

SMW Wrestling Nutrition

These notes below need to be implemented promptly. They will be good outlines on how to eat and what to eat. The first set of nutrition instructions are for wrestlers trying to lose weight; the second is for those trying to maintain their weight and looking for optimal performance.

Guys trying to lose weight need to be very strict on what is going in their body. There is not much time left to make this easy on you.

- Make sure you are eating breakfast every morning. Each breakfast needs to contain at least 25 g of lean protein. To make it easy eggs are great as well as protein shakes. There should be no orange juice, apple juice, or sugar dense drinks. Water is the best option in this case because it does not have any calories plus will help you keep your metabolism high.
- I would advise you all to start taking snacks to school. Good snacks would include chicken breasts, tuna, turkey, lean ground beef, or protein shakes. Notice there is no fruit listed; fruit is very sugar dense which will set you back in this case. **You may have as much veggies as you like, but you do not get to put tons of ranch on to flavor them.** Carrots and broccoli are easy to take in zip lock baggies.
- Each major meal needs to have 1 serving of protein, 1 serving of a complex carb, and 1 serving of a vegetable. A good example would be a 5 oz chicken breast, 1 cup brown rice, and 1 cup broccoli. I would eat three major meals a day (ie: breakfast, lunch and dinner).
- 18-20 oz water (**this is one water bottle**) needs to be consumed every 2-3 hours. This will help keep your metabolism running high, but it will also flush out fat being burned. Don't worry about gaining water weight; you will lose it when you sweat and pee. Your performance relies on you staying hydrated, you remove water from your diet and your performance will suffer.
- After 7 pm carbs are going to be cut off. This means no yogurt, ice cream, rice, pudding pops etc. You may have more lean protein and veggies. Let me remind you that you may not have anything to flavor your veggies like ranch.

This next section is for those looking to maintain their weight.

- Make sure you are eating breakfast every day. This needs to consist of a protein, a complex carb, and a veggie. I love Egg Beaters with some peppers and whole grain toast. Keep the sugar to a minimum. This still includes orange juice, apple juice, sodas etc.
- Make sure you are constantly fueling your body. This needs to include a lean source of protein and a complex carb at least 5 times a day. This could be 5 oz of ground turkey, a baked potato, and a veggie.
- 18-20 oz of water every 2-3 hours. Bring a water bottle to class with you because it will help remind you to keep the water coming.
- You need to intake a lean protein source before you go to bed. Protein shakes work great but if you don't have any you can do eggs, chicken, tuna, or turkey.

Post workout nutrition can be a great way for you to get a leg up on your competition. The best way to accomplish this is to get a protein powder mix and a shaker bottle for after practice. You can keep these in your locker so that you will always have them. Your body is searching for a way to repair itself. Give it what it needs... **lots of protein.**

- **Lean Protein- Chicken, Tuna, turkey, eggs, 97/3 ground beef, shrimp, whey protein**
- **Complex Carbs- Potato, sweet potato, brown rice, wild rice, whole grains, oats, whole grain pasta.**
- **Veggies- Broccoli, carrots, spinach, lettuce, green beans, asparagus.**

There are a lot of other options out there. These are very easy to get at the grocery store. Please ask me if you have any trouble with this. I have a ton of great, easy ways to prep these meals.

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Authorized Food List

Select one item from each column on the list below to make yourself an Authorized Meal. Feel free to use any combination you like.

PROTEIN	CARBS	VEGETABLE
<input type="checkbox"/> beef, lean ground	<input type="checkbox"/> apple	<input type="checkbox"/> broccoli
<input type="checkbox"/> buffalo	<input type="checkbox"/> barley	<input type="checkbox"/> artichoke
<input type="checkbox"/> chicken breast	<input type="checkbox"/> beans	<input type="checkbox"/> asparagus
<input type="checkbox"/> cottage cheese, low-fat	<input type="checkbox"/> bread, whole-wheat	<input type="checkbox"/> brussel sprouts
<input type="checkbox"/> crab	<input type="checkbox"/> brown rice, steamed	<input type="checkbox"/> cabbage
<input type="checkbox"/> egg substitutes	<input type="checkbox"/> corn	<input type="checkbox"/> carrots
<input type="checkbox"/> egg whites	<input type="checkbox"/> melon	<input type="checkbox"/> cauliflower
<input type="checkbox"/> haddock	<input type="checkbox"/> oatmeal	<input type="checkbox"/> celery
<input type="checkbox"/> ham, lean	<input type="checkbox"/> orange	<input type="checkbox"/> cucumber
<input type="checkbox"/> lobster	<input type="checkbox"/> pasta, whole grain	<input type="checkbox"/> green beans
<input type="checkbox"/> orange roughy	<input type="checkbox"/> potato, baked	<input type="checkbox"/> green peppers
<input type="checkbox"/> salmon	<input type="checkbox"/> pumpkin	<input type="checkbox"/> lettuce
<input type="checkbox"/> shrimp	<input type="checkbox"/> squash	<input type="checkbox"/> mushrooms
<input type="checkbox"/> steak, top round	<input type="checkbox"/> strawberries	<input type="checkbox"/> onion
<input type="checkbox"/> steak, top sirloin	<input type="checkbox"/> sweet potato	<input type="checkbox"/> spinach
<input type="checkbox"/> swordfish	<input type="checkbox"/> wild rice, steamed	<input type="checkbox"/> tomato
<input type="checkbox"/> tuna	<input type="checkbox"/> yam	<input type="checkbox"/> zucchini
<input type="checkbox"/> turkey, breast	<input type="checkbox"/> yogurt, fat-free	
<input type="checkbox"/> turkey, lean ground	<input type="checkbox"/> peas	

Notes: