

HH Wrestling



Nutrition Plan

This is NOT a diet! should eat every day for the is meant to keep you full and metabolism. I will break subsequent snacks and ideas

This is the way that everyone rest of their lives. This plan burning fat through a high down each meal and below:

Basics:

1. Eat a minimum of 5 SMALL meals a day (preferably 6) every 2-3 hrs.
2. Try not to skip meals – bring foods to school with you
3. Stay away from white breads, high fructose corn syrup, any processed foods, and all simple sugars/carbs
4. Eat as many fruits and veggies during the day as possible (eat as much whole food as possible)
5. Eat simple snacks – nuts, fruits, veggies, etc
6. Eat a big breakfast and taper your meals as the day goes on
7. Drink plenty of water throughout the day
8. The amount you eat should not make you full but feeling “just right” so that you are not hungry before your next meal.
9. Once a week for one meal, eat bad. Eat a few slices of pizza or a hamburger. This will help keep you focused.

Here I will give you many options for what to eat at which meal. Some substituting can be done. Just make sure to follow the guidelines above and try not to miss any meals.

Breakfast Foods:

- Eggs – preferably egg whites or egg beaters (try not to eat regular eggs all the time)
- Oatmeal – natural, steel-cut or rolled whole grain oats. Not sugary fake oatmeal (use fruits, nuts and or honey to sweeten)
- Whole wheat toast, whole wheat english muffins or whole wheat pitas
- Fruits and veggies
- Canadian bacon or turkey bacon are good meats for breakfast

Lunch Foods:

- Tuna fish – try and stay as natural as possible here
- Turkey or ham lunch meat – turkey is best
- Chicken breast – grilled
- Whole wheat toast, whole wheat english muffins or whole wheat pitas
- Spinach salads – stay away from high fat and sugary dressings (vinaigrette or oil olive)
- Fruits and veggies
- Peanut butter and jelly – use all natural peanut butter and low sugar jelly
- Soups – nothing with “cream” in the name and make sure its low-sodium

Dinner Foods:

- Grilled – chicken, fish, pork
- Lean turkey meat – burgers, meatballs, pasta sauce, chili, etc
- Spinach salads – stay away from high fat and sugary dressings (vinaigrette or oil olive)
- Whole grain rice
- Whole wheat pasta
- Sweet potatoes
- Fruits and Veggies
- Beans

Snacks:

- Yogurt (watch out for high sugar. Danon light n' fit is best)
- Fruits and Veggies (bananas, grapes, carrots, etc.)
- String cheese (part skim)
- Nuts
- Triscuits
- Pretzels (try for whole grain)
- Raisins or prunes
- Protein bar or shake(see below)

Drinks:

- Water
- Protein shake (yogurt, milk/oj, fruit, honey and 100% whey protein)
- OJ – low-sugar
- 100% fruit juice – low-sugar
- NO SODA or TEAS or ENERGY DRINKS!!!

Example Day:

Breakfast (6:15-6:30 a.m).

- 2-3 cups of egg beaters
with tomatoes, spinach and cheese
- Whole grain English
muffin with Smart
Balance butter and low
sugar jelly
- Glass of low sugar OJ

Snack (9:00-10:00 a.m.)

- Yogurt and a banana

Lunch (12:00-1:00 p.m.)

- 9 grain bread with turkey
lunch meat, cheese and
spinach
- Grapes

Snack (2:00 – 3:00 p.m.)

- Protein Shake
- Pretzels

Dinner (5:00-7:00 p.m.)

- Grilled chicken with
steamed broccoli and
whole grain brown rice

Snack (8:00-9:00)

- handful of peanuts or
scoop of peanut butter
- string cheese

