

## Menu and eating suggestions for your wrestler:

If you are new to the sport of wrestling one of the most shocking things can be is diet and maintaining a healthy meal plan for your wrestler. Losing weight can really stress a wrestler out BUT it does not need to. In order for a wrestler to compete at an optimal level it is very important that they keep their weight in check and eat items that give them the right balance for competition. This is especially important on weigh in days as the struggle to make weight can once again be very stressful on your wrestler. I am going to list items to consider in your meal plan as well as items to avoid for the season. It is also important to mix up your wrestlers meal plan as much as possible as eating the same foods every day gets old in a very short time. Remember your wrestler is burning a lot of calories and needs fuel, BUT the right kind of fuel.

### Weekly items:

- Lean meats such as chicken, turkey Salmon, white fish. Steak-ums is a great product that you can buy at Walmart as it is a lean slice and is simply tasty.
- Fruits and veggies. This goes without saying but I am going to say it. Having these around and available are great options for lunches and dinners. Little cuties, apples, raspberries, baby carrots, radishes, cucumbers etc....
- If your wrestler wants carbs that come in the form of bread sourdough is his best option.
- Eggs are a great source of protein for breakfast as well as hard boiled for lunch.
- Great lunch choices you can send to school with your wrestler are items such as protein packs. These are at about any store, they are very light and there are many options to chose from. Only weighing 4 oz on average they are very popular and great for match days. Beef jerky packs, and pepperoni sticks are great as well. Fruit leather is light and good for you as well as cheap from Costco. Trail mix, and granola bars are light and great for your wrestlers as well.
- Snacks: Popcorn lightly salted is a good snack as it does not weight much and takes a while to eat a bowl. I freeze grape juice and apple juice for my wrestlers and they love it. They feel like they are eating ice cream. Use a plastic cup that is 8 or 16 oz (either ½ a pound or 1 pound) that way your wrestler knows how much weight he is putting in their bodies. Snack bags of whole grain cereals is great as well.
- If you have a good blender making a healthy 8-16 once shake is great. We use a fruit medley, chia seeds, yogurt, and orange juice for our wrestlers and they love them. All of these items are at Costco and Walmart.
- Vitamins and Emergen C. Be sure and give your wrestler daily vitamins and keep a good supply of emergen C and zinc. Wrestling happens during cold and flu season and I have seen many of wrestler get taken out with the flu when they needed to be at their best in February. While they may not prevent sickness they can only really help and even shorten the duration of a cold.

Food to avoid: Pop which is about the worst thing you can put in your body. Any and all white sugar will do nothing but slow your wrestler down. Deep fried items will weigh down your wrestler as well. Remember once your wrestler gets down to his weight class it is more about the actual weight that he is putting in his body. A 16 once glass of liquid is one pound. Factoring that in the night before weigh in and or the day of is very important to making weight.