

LS Wrestling 2013-2014 – Dieting

In this document I have outlined 3 key areas which will help wrestlers and parents understand an appropriate diet to assist your wrestling and sport needs.

Diet for Gains

(This diet outlines those of you that are looking for muscle and size gains)

- Good Breakfast Food:
 - Oatmeal
 - Cream of Wheat
 - Egg Whites (No Cheese, adding a little hot sauce or sriracha can help make eggs less plain)
 - Greek Yogurt
 - Water
 - Fruit (Apples, Oranges, Banana, etc.)
 - Toast w. Peanut Butter
 - Protein Bar (Luna, Cliff, Power Bar, etc.)
- Good Lunch Food:
 - Turkey Sandwich (No cheese or Mayo, for taste add some mustard, lettuce, tomato and onions)
 - Ham/ Roast Beef Sandwich (Same as above)
 - Peanut Butter and Jelly
 - PB and Honey (Great source of energy for practice, honey is a little healthier)
 - Fruit
 - Veggies
 - Brown Rice
 - Grilled Chicken Sandwich
 - Boost Shake – Good way to gain additional calories
 - Water
 - Gatorade
 - Sushi (If you like sushi it is a very healthy lunch that packs a ton of protein)
- Good Dinner Food:
 - ****Grilled Chicken (Can't beat it, I recommend at least 3/7 nights a week)
 - Steak (This is more of a 1 or 2 a week meal)
 - Tilapia (All fish provide a ton of protein and are very light)
 - Salmon
 - Cod
 - Sweet Potato

- Brown Rice
- Pasta (Even when you would like to gain weight I would only have Pasta 2/7 Nights a week, you can always through in Grilled Chicken)
- Veggies

Sample Week (For Gains)

Sample Day 1

- Breakfast:
 - 1 Bowl of Oatmeal (very light sugar, raisins are a great add)
 - 1 Apple
 - 1 Banana
 - 1 Greek Yogurt
 - 2 Waters
- Snack (This is to hold you over between any meals, should have 1 snack prepared each day):
 - 1 Powerbar
 - 1 Water
- Lunch:
 - 1 Peanut Butter and Honey Sandwich
 - 1 Boost Shake
 - 1 Side of Veggies
- Dinner
 - 2 or 3 Pieces of Chicken Breast
 - 2 Sides of Spinach
 - 1 Water
 - 1 Side of Rice

Sample Day 2

- Breakfast 2:
 - 7 Egg whites
 - 2 Waters
 - 1 Apple
 - 1 Piece of Toast with PB
- Snack 2:
 - 1 Banana
 - 1 Water
- Lunch 2:

- 1 or 2 Turkey Sandwich
- 1 Cliff Bar
- 1 Side of Veggies
- 1 Water
- Dinner 2:
 - 2 or 3 Tilapias
 - 2 Sides Broccoli
 - 1 Side of Brown Rice
 - 1 Water

Sample Day 3

- Breakfast 3:
 - 1 Greek Yogurt
 - 1 Banana
 - 1 Piece of Toast w. PB
 - 1 Bowl of Cream of wheat
 - 2 Waters
- Snack 3:
 - 1 Boost Shake
- Lunch 3:
 - 2 Sushi Rolls
 - 1 Orange
 - 1 Water
- Dinner 3:
 - 1 Bowl of Pasta
 - 1 Steak
 - 1 Side of Veggies
 - 1 Water

Diet for Weight Management

This diet will outline some helpful ways to lose weight while still eating! Bottom line, if you decide you would like to go down a weight class then starving is NOT THE ANSWER. Many HS wrestlers tend to avoid eating as a LAZY way to lose weight. It is vital to still take in food but work the weight off during and after practice.

Here are some other important things to consider:

*Morning Work Outs- Awesome if you can get a work out in the morning before school. This will wake you up and you will get to eat A LOT MORE during the course of the day. This work out does not need to be long or tiring. This is meant to get your metabolism going which will allow you to intake more. Morning Work Outs should only last about 25- 45 Min. Jumping Rope, running, stance and motion, elliptical, stair-master, biking, and drilling are all great ways to shed off some calories.

*Wearing tons of layers- This one is simple. DON'T DO IT! An appropriate amount of layers will be sweatpants, sweatshirt and a long sleeve shirt. The more you put on the more it slows you down.

*Lunch- I know many will say breakfast is the most important meal of the day, and this is true for most people, but not you. As a wrestler it is extremely important to get a good lunch in so you have the energy for practice and school. The more energy you have, the harder you can work.

*Dinner- The one caution I would recommend is avoid eating late.

*Fruit and Veggies- Get used to them because they will be your best friend. Great way to fill your stomach! Very Healthy

- Good Breakfast Food:
 - Oatmeal
 - Egg Whites
 - Greek Yogurt
 - Fruit Cups
 - Fruit (Apples, Oranges, Banana, etc.)
 - Toast w. Peanut Butter
 - Protein Bar (Luna, Cliff, Power Bar, etc.)
- Good Lunch Food:
 - Turkey Sandwich (No cheese or Mayo, for taste add some mustard, lettuce, tomato and onions)

- PB and Honey (Great source of energy for practice, honey is a little healthier)
- Fruit
- Veggies
- Raw Almonds
- Brown Rice
- Grilled Chicken Sandwich
- Water
- Sushi
- Good Dinner Food:
 - ****Grilled Chicken
 - Tilapia (All fish provide a ton of protein and are very light)
 - Salmon
 - Cod
 - Sweet Potato
 - Veggies

Sample Week (For Weight Management)

Sample Day 1

- Wake Up
 - 1 Orange
- Morning Work Out - 25 Minute Jump Rope, 5 Minutes Stance and Motion
- Breakfast
 - 1 Powerbar
 - 1 Water
 - 1 Apple
 - 1 Banana
- Snack
 - Raw Almonds
- Lunch
 - Turkey Sandwich
 - 1 Side of Veggies
 - 1 Water
- Dinner
 - 1 or 2 Pieces of Grilled Chicken
 - 1 Small side of Brown rice
 - 1 Side of Spinach
 - 1 Water

Sample Day 2

- Wake Up:
 - 1 Banana
- Morning Work Out- Run 1 Mile, Bike for 10 Minutes
- Breakfast
 - 1 Piece of Toast w. PB
 - 1 Apple
 - 1 Water
 - 1 Pear/Orange
 - 1 Cliff Bar
- Snack
 - 1 Fruit cup
- Lunch
 - 2 Pieces of Grilled Chicken
 - 1 Side of Brown Rice
 - 1 Water
- Dinner
 - 1 or 2 pieces of Tilapia
 - 1 Side of Veggies
 - 1 Side of Cottage Cheese
 - 1 Water

Sample Day 3

- Wake Up
 - Fruit Cup
- Morning Workout- 10 Minutes on Elliptical, 20 Minutes on Bike
- Breakfast
 - Bowl of Oatmeal
 - 1 Water
- Lunch
 - 1 Boost Shake
 - 1 PB and Honey Sandwich
 - Raw Almonds
- Dinner
 - 1 Salmon
 - 2 Side of Veggies
 - 1 Water

Post Weigh in Food

- Gatorade
- Pedialyte
 - With all liquids I would fill a big water bottle (32 Oz) full with ice, and then an hour & 1/2 to 2 hours before weigh ins I would fill up my water bottle with either Gatorade OR Pedialyte. This allows the Ice to melt and have the water mix in. Perfect temperature, perfect hydration.
 - You also don't need more than a 16 oz. Gatorade before matches, once you finish that switch to water and continue to hydrate with that.
- Gatorade Primes
 - This is another great way to fuel up about 20 minutes before a match, I like having this watered down as well with a lot of ice and mixing it 2 hours before weigh ins. Gatorade Primes are 4 oz. liquid packs and if you time it out right you should have about 8 oz. of liquid.
- Peanut butter and Honey sandwich
 - whole grain bread if you have it
- Turkey Sandwich
 - Very plain
 - No cheese,
 - maybe a little plain mustard, not honey mustard
- Chicken Noodle Soup
- Bananas
- Apples
- Fruit Cups
- Boost Shakes
- Mini Bagels- Add some peanut butter
- Granola Bars
- Luna Bars
- PowerBars / Cliff Bars
 - Light guys(106-138) -After first match
 - Heavy guys (145-HVY)- Ok to have one after weigh in
- Raw Almonds
- BABY FOOD
 - This can be especially helpful for guys that are cutting a decent amount of weight. Your body will not be able to process most food in under an hour. This is when Baby food comes in handy. Baby food will digest much quicker than a lot of

food listed above. I would eat this first and give your stomach time to start getting this through your body.

- When I cut from 205-174 I would usually have 16 oz. Pedialyte mixed in 32 oz. water bottle full of ice so it was melted down. 2 cups of baby food, a plain turkey sandwich and sometimes a banana. I would then go through my warm up with my water bottle by my side and continually hydrating with cold water. After my warm up if i wanted to grab a PowerBar or something small I would eat this as well. Then when the match started for the team (125 and I was 174 so I had some time still) I would drink my watered down Gatorade Prime.
- In matches like quad meets and tournaments it is important to eat something about 10 minutes after your match and continue to hydrate. You need to build your strength before the next match.
- The important thing with post weigh in foods is to not stuff yourself!!! Eating too much will just hurt your chances digesting the food. Eat a good portion and warm up hard so your metabolism starts to digest the food as you wait for your match.

Here are few items listed that you may not be familiar with that you can look for at the grocery store: (The baby food I have below is the best tasting, you can get different flavors but get this brand and this type of container)

