sandwiches too....

To help your week, prepare in advance extra boneless chicken breast/thighs. On Saturday, prep the chicken by marinating it over night in the fridge. Your choice of marinade. BBQ/grill the meat on Sunday. Now you will have easy go-to chicken for sandwiches/salads during the week.

Shopping List:

Boneless skinless chicken breast/thighs

Salmon

Tuna (packed in water NOT oil)

Pre-packed, peeled hard-boiled eggs (Costco)

Pre-made salad packs....spinach is best

Pre-made veggie packs

Onions/bell peppers

Whole wheat bread

All natural peanut butter

Greek Yogurt

Frozen strawberries

Bananas

Oranges

Thai Peanut Sauce

Kraft Fat Free Zesty Italian dressing

Brown Rice

Non-fat milk

*Fresh Veggies & fruit....I go to Sprouts every 3 days to buy fresh...I pick whatever is on sale 😊 You can also get the nuts at Sprouts...stick to almonds/sunflower seeds. Everything else should be available at Costco so you don't have to run all over town.

What Food is GOOD Food?

ALL food can be okay when eaten in moderation!!

Power Foods for all year round:

Breakfast: Oatmeal, Bagels, Cereal, Toast, Bread, 100% Fruit juice, Eggs, cottage cheese, Pancakes,
Low fat or Nonfat Milk

Snacks: Power bars, Instant Bread, cottage cheese

Breakfast, Yogurt, Fig Newton's, Pretzels, Bagels, all types of Fruit,
Lunch: Turkey, Ham, Roast Beef, Tuna, Seafood Salad, Chicken sandwiches, Hummus, Salads, Fruit-
Veggie sticks, breads, Bagels, Milk and 100% Fruit Juice

Pre-Practice (2 hrs before): Yogurt, Fig Newton's, Gatorade, Bagels, Pretzels, Fruit, Instant Breakfast,
Power bars

Dinner: Chicken, Fish, Beans, Rice, Pasta, Yams, Potatoes (with skins), Tortillas, Salads, Vegetables,
Fruits, Bread, Milk and 100% Fruit Juice

Small Changes for a Match Day:

Night before match: 18-20 oz water or sports drink, Snack with low glycemic index combined with protein (like sandwich, peanut butter, instant breakfast with milk)

4-5 hrs before Match: 600-1000 calories (high carb, medium fat protein), continue to drink water or Gatorade

1-2 hrs before Match: 250-350 calories (high carb, low fat protein), watch water intake to avoid a full Belly.

Between weigh-in and Match: B-I2oz of sports drink like Gatorade

Between Matches: High glycemic index carbohydrate foods (bagels, bars, jelly beans, graham Crackers) low fat and low protein, B-I2oz water or Gatorade

After the Match: Immediately afterwards (within 15 min) eat high carbohydrate food, and continue to do so for 2hrs after match (bagels, pasta, bread, potatoes, rice)

Breakfast

Oatmeal/Cream of Wheat/basic non-sugar cereal/fruit/juice/water... (Eggs are ok a few times a week but avoid frying.)

Snack

Fruit/juice/water/dry nuts/carrot sticks/celery

Lunch

Sandwich (whole wheat bread) with lean meat/no mayo/use raw spinach instead of lettuce

Fruit/Salad with light dressing (read labels!)/ water

If cutting weight: Soup see recipe below

Snack

Fruit/nuts/celery/carrot sticks/water

Dinner

Lean meat (best if seasoned with no salt) baked/grilled

Fresh Veggies (again avoid salt) lightly cooked (use olive oil lightly if needed)

Salad (same rules on dressing... NO Ranch or other heavy dressing)

Water

Soup Recipes for Wrestlers

Turkey Meatball

Lean Ground Turkey (2lbs)

Italian Style bread crumbs

Eggs (2)

Fresh Spinach (1 Bunch)

Green Onions (2 Bunches)

Celery (Full Stock)

Serrano Peppers (2)

Roma Tomatoes (4-6)

Baby Carrots (1 lb)

Organic Frozen Corn

Organic low sodium Chicken broth (2-3 boxes)

Herdez Salsa (2) small cans

Cilantro (1 bunch)

Dry Oregano

1. Combine turkey/bread crumbs (just enough to bind the meat)/eggs/oregano in a large mixing bowl. Roll small meatballs brown in a frying pan. DO NOT ADD OIL.
2. Chop all produce. Finely chop the Serrano peppers.
3. Combine all ingredients, along with the broth in a crock pot. Slow cook overnight. Good to go in the morning!

Beef/Vegetable:

Extra lean stewing beef (2-3 lbs.)
Frozen Organic peas
Fresh Spinach (1-2 bunches)
Green Onions (2 bunches)
Celery (Full stock)
Serrano peppers (2)
Roma Tomatoes (4-6 depending on the side)
Baby carrots (1 lb)
Organic low sodium beef broth (2 boxes)
Organic low sodium vegetable broth (1 box)
Herdez salsa (2) small cans
Cilantro (1 bunch)
Dry Oregano

1. Cut beef into very small pieces. Remove any fat brown in a frying pan. Season with fresh pepper and oregano. DO NOT ADD OIL.
2. Chop all produce. Finely chop the Serrano Peppers.
3. Combine all ingredients, along with the broth in a crock pot. Slow cook overnight. Good to go in the morning!

Chicken/Vegetable:

Boneless skinless chicken breast (2-3 lbs)
Frozen Organic corn
Fresh Spinach (1-2 bunches)
Green Onions (2 bunches)
Celery (Full stock)
Serrano peppers (2)
Roma Tomatoes (4-6 depending on the side)
Baby carrots (1 lb)
Organic low sodium chicken broth (2 boxes)
Organic low sodium vegetable broth (1 box)
Herdez salsa (2) small cans
Cilantro (1 bunch)
Dry Oregano

1. Cut chicken into very small pieces. Remove any fat brown in a frying pan. Season with fresh pepper and oregano. You may need to use a *little* olive oil.
2. Chop all produce. Finely chop the Serrano Peppers.
3. Combine all ingredients, along with the broth in a crock pot. Slow cook overnight. Good to go in the morning!

WRESTLING DIET

Be sure to take vitamins each day ~ Remember to drink water

Breakfast:

1/2 bowl of Fiber 1 cereal
2 pcs. whole wheat bread
1 banana
1 glass Fruit Juice, non-fat
milk, coffee, water - 8 oz.

Lunch:

1 sandwich (Chicken/ Tuna)
1 piece of fruit
Small portion of
Vegetables
Drink Water

Dinner:

Small portion of pasta (7 oz)
1 pc. whole wheat bread
Small portion of vegetables
Drink water

Breakfast:

2 pancakes (1 oz. syrup)
1 piece of fruit
1 glass reg. breakfast drink

Lunch:

1 baked potato (no sour
cream)
Small portion of vegetables
1 piece of fruit
Drink Water

Dinner:

8 oz. of red meat or non-
fried food
Drink Water

Breakfast:

2 eggs
2 pcs. of wheat bread
1 piece of fruit
1 glass of regular breakfast
drink

Lunch:

6 oz. of pasta
Small portion of vegetables
Drink Water

Dinner:

1 baked potato (no sour
cream)
Small portion of vegetables

Breakfast:

1 bowl of Oatmeal
2 pcs of whole wheat bread
1 glass (8 oz.) of fruit juice,
coffee, water, non-fat milk

Lunch:

1 sandwich (chicken/tuna)
1 piece of fruit
Small portion of vegetables
Drink Water

Dinner:

Small portion of pasta
1 pc. of whole wheat bread
Drink Water

Breakfast:

2 pancakes (1 oz. syrup)
1 piece of fruit
1 glass of regular breakfast
drink

Lunch:

6 oz. of pasta
Small portion of vegetables
Drink Water

Dinner:

1 baked potato (no sour
cream)
Small portion of vegetables
Drink Water

Breakfast:

Pick any day from list

Lunch:

1 piece of fruit
Small portion of vegetables
Drink Water

Dinner:

Pick any day from list

Breakfast:

Same as Day 1

Lunch:

Same as Day 2

Dinner:

Small portion of pasta
(7 oz.)
Small portion of vegetables
Drink Water