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1. Your body's ability to burn solid fat is at its peak immediately after waking up. If you are going to do some extra cardio, do it when you wake up (without eating) and you will burn more fat.

2. Don't jog excessively to Make Weight. You shouldn't get in the habit of jogging for miles and miles each week in order to lose weight. If you try to lose weight by jogging, you will start eating the muscle off of your body. Aerobic activity is NOT an efficient means of losing fat. A controlled meal plan is the answer.

The idea is to lose BODY FAT only (not muscle). Body fat can best be lost by modifying diet. Extra workouts should be running (3x week), lifting weights, calisthenics and body weight exercises at a brisk pace (pushups/ sit-ups/ pull-ups/ chin-ups/ dips) to burn calories/maintain strength.

3. Don't Dehydrate. In order to wrestle at your best each of your body systems requires water. If you have to lose a couple of pounds (maximum) to make weight after you have followed your diet, only then you will restrict your water intake. Restricting is not the same as not drinking water at all, though. You still need to give yourself 3-4 ounces of water every 3 hours on days that you are trying to make weight. Remember, this is to keep up your strength. You need to plan well in order to do this right. Don't wait until two days before, and get drastic in your weight loss system.

4. Keep Up Your Strength Training. During the wrestling season, YOU HAVE TO STRENGTH TRAIN! You will not keep strength gained during the off-season if you neglect training during the season. If you are cutting weight, it is even more important to keep up your strength training.

5. Eat More Frequently/smaller portions. Feed your body the correct ratio of protein/carbs, and fats. If you starve your body, you will cause a rebound effect, and have even more trouble making weight next week. The answer lies in trying to lose fat, not muscle and water. You do this by eating less, more frequently. Five or six smaller meals each day will allow you to lose body fat while sparing muscle, give you energy to wrestle hard, and be strong.

6. Stay Away From Sugar. Wrestlers who cut weight by eating very little and doing excessive jogging tend to get sugar cravings. Sugar has no place in your wrestling meal plan. If you are within 3 or 4 lbs. of your weight class, you might want to consume 60 grams or so of high glycemic carbohydrates (sugar) on the form of grape juice or apple juice within 20 minutes of your strength training session. Otherwise, stay away. It turns into fat.

MAIN GOALS TO SUCCESS:

1. Show-up at weigh-ins hydrated
2. Fasting (not eating) makes weight cutting harder (and eats muscle)
3. 6 small meals a day is the best way to lose/keep weight off
4. Losing weight rapidly causes a loss in muscle/strength
5. The object is to lose FAT, not water
6. Eat meals slowly for a better sense of fullness
7. Plan your meals; Eat every 4 hours
8. Be disciplined; Count your calories;
9. Stay away from packaged products (except Power/Protein bars)

BREAKFAST: (6:00 – 9:00 AM) (Drink at least 8 oz water with all meals & snacks)

Breakfast # 1:

3 Hard boiled eggs (75 calories @ 5 fat, 6 protein, 1carb)  
1 Piece toast (wheat or grain)(70 calories @ 1fat, 3 protein, 14 carb)  
1 tspoon jelly on toast (30 cal)  
1 orange (70 calories @ 0 fat, 1 protein, 17 carb)  
2 coffee (black) (10 cal)  
(400 calories)

Breakfast #2:

1 cup high fiber cereal (120 – 210 cal) with 1 cup skim milk (80 cal). (or a cup of oatmeal)  
1 banana 110 cal (1/1/27)  
2 coffee (black) 10 cal  
(450 calories)

Breakfast #3

1 cup low fat yogurt (140 cal) (2/6/8)  
2 pieces wheat or whole grain toast (70 calories each) with very light spread of peanut butter (2tblspoons (190 cal)  
2 coffe black (10 cal)  
(500 calories)

AVERAGE CALORIES; BREAKFAST: 450

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MID-MORNING SNACK (9:00 -11:00 AM)

1 apple (80 cal)  
1 banana (110 calories)  
1 orange (70 cal)

AVERAGE CALORIES 90

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LUNCH (11:30 am – 2:00 pm)

Lunch #1:

Grilled Chicken salad (450 – 800 calories)

You gotta be careful here. Very little dressing and the chicken should only be a 3 ounce portion (about the size of a deck of cards!) You can have as much lettuce/ greens/ veggies as you want (Again, no (or very little) dressing)

Lunch #2: (450 cal – 550 cal)

Tuna fish sandwich on whole wheat bread and VERY light mayo

1 bowl salad (little or no low-fat dressing)

1 peach (50 cal)

Lunch #3

Turkey sandwich on wheat or grain bread (no mayo – mustard OK)

Bowl of salad (no dressing or very little low fat dressing)

1 cup of blueberries or strawberries

AVERAGE CALORIES: 500

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PRE WRESTLING PRACTICE SNACK: (3:30 pm)

1 protein Bar/Power Bar (300 calories)

AVERAGE CALORIES: 300

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Dinner (5:30 pm – 7:00 pm)

Dinner #1 (500 cal)

3 oz fish (about size of deck of cards) (or chicken or beef)

1 large portion of spinach, green beans, veggies (steamed or boiled – no sauce)

1 Baked potato

1 salad (no dressing)

Dinner #2

1 cup spaghetti (about the size of a tennis ball)

tomato sauce

1 piece wheat or grain bread

Dinner #3  
3 oz beef (size of a deck of cards)  
veggies (steamed or boiled)  
Baked potato (small)  
Salad

AVERAGE CALORIES: 500

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NIGHT-TIME SNACKS (7:30 – 9:30)  
1 bowl of sugar-free Jello  
or  
1 apple  
or  
1 bowl of Microwave Popcorn (low fat or fat free)

AVERAGE CALORIES: 100

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RECAP	Calorie Count:
Breakfast: (6:00 am – 9:00 am)	450
Mid Morning Snack (9:00 am – 11:00 am)	90
Lunch (11:30 am – 2:00 pm)	500
Pre-wrestling workout Snack (3:30 pm)	300
Dinner (5:30 pm – 7:00 pm)	500
<u>Night-Time SNACK</u>	<u>100</u>
Total Calories:	1,940

\*\*You are probably eating at least 2500 calories a day right now (A 137-pound man will maintain his weight if he exercises an hour a day and eats 2600 calories. You are exercising MORE than an hour so your calorie count may be higher than 2500)

If you stick to this diet (and are eating 2500-2700 calories a day right now) you will lose about 1 ½ - 2 pounds of fat per week (Every 3500 calories is equal to one pound of weight loss). You have to remember that the portions of fish/chicken/meat are really small (the size of a deck of cards) and if you're going to eat salad dressing, it should be low fat/low calorie and you should eat it this way:

[\\*The dipping-technique: Have your salad dressing served on the side. Dip your bare fork into the dressing and spear a bite of your salad. Do not scoop. You will have dressing on every bite; yet need only a fraction of the amount that you normally use.](#)

All of these things make a difference. Drink 5 – 8 cups/bottles of water a day. Have a small glass of apple or orange juice if you want (before lift). These are really hard to stick to. You always have to be counting calories and you can't cheat, Trust me, though, in about a month it will pay off. Good Luck.

## DIET SHEET TWO

Read the three paragraphs below – VERY IMPORTANT INFORMATION

This is a sample day. It's a little protein high (protein should be about 25-30% of your daily diet – and this day is 31%) but it's pretty good.

If you could eat this exact diet 3 days a week, it would be great (because there is a good chance that the diet you are working off right now is protein low and carb high – this will balance that out).

It's important to remember that it's not only calories you have to count. You have to have the correct percentages of protein, carbs and fats too. If you don't your body begins to attack your muscle for food. That is why we see a lot of wrestlers crash at the end of the year. They ate the right number of calories to keep their body weight down, but they are consuming the wrong percentages of carbs, proteins, and fats.

1 GRAM OF PROTEIN = 4 CALS  
 1 GRAM OF CARBS = 4 CALS  
 1 GRAM OF FATS = 9 CALS

At the grocery store, buy PAM spray, and a measuring cup. (Assuming you have a frying pan.

### MEAL #1 5:00 – 9:00 AM

A. Great breakfast/lunch. Good protein and filling. Spray Pam in frying pan. Chop up mushrooms, onion and pepper and cook in frying pan 5-10 minutes (until onion brown and pepper soft). Add 2 cups egg whites. Stir until done. Add ketchup and eat with one slice wheat bread.

ITEM	CAL	PROTEIN	CARB	FAT
2 cup egg white	250	27g	1.8g	0g
1 cup mushrooms sliced	15	2.2g	2.3g	0g
1 green pepper	25	1g	5.5g	0g
1 medium onion	46	1g	11.1g	0g
3 tbsp ketchup	45	0g	5g	0g
1 slice wheat bread	69	2.7g	12.9g	1.2g
<b>TOTAL</b>	<b>450</b>	<b>33.9g</b>	<b>38.6g</b>	<b>1.2g</b>

SNACK #1 10:00 – 12:00 AM

B. SNACK #1. You NEED this to get the proper fats (or you'll start bingeing). This would be a good snack twice a day (to get your fats in).

ITEM	CAL	PROTEIN	CARB	FAT
2 tbsp peanut butter	192	8g	5.9g	16.7g
1 slice wheat bread	69	2.7g	12.9g	1.2g
TOTAL	261	10.7g	18.8g	17.9g

MEAL #2 11:00 -2:00 PM

C. This meal gives you some good carbs (for your upcoming afternoon workout) and catches you up on the fats you need that will stop the urge to binge. You have to eat some fats or you'll lose it and binge.

ITEM	CAL	PROTEIN	CARB	FAT
¾ cup oatmeal	225	7.5g	40g	3g
1 chopped med apple	72	.4g	19.1g	.2g
1 Power Bar	230	10g	30g	9g
TOTAL	527	17.9g	99.1g	12.2g

SNACK #2: 1:00 – 2:30 PM (Before workout)

C. Buy 6 medium yellow potatoes at Krogers. They're cheap. Poke holes in one with a fork and microwave till its soft all around. Split open and eat with 2 tbsp ketchup. This is a great snack. It's high in carbs and will give you the fuel you need to get through your workout.

ITEM	CAL	PROTEIN	CARB	FAT
1 medium potato	161	4.3g	36.6g	.4g
2 tbsp ketchup	30	0g	3g	0g
TOTAL	191	4.3g	39.6g	.4g

MEAL #3 5:00 – 7:00 PM

B. Great Meal. Look at the protein!! Buy cooked, frozen shrimp (not Raw) and put in a bowl of hot water until thawed. Pinch off the tails and eat. Eat this at night (lots of protein will help you to sleep).

ITEM	CAL	PROTEIN	CARB	FAT
1 pound shrimp	481	92.13g	4.13g	7.85g
1 ½ cup gr beans /carrots	50	3g	10g	0g
TOTAL	531	95.13g	14.13g	7.85g

### SNACK #3 8:00 – BEDTIME

More fats will REDUCE your cravings for food. Measure peanut butter carefully (level tablespoons) It's not much, but it will taste good!!

ITEM	CAL	PROTEIN	CARB	FAT
1 tbsp peanut butter	96	4g	2.95g	8.35g
2 slice wheat bread	140	5.4g	25.8g	2.4g
TOTAL	236	9.4g	28.75g	10.75g

TOTALS FOR DAY	CAL	PROTEIN	CARB	FAT
	2196	171.33	238.98	50.3
PERCENTAGES:		31%	44%	21%

## OTHER MEAL IDEAS

Breakfast (7:00 am -9:00 am)

1.	2 cups Special K (7p/22c/1f/cup) 117 calx2	34
	1 cup skim milk (8p/12/0f)	86
	1 banana (1p/27c/ 1f)	105
	Coffee w cream (1p/2c/3f)	35
		460
2.	1 cup fried egg whites (26p/1.8c/.4f)	126
	2 slices wheat toast (3p/14c/1f) 70x2	140
	Peanut butter 2 tablespoons (9p/5c/16f)	191
	Coffee w cream (1p/2c/3f)	35
		492
3.	3 scrambled eggs with peppers & mushrooms (7p/1.3c/7.3f)	303
	2 slices wheat toast dry	140
	Coffee w cream	35
		478
4.	1 ½ cups Oatmeal (10p/38c/4f)	220
	1 apple chopped up (0p/51c/1f)	77
	1 piece wheat toast (3p/14c/1f)	70
	1 tablespoon peanut butter (5p/3c/8f)	95
	1 coffee w cream	35
		497

5.	1 ½ cup low fat yogurt (18p/24c/6f)	210
	1 banana (1p/27c/1f)	105
	1 cup special k (mixed in) (7p/22c/ 1f)	117
	<u>1 coffee w cream</u>	<u>35</u>
		467
SNACK (10:00 am – 10:30 am) – choose one		
	1 banana (1p/27c/1f)	100
	1 apple (0p/20c/0f)	77
	1 orange (1p/17c/0f)	69
	1 cucumber with 1 tbs low fat dressing (31+50) (1p/7c/0f)	81
	1 cucumber plain	31
	3 large raw carrots (2p/20c/1f)	90
LUNCH (12:00-100 pm)		
1.	Ham sandwich on wheat (3 slices ham)	
	a. Ham (24p/2c/6f)	160
	b. Bread (3p/14c/1f) each slice	140
	c. Mustard	12
	1 ½ cup green beans (4p/14c/0f)	66
	<u>1 apple</u>	<u>77</u>
		455
2.	Tuna fish sandwich 1 can (in water) (30p/0c/0f)	131
	2 slices wheat bread	140
	1 tablespoon low fat mayo (0p/0c/11 fat)	90
	<u>1 medium baked potato (5p/51c/0f)</u>	<u>220</u>
		581
3.	Grilled chicken salad 25p/40c/4f)	342
	* chicken size of deck of cards/2 tsp low fat dressing	
	<u>1 banana</u>	<u>100</u>
		442
4.	1 peanut butter (light) & jelly sandwich wheat (10p/41c/14f)	332
	<u>1 baked potato (medium) (5p/51c/0f)</u>	<u>220</u>
		552



Pre-lifting/wrestling Workout Snacks: (2:30 – 3:30 pm)

1.	1 packet power bar power gel (0p/26c/0f)	110
2.	1 banana (1p/27c/1f)	100
3.	½ cup trail mix w/nuts/seeds/fruit) (10p/26c/18f)	300
4.	8 oz low fat yogurt (11p/15c/3f)	130
5.	Gatorade bar (8p/6c/5f)	260
6.	1 cup oatmeal (6p/25c/2f)	145
7.	1 cup wheat spaghetti* 2 hours b4 (8p/38c/1f)	175
8.	1 cup boiled lentils (18p/40c/1f)** the best/ gives u gas	290
	(Red kidney beans; Progresso; 1 cup (17p/40c/1f)	200

Post workout snacks: 5:00-6:30 pm

1.	½ cup trail mix w/nuts/fruit/seeds (10p/26c/18f)	300
2.	8 oz low fat yogurt w apple	200
3.	small bowl special k (1 cup) w ½ cup skim milk	200
4.	4 rice cakes (40 cal each)	160
5.	1 cup Greek Yogurt *22 g protein!	160

SUPPER: (7:00 – 8:00 pm) \* the earlier the better

1.	1 skinless/boneless chicken breast; medium (10 oz) (60p/0c/7f)	260
	1 ½ cup green beans (4p/14c/0f)	66
	1 med baked paoato	220
		<hr/>
		546
2.	1 pound shrimp (92p/4c/7f)	481
	1 ½ cup green beans	66
		<hr/>
		547

<b>WRESTLING DIET/ MEAL PLAN</b>	TIMES	AVG CAL	NOTES
BREAKFAST	0600 0900	474	Drink at least 8oz of water
MID MORNING SNACK	0900 1100	103	Drink at least 8oz of water
LUNCH	1130 1400	524	Drink at least 8oz of water
PRE-WRESTLING PRACTICE SNACK	1445 1515	199	Drink at least 8oz of water
DINNER	1730 1900	519	Drink at least 8oz of water
NIGHT-TIME SNACK	1930 2130	117	Drink at least 8oz of water
		1936	

<b>BREAKFAST</b>	<b>474</b>					
<b>BREAKFAST #1</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Hard boiled eggs	3	75	225	5	6	1
Toast (wheat or grain)	1	70	70	1	3	14
Tsp jelly on toast	1	30	30			
Orange	1	70	70	0	1	17
Coffee (black)	2	10	20			
<b>TOTALS</b>			415			
<b>BREAKFAST #2</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cup high fiber cereal (or cup of oatmeal)	1	210	210			
Cup skim milk	1	80	80			
Banana	1	110	110	1	1	27
2 coffee (black)	2	10	20			
<b>TOTALS</b>			420			
<b>BREAKFAST #3</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cup low fat yogurt	1	140	140	2	6	8
Piece wheat or whole grain toast	2	70	140			
Light spread of peanut butter on toast (2tbs total)	1	190	190			
Coffee (black)	2	10	20			
<b>TOTALS</b>			490			
<b>BREAKFAST #4</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cup egg white	2	125	250	0	27	1.8
Cup mushrooms sliced	1	15	15	0	2.2	2.3
Green pepper	1	25	25	0	1	5.5
Medium onion	1	46	46	0	1	11.1
Tbsp ketchup	3	45	135	0	0	5
Slice wheat bread	1	69	69	1.2	2.7	12.9
<b>TOTALS</b>			540	1.2	33.9	38.6
<b>BREAKFAST #5</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cups Special K	2	117	234	1	7	22
Cup skim milk	1	86	86	0	8	12
Banana	1	110	110	1	1	27
Coffee w cream	1	35	35	3	1	2
<b>TOTALS</b>			465	5	17	63

<b>BREAKFAST #6</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cup fried egg whites	1	126	126	0.4	26	1.8
Slices wheat toast	2	70	140	1	3	14
Peanut butter	1	191	191	16	9	5
Coffee w cream	1	35	35	3	1	2
<b>TOTALS</b>			492	20.4	39	22.8
<b>BREAKFAST #7</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Scrambled eggs with peppers & mushrooms	3	101	303	7.3	7	1.3
Slices wheat toast dry	2	70	140	1	3	14
Coffee w cream	1	35	35	3	1	2
<b>TOTALS</b>			478	11.3	11	17.3
<b>BREAKFAST #8</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cups Oatmeal	1.5	147	220	4	10	38
Apple chopped up	1	77	77	1	0	51
Piece wheat toast	1	70	70	1	3	14
Tbs peanut butter	1	95	95	8	5	3
Coffee w cream	1	35	35	3	1	2
<b>TOTALS</b>			497	17	19	108
<b>BREAKFAST #9</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Cup low fat yogurt	1.5	140	210	6	18	24
Banana	1	110	110	1	1	27
Cup Special K (mixed in)	1	117	117	1	7	22
Coffee w cream	1	35	35	3	1	2
<b>TOTALS</b>			472	11	27	75

<b>MID-MORNING SNACK</b>	<b>103</b>					
	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Apple	1	80	80	1	0	51
Banana	1	110	110	1	1	27
Orange	1	70	70	0	1	17
Slice wheat bread / 2 tbs peanut butter	1	261	261	17.9	10.7	18.8
Cucumber / 1 tbs low fat dressing	1	81	81	0	1	7
Cucumber plain	1	31	31			
Large raw carrots	3	30	90	0	2	20

<b>LUNCH</b>	<b>524</b>					
<b>LUNCH #1</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Grilled Chicken salad (450 – 800 calories)	1	600	600			
<b>TOTALS</b>			600			
<i>**Very little dressing / chicken should only be a 3 ounce portion (about the size of a deck of cards!)</i>						
<i>You can have as much lettuce/ greens/ veggies as you want (Again, no (or very little) dressing)</i>						

<b>LUNCH #2</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Tuna fish sandwich / whole wheat bread ( VERY light mayo)	1	400	400			
Bowl salad (little or no low-fat dressing)	1	100	100			
Peach (50 cal)	1	50	50			
<b>TOTALS</b>			550			
<b>LUNCH #3</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Turkey sandwich / wheat bread (no mayo-mustard OK)						
Bowl of salad (no dressing or very little low fat dressing)	1	500	500			
1 cup of blueberries or strawberries						
<b>TOTALS</b>			500			
<b>LUNCH #4</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
¾ Cup oatmeal	1	225	225	3	7.5	40
Chopped med apple	1	72	72	0.2	0.4	19.1
Power Bar	1	230	230	9	10	30
<b>TOTALS</b>			527	12	18	89
<b>LUNCH #5</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Ham sandwich on wheat (3 slices ham /mustard)	1	312	312	7	27	16
Cup green beans	1.5	43	65	0	4	14
Apple	1	77	77	0.2	0.4	19.1
<b>TOTALS</b>			454	7	31	49
<b>LUNCH #6</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Can tuna fish sandwich (in water)	1	131	131	0	30	0
Slices wheat bread	2	70	140	0		
Tbs low fat mayo	1	90	90	11	0	0
Medium baked potato	1	220	220	0	5	51
<b>TOTALS</b>			581	11	35	51
<b>LUNCH #7</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
Grilled chicken salad	1	342	342	4	25	40
* chicken size of deck of cards/2 tsp low fat dressing						
Banana	1	90	90	1	1	27
<b>TOTALS</b>			432	5	26	67
<b>LUNCH #8</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
1 PB&J (light PB) on wheat	1	332	332	14	10	41
Medium baked potato	1	220	220	0	5	51
<b>TOTALS</b>			552	14	15	92

**PRE-WRESTLING PRACTICE SNACK****199**

<b>SNACKS</b>	<b>QTY</b>	<b>CAL</b>	<b>TOT-CAL</b>	<b>FAT(g)</b>	<b>PROTEIN(g)</b>	<b>CARBS(g)</b>
Protein Bar/Power Bar	1	300	300			
Medium potato w/ 2 Tbs ketchup	1	191	191	0.4	4.3	39.9
Packet power bar power gel	1	110	110	1	0	26
Banana	1	90	90	18	1	15
½ cup trail mix w/nuts/seeds/fruit	1	300	300	3	10	26
8 oz low fat yogurt	1	130	130	5	11	6
Gatorade bar	1	260	260	2	8	25
Cup oatmeal	1	145	145	1	6	38
Cup wheat spaghetti * 2 hours before	1	175	175	1	8	40
Cup boiled lentils ** the best/ gives u gas	1	290	290	1	18	40
Cup red kidney beans; Progresso	1	200	200	1	17	40

**POST-WRESTLING PRACTICE SNACK\*****204**

\*\*\* only if needed - late dinner etc

<b>SNACKS</b>	<b>QTY</b>	<b>CAL</b>	<b>TOT-CAL</b>	<b>FAT(g)</b>	<b>PROTEIN(g)</b>	<b>CARBS(g)</b>
½ cup trail mix w/nuts/fruit/seeds	1	300	300	18	10	26
8 oz low fat yogurt w apple	1	200	200			
Cup special k (1 cup) w ½ cup skim milk	1	200	200			
Rice cakes	4	40	160			
Cup Greek Yogurt	1	160	160		22	

**DINNER****519**

<b>DINNER #1</b>	<b>QTY</b>	<b>CAL</b>	<b>TOT-CAL</b>	<b>FAT(g)</b>	<b>PROTEIN(g)</b>	<b>CARBS(g)</b>
3 oz fish (about size of deck of cards) (or chicken or beef)						
Lg portion of spinach, green beans, veggies (steamed/boiled – no sauce)	1	500	500			
Baked potato						
Salad (no dressing)						
<b>TOTALS</b>			500			
<b>DINNER #2</b>	<b>QTY</b>	<b>CAL</b>	<b>TOT-CAL</b>	<b>FAT(g)</b>	<b>PROTEIN(g)</b>	<b>CARBS(g)</b>
1 cup spaghetti (about the size of a tennis ball)						
tomato sauce	1	500	500			
1 piece wheat or grain bread						
<b>TOTALS</b>			500			
<b>DINNER #3</b>	<b>QTY</b>	<b>CAL</b>	<b>TOT-CAL</b>	<b>FAT(g)</b>	<b>PROTEIN(g)</b>	<b>CARBS(g)</b>
3 oz beef (size of a deck of cards)						
Veggies (steamed or boiled)	1	500	500			
Baked potato (small)						
Salad						
<b>TOTALS</b>			500			

<b>DINNER #4</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
1 pound shrimp	1	481	481	7.85	92.13	4.13
1 ½ cup gr beans /carrots	1	66	66	0	3	10

**TOTALS** 547

<b>DINNER #5</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
1 skinless/boneless chicken breast; medium (10 oz)	1	260	260	7	60	0
1 ½ cup green beans	1	66	66	0	4	14
1 med baked potato	1	220	220			

**TOTALS** 546

## **NIGHT-TIME SNACK**

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<b>SNACKS</b>	QTY	CAL	TOT-CAL	FAT(g)	PROTEIN(g)	CARBS(g)
2 slice wheat bread w 1 Tbsp peanut butter	1	166	166	10.75	9.4	28.75
Bowl of sugar-free jello	1	100	100	0.4	4.3	39.9
Apple	1	100	100	1	0	26
Bowl of microwave popcorn (low fat or fat free)	1	100	100	18	1	15

SHOPPING LIST : List of items (sorted by number of appearances) that constitutes the "shopping list" contained within the diet plan.

The bottom list is the "shopping list" by meal plan (ie Breakfast, Mid-morning snack, lunch, etc...)

	BREAKFAST	MID MORNING SNACK	LUNCH	PRE-WRESTLING SNACK	POST-WRESTLING SNACK	DINNER	NIGHT-TIME SNACK
Wheat or whole grain bread	X	X	X			X	X
Apples	X	X	X		X		X
Bananas	X	X	X	X			
Peanut butter	X	X	X				X
Oatmeal	X		X	X			
Low fat yogurt	X			X	X		
Baked potato			X	X		X	
Jelly	X		X				
Oranges	X	X					
Skim milk	X				X		
Special K cereal	X				X		
Lettuce (salad)			X			X	
Green beans			X			X	
Protein Bar/Power Bar			X	X			
Trail mix w/nuts/seeds/fruit				X	X		
Wheat spaghetti				X		X	
Hard boiled eggs	X						
Coffee	X						
High fiber cereal	X						
Egg whites	X						
Mushrooms (sliced)	X						
Green peppers	X						
Onions	X						
Ketchup	X						
Coffee creamer	X						
Low fat dressing		X					
Cucumber		X					
Carrots		X					
Chicken (grilled)			X				
Tuna fish			X				
Light mayo			X				
Peaches			X				
Turkey (lunchmeat)			X				
Mustard			X				
Blueberries			X				
Strawberries			X				
Ham (lunchmeat)			X				
Power gel				X			
Gatorade bar				X			
Lentils (boiled)				X			
Progresso red kidney beans				X			
Rice cakes					X		

Greek Yogurt		X	
Fish			X
Chicken - (boneless/skinless breast)			X
Beef			X
Spinach			X
Tomato sauce			X
Shrimp			X
Carrots (cooked)			X
Sugar-free jello			X
Microwave popcorn (low fat or fat free)			X

**BREAKFAST**

- Hard boiled eggs
- Wheat or whole grain bread
- Jelly
- Oranges
- Coffee
- High fiber cereal
- Oatmeal
- Skim milk
- Bananas
- Low fat yogurt
- Peanut butter
- Egg whites
- Mushrooms (sliced)
- Green peppers
- Onions
- Ketchup
- Special K cereal
- Coffee creamer
- Apples

**MID MORNING SNACK**

- Wheat or whole grain bread
- Oranges
- Bananas
- Peanut butter
- Apples
- Low fat dressing
- Cucumber
- Carrots

**LUNCH**

- Wheat or whole grain bread
- Jelly
- Oatmeal
- Bananas
- Peanut butter
- Apples
- Chicken (grilled)
- Tuna fish



Light mayo  
Lettuce (salad)  
Peaches  
Turkey (lunchmeat)  
Mustard  
Blueberries  
Strawberries  
Ham (lunchmeat)  
Green beans  
Baked potato  
Protein Bar/Power Bar

**PRE-WRESTLING PRACTICE SNACK**

Oatmeal  
Bananas  
Low fat yogurt  
Baked potato  
Protein Bar/Power Bar  
Power gel  
Trail mix w/nuts/seeds/fruit  
Gatorade bar  
Wheat spaghetti  
Lentils (boiled)  
Progresso red kidney beans

**DINNER**

Wheat or whole grain bread  
Lettuce (salad)  
Green beans  
Baked potato  
Wheat spaghetti  
Fish  
Chicken - (boneless/skinless breast)  
Beef  
Spinach  
Tomato sauce  
Shrimp  
Carrots (cooked)

**NIGHT-TIME SNACK**

Wheat or whole grain bread  
Peanut butter  
Apples  
Sugar-free jello  
Microwave popcorn (low fat or fat free)