

Wrestling Diet

Breakfast Foods

Bagels
Whole grain/wheat cereals
Breakfast bars
Fruit (especially grapefruit)
Eggs (especially egg whites)
Wheat toast w/ peanut butter

Lunch and Dinner Foods

Turkey
Chicken – grilled or baked (no fried)
Tuna
Fish – grilled or baked (no fried)
Lean beef
Vegetables – all are good
Beans – any kind (lima, baked, etc)
Salads – light or no fat dressing
Sandwiches on wheat bread – light or no fat mayo or mustard
Baked Potato – light or no fat cream cheese or margarine
Pasta (preferably wheat pasta) – light on the sauce
Lean Cuisine and Healthy Choice meals

Snack Foods

Protein or low carb bars (i.e. Balance, Marathon)
Nutra Grain bars
Peanut butter crackers
Baked potato chips
Pretzels (preferably with low salt)
Yogurt
Rice Cakes
Wheat thins, graham crackers

(Continued)

In General:

- *Low carb, higher protein diets are good for wrestlers**
- *Drink water and/or Powerade, Propel water, etc. (Drop all sodas)**
- *Cut out sweets as much as possible**
- *Everyone must take a multi-vitamin everyday**
- *Part of becoming a champion means eating right and staying disciplined.**

