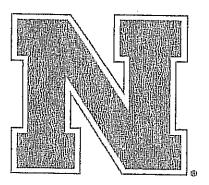
NEBRASKA WRESTLING SPORTS NUTRITON



WRESTANGUER TO RESTAIN THE STANGUES

. WEIGHT MAINTAINENCE A SEASONAL APPROACH (OFF-SEASON)

The first principle a wrestler must get his grip on is weight maintenance. Cutting weight will always be a part of wrestling, however, the methods we use to accomplish this will make all the difference in how we perform. Throughout the offseason, pre-season, and in-season a wrestler must be smart. Neglecting nutrition and failing to maintain a reasonable weight will hinder your development. Below is a chart that lists different weight classes. For each weight class a number of percentages are listed. Ideally, each wrestler should remain within a certain percentage of his weight class throughout the

full training year. Post-season and in the off-season a wrestler should stay within 12% of his weight class. Nutrition is an all-the-time thing for the wrestler. He must practice good nutritional habits throughout the entire training year. Maintaining a weight within 12% of his weight class should be easily accomplished with little calorie and dietary restriction. If this is difficult and a wrestler is <6% body fat he may consider bumping up another weight class.

PRE-SEASON

The next phase is the pre-season. The pre-season begins 2 months prior to competition and should allow a wrestler to begin dieting /calorie restriction. Within that 2 month period a wrestler should strive to get within 5-8% of his weight class. Remember healthy weight loss is a slow process. Losing 1lb. Per week is the best rate of weight loss. A common mistake is for wrestlers to go from one extreme to another. Consuming too many calories or disregarding nutritional practices in the off-season and restricting

		WEIGH	IT PE	RCENT	AGE		
		3%	5%	8%	10%	12%	15%
	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
i E	141	145	148	152	155	158	162
	149	153	156	161	164	167	171
	157	162	165	170	173	176	181
	165	170	173	178	182	185	190
- 5	174	179	183	188	191	195	200
	184	190	193	199	202	206	212
	197	203	207	213	217	221	227
	260	268	273	281	286	291	299

calorie intake too severely in the pre-season and during the season. Calorie restriction should not exceed 40% of your normal energy/calorie needs. By modestly cutting calories early in the pre-season and by losing weight at a gradual pace a wrestler can ensure he has the energy he needs to practice/train, maintain strength & power, and limit decrements in performance that result from severe calorie restriction. The goal of the pre-season is to drop body weight to within 5% of your weight class without restricting fluid intake. Fluid restriction is a part of cutting weight but will be used during the Inseason. Wrestler's should avoid weighing after practices when fluid losses significantly impact body weight. During the pre-season monitor your weight 1-2x/week. Weigh yourself in the same conditionings, (first thing in the morning or afterbreak-fast).

IN-SEASON

By the time in-season training begins we need to be within 5% of our weight class in a fully hydrated state. The remaining 5% of weight needed to be cut will be dropped towards the end of the training week, approx. 3 days before competition or weigh in. Calorie intake will actually increase slightly from the pre-season to keep up with weekly training demands of practices. The remaining body weight will be dropped by manipulating fluid intake and fluid stores in the body. There are two places in the body that wrestlers can look to strip fluid from. These are muscle glycogen stores and the gastrointenstinal tract. Muscles store carbohydrates as glycogen. Fluid is stored in combination with carbohydrates in the muscles. So as muscle glycogen stores become depleted additional fluid is lost. This is one reason why low-carbohydrate diets, like the Atkins Diet, are successful in producing weight loss quickly. Our strategy will be to deplete glycogen stores 3-days prior to weigh ins, however, it will be vital that we do everything possible to restore these glycogen levels immediately post weigh-in! The second place we can tap into to drop body weight is the gastrointensitnal tract (GI). The GI tract is made up of your small and large intestine and is very long, approx. the length of a football field. Food is digested, absorbed and eliminated in the GI tract. Certain foods add bulk to your feces and trap water in your GI tract, these foods are termed high residue foods and are typically high in fiber. By adjusting our diets 3-days prior to weigh-ins and consuming more low-residue and liquid foods we can reduce fluid and weight that is trapped in your GI tract.

WEISTERNIE DE STATION DE LE ST

ENERGY NEEDS—CALORIE MAINTENANCE

During the off-season your calorie intake will increase, however, its important not to completely disregard calories. The chart to the right will give you some recommended calorie intakes. You'll have freedom to eat some of the higher-calorie foods you enjoy but you still need to be conscious of what and how many calories you are consuming each day. You also want to continue to practice some sound sports nutrition principles.

Principle #1: Eating Consistently 5-6x each day

Eating 5-6x (every 2-3 hours) each day will help you to stabilize your energy levels, improve your body composition, and support recovery from training. This is an important principle to practice throughout the entire training year (off-season, preseason, and in-season). It becomes extremely vital during dieting and calorie restriction (Pre-Season). In the off-season eating 5-6x/day will help to ensure that the weight you gain is lean body mass and not fat mass.

						OFF-SE	ASON	CALO	RIES					
	部縣	配刨納		胡耀瑚		CTIVE	CALO	RIÉNE	EDS.	物理性		in and a	ridioless)	
	\$146.07	. 62	63	64	65	66	-67	68	69	. 20	71	772 :	73	74
		2971	3024	3078	3131	3185	3238	3292	3345	3399	3452	3506	3559	3613
		3004	3057	3111	3164	3218	3271	3325	3378	3432	34-85	3539	3592	3646
	141	3036	3090	3143	3197	3250	3304	3357	3411	3464	3518	3571	3625	3678
	149	3069	3123	3176	3230	3283	3337	3390	3444	3497	3551	3604	3657	3711
(193) — (194)	157	3102	3155	3209	3262	3316	3369	3423	3476	3530	3583	3637	3690	3744
	165	3135	3188	3242	3295	5348	3402	3455	3509	3562	3616	3669	3723	3776
s .]	:174	3171	3225	3278	3332	3385	3439	3492	3546	3599	3653	3706	3760	3813
	184	3212	3266	3319	3373	3426	3480	3533	3587	3640	3694	3747	3801	3854
	197	3265	3319	3372	3426	3479	3533	3586	3640	3693	3747	3800	3854	3907
	260	3523	3577	3630	3684	3737	3791	3844	3898	3951	4005	4058	4112	4165
						Activi	ty Fact	ors: 1	.8					

_	-		- 10		(OFF-SE	ASON	CALO	RIES				·	
	計算部	海塘縣	地震學	響調	WE TIN	ACTIV	E:CAL	DRIE N	EEDS:	計畫		Side had	ing de la	N. 18. 48.
								THE						
們握	in the	6.2	63	. 64	் 65.	(66)	£67	68	∆69 <i>†</i>	70	71	72	73	74
	125	2418	2463	2507	2552	2596	2641	2686	2730	2775	2819	2864	2908	2953
	133	2451	2495	2540	2585	2629	2674	2718	2763	2807	2852	2897	2941	2986
	141	2484	2528	2573	2617	2662	2706	2751	2796	2840	2885	2929	2974	
	/149	2516	2561	2605	2650	2695	2739	2784	2828	2873	2918	2962	3007	3051
	157	2549	2594	2638	2683	2727	2772	2817	2861	2906	2950	2995	3039	30B4
	165	2582	2626	2671	2716	2760	2805	2849	2894	2938	2983	3028	3072	3117
	174	2619	2663	2708	2752	2797	2841	2886	2931	2975	3020	3064	3109	3154
	184	2660	2704	2749	2793	2838	2882	2927	2972	3016	30151	3105	3150	3194
AND ABOUT	197	2713	2757	2802	2846	2891	2936	2980	3025	3069	3114	3158	3203	3248
	260	2970	3015	3060	3104	3149	3193	3238	3282	3327	3372	3415	3451	3505
	 .					Activit	y Fact	ors: 1	.5					

Principle # 2: Build meals and snacks with balance and variety

When building your meals & snacks utilize these 3 Steps: Each food is unique in the nutrients it provides your body. Fruits and vegetables are loaded with antioxidants, vitamins and minerals. Carbohydrate foods provide the energy you need to perform and proteins provide the amino acids for muscle recovery and rebuilding.

Step 1 Fruits & Vegetables:

Step 2 Carbohydrates:

Step 3 Lean proteins:

Principle #3 Pre & re-fuel muscles around training

Proper nutrient timing is essential for restoring the fuel stores in your muscles and starting the recovery process from training. It's important to plan meals and snacks around your workout and practice times. Eat something 1-2 hours before practices and within 45 minutes after training. This will pay big dividends for your body allowing you to practice at higher intensities, recovery faster, and maximize your abilities. In each of these we are looking to consume 15-20g of complete protein and 30-45g of carbohydrates.

Principle #4: Proper Hydration

Hydration affects your body in a number of different ways. Dehydration can hinder your performance, leaving you feeling fatigued, and limit your recovery from exercise. Body weight can be manipulated through cutting water weight, however, this strategy should only be used 3 days prior to competition. In the off-season, pre-season, and in-season we want to practice good hydration habits. A good rule of thumb is to drink % your body weight in ounces each day. For the 185lb. athlete that is 185/2 = 92-93 ounces each day. In addition we should strive to drink 16-200z. Before practices, 4-80z., every 15 minutes during practice, and consume 200z. for every lb. lost during practice. It's important that the majority of these fluids come in the form of water rather than soda, fruit punch, Hi-C, and even Gatorade. These fluids contain calories that we must account for throughout the day.

Principle # 1 Energy Needs & Weight Loss

The pre-season is when the majority of dieting should take place. The length of the pre-season should give a wrestler ample time to lose weight at a modest pace (1lb./week) If you are 15lbs. Over your weight class of 125lbs. Your goal is to diet down to within 5% of your competition weight, which is 131lbs. In this case. Since you are 15lbs. over and your goal is to be within 5%, you need to lose 9lbs. During the pre-season and should give yourself 9 weeks to accomplish this. The pre-season calorie chart is a good guide for how many calories you should try to consume each day, while dieting. Remember to avoid extremes! Do not consume less calories than what is recommended. Restricting your calorie intake more than 40% will negatively affect your body causing you to lose strength gained in the off-season, suppressing your immune systems, and leave you feeling run down and fatigued. It's important to monitor your weight loss through the pre-season and adjust your calorie intake accordingly. Remember to get an accurate amount of weight loss you need to keep the conditions that you weigh yourself constant. For example weigh yourself 1-2x each week at the same time in the same conditions. Monday and Friday mornings before breakfast and in a fully hy-

drated state. Weighing after practices and training when you are dehydrated is not a good time to get an accurate picture of weight loss. If you are

rate picture of weight loss. If you are losing weight faster then 1-2lbs. Per week then you will need to adjust your calorie intake up by 200-300 calories each day. If you aren't losing any weight you will need to adjust your calorie intake down. 200-300 calories. The charts should be a great starting point, however, every athlete is different and so adjustments may be needed.

Principle #2: Eating Consistently 5-6x each day

This principle becomes even more vital during the pre-season when energy/calories are restricted. Continue to focus on eating every 2-3 hours. Studies have shown that meal frequency is key, to maintaining muscle (lean body mass), strength, and performance while dieting.

					PRE-	EA50	N DIET	ING C	ALORI	ES .				
提供				相關	Will L	CTIVE	CALO	RIE'NE			能激胎	指随動	游船場	
										劉原隆				温 森。
	調性	62	- 63	64	65	:66	67	58	- 69	70	713	72	73	74
	125	1783	1815	1847	1879	1911	1943	1975	2007	2039	2071	2103	21.36	-
	133	1802	1834	1866	1898	1931	1963	1995	2027	2059	2091	2123	2155	
	141	1822	1854	1886	1918	1950	1982	2014	2046	2079	2111	2143	2175	
五大 口袋	149	1841	1874	1906	1938	1970	2002	2034	2066	2098	2130	2162	2194	
B	157	1861	1893	1925	1957	1989	2022	2054	2086	2118	2150	2182	2214	
	165	1881	1913	1945	1977	2009	2041	2073	2105	2137	2170	2202	2234	2266
	174	1903	1935	1967	1999	2031	2063	2095	2127	2160	2192	2224	2256	2288
	184	1927	1959	1992	2024	2056	2088	2120	2152	2184	2216	2248	2280	2312
	197	1959	1991	2023	2056	2083	2120	2152	2134	2216	2248	2280	2312	2344
	260	2114	2146	2178	2210	2242	2274	2306	2339	2371	2403	2435	2467	2499
					4	0% En	ergy R	estrict	ion					

-					PRE-	EASO	N DIET	ING C	ALORI	ES		···		
Janas.	植屬	即侧弧	理解	制層縣	WHY	ACTIV	E GAL	DRIEN	EEDS!	THE WE	可包护	111275	游台进出	Winter del
					繼續									
		62	63	64	- 65	£ 66.	1.67	1-1-1-1-1-1	69	70	71	72	73	74
			1478	1504	1531	1558	1585	1611	1638	1665	1692	1718	1745	1772
	133	1471	1497	1524	1551	1578	1604	1631	1658	1684	1711	1738	1765	1791
	141	1490	1517	1544	1570	1597	1524	1651	1677	1704	1731	1758	1784	1811
	149	1510		1563	1590	1617	1644	1670	1697	1724	1751	1777	1804	1831
E	157	1529			1610	1636	1663	1690	1717	1743	1770	1797	1824	1850
定聞	165				1629	1656	1683	1710	1736	1763	1790	1817	1843	1870
	174	1571	1598		1651	1678	1705	1732	1758	1785	1812	1839	1865	1892
	184	1596	1622	1649	1676	1703	1729	1756	1783	1810	1836	1863	1890	1917
	197	1628		1681	1708	1735	1761	1788	1815	1842	1868	1895	1922	1949
	260	1782	1809	1836	1862	1889	1916	1943	1969	1996	2023	2050	2076	2103
					- 4	0% En	ergy R	estrict	lon					

Principle # 3: Protein and fiber

Fiber and protein assist in healthy weight loss. They both assist in helping your body feel full, more satisfied, and help to stabilize your blood sugar levels after meals giving you a more sustained supply of energy. Protein also helps you to maintain your muscle mass, strength, and performance while dieting. Look to incorporate these two nutrients every time you eat! Your best choices for fiber-rich foods are fruits and vegetables, followed by whole grain breads, pastas, and cereals. Protein can be found in lean meats, low-fat dairy foods, or protein supplements. We can still utilize the 3-steps discussed during the off-season, however, more focus should be placed on fruits & vegetables, portion control should be utilized for carbohydrate foods, and lean proteins must be chosen over high-moderate fat proteins. Remember, keeping calories down is key, but we are looking to cut calories mostly from fat, by choosing low-fat foods, and secondarily from carbohydrates, by monitoring portion sizes, and eliminated high sugared drinks or beverages. DO NOT cut carbohydrates completely from your diet as these are essential for wrestlers to perform.

Step 1 Fruits & Vegetables:

Step 2 Carbohydrates:

Step 3 Lean proteins:

Principle #4 Pre & re-fuel muscles around training

Proper sports nutrition principles are key to optimum performance but the vitality of these principles is always magnified when cutting calories and restricting energy intake. The same is true for pre and re-fueling. Failing to eat before practice, especially, when dieting will lead to pour practice performance. You'll go through practice feeling fatigued and lethargic, and won't have the fueling needed to perform. Post practice is the best time to re-fuel muscle energy stores and provide the proteins your body needs to begin muscle recovery. This packet will give you different examples of pre and post workout meals that will fit into your nutrition plan!

Principle #4: Proper Hydration

During the pre-season we are restricting our calorie intake, which means we are avoiding fluids that contain a lot of calories. We are looking to choose whole fruits and vegetables, rather then drink fruit juices. We want to avoid Gatorade, Hi-C Fruit Punch, Sweet Tea, & lemonade as these drinks are quite high in calories. Instead, we need to choose lower-calorie drinks like G2, Propel, Crystal Light, and water. G2 has 1/2 the calories and carbohydrates that Gatorade does, but is still not quite as low in calories as Propel. During practices of training sessions that are longer than 60-90 minutes in duration it is recommended that you consume G2 or pedialyte for hydration and performance purposes. If you are feeling extremely lethargic and fatigued at practice during the dieting phase you may look to consume something higher and more concentrated in calories such as Gatorade.

Electrolytes are another important piece of the hydration puzzle. When you sweat you lose more than just fluid...you additionally lose sodium and potassium. You should be able to get adequate amounts of sodium and potassium from the foods you eat, but you may need to use an electrolyte supplement, especially, if you only drink water. Milk is often recommended as a recovery drink because it contains the protein and carbohydrates that we are looking for. Another benefit of milk is that it contains high amounts of sodium (the most important electrolyte lost in sweat). If you aren't getting enough sodium in your diet you may look to supplement especially during the pre-season, dieting/energy restriction phase of the season.

Remember our goals for total intake, which are to drink 1/2 your body weight in ounces daily, and to additionally fuel before, during, and after practice. Lastly, remember our goal for the pre-season, which is to be within 5% of your weight class, IN A FULLY HYDRATED STATE!

MOULE BEETON VERSERRAIDON

THE NEBRASKA SYSTEM

CALORIES COUNT

These are examples of the meal plans that we design for our athletes at Nebraska. Our meal plan system centers on food groups and serving sizes of each group. Rather, then giving you specific foods to choose, you'll have the freedom to choose within each food group, however, the key is understanding what a serving size for each of these groups is so that you get the right quantity. You will find food lists in this packet that you can use to help you build meals with balance, variety and porition control

BREAKFAST (M. C.) (H. C.)	1000年100年	机建筑机	東西海	化其中等可能压缩	er internal	TIME		7:00	HAMA:	计算证
FOOD GROUPS	5	erving Si	ze	Calprins	Pro	tein	Ċa	rus	F	at
		51.	ze	keal	g	.0/g	ū	6/13	Ŗ	6/0
rtiit		Sen	ring	60	1	7%	15	100%	. 0	036
arbohydrates	2	Serv	ring	150	5	15%	30	75%		11%
gan Protein	2.0	Serv	ıng	90	13	524	0	0%	3.5	15%
tilk Skim	1	Serving	5	30	ű	40%		€0%	2,5	0%
Vater / Fluids		בעם	32	Λ		054	0	0%		096

FOOD GROUPS	5	erving S	ire	Calories	Protei		Carbs	1	F	at
		5	Į.	keal	g	C _r (t)	ij	0,/5	g.	٩
		 								
			<u> </u>							
		 								_
* **	- 	 	 							
		 	'							
er / Flailds	2	Cup	16			05%	1	65b		0:

EUNCH TO THE STATE OF THE STATE	5,	erving S	12-2	Calories	Protei		Carls			at
		5	ize	kcal	ą	Q/e	ŋ	Q.Ay		940
Vegetiibies	3	Ses	ving	75	6	32%	15	00%	0	0%
Larbohydrates	1	Ser	vency	00	3	15%	15	7535	, ·	1126
Lear Protein	1.5	581	vilig	270	42	62%	ū	05	10.5	15%
Fet	1	Set	Albū Albū	45	0	055	· ·	095		100%
Vater / Fluids	4	Eup	32	0	D	OS.	-	195	7	70.

	Total William The Angel The Angel Table Total
-	
- !	
1	DATE DIVIS
	在海岸里的自然特别在北京的中国的一个大学的一个大学的一个大学的一个大学的一个大学的一个大学的一个大学的一个大学

CALORIES COUNT

The meal plans also help you to understand how many calories are prescribed at each meal and snack. In a situation where you have limited control over what foods you can choose. For example, even if you end up at McDonald's for lunch, you can choose something off the menu that is within the calories limits prescribed for lunch and will still be able to lose or maintain weight in a healthy way.

EAT CONSISTENTLY

It's important that you develop a routine: a consistent plan of eating the right foods, in the right quantities, at the right times. This is a vital piece of proper sports nutrition throughout the entire training year. Allowing you to maximize your development as a wrestler.

. /^^^^^^^

VOLETE SELVING PROPERTY OF THE PROPERTY OF THE

APPLYING WEIGHT LOSS PRINCIPLES

FIBER & PROTEIN

These are two important nutrients to consider when changing your food habits and choosing foods. Fiber can improve satiety, lesson insulin response, and improve digestion. Protein is also important allowing you to feel full as well as assisting you in maintain lean body muscle and metabolic rate. Try to include a protein and fiber food in each snack

BUILD MEALS WITH BALANCE AND PORTION CONTROL

·

Each food group provides valuable nutrients your body needs especially while dieting. Notice that the meal card suggests a good balance of food groups and also assists you in calorie control by provided the serving size of each food group recommend. Portion control is a sure way to limit calorie intake and lose weight.

SNAGICIPHICATARING		A THE STATE OF THE	HARAGE TO STATE OF THE STATE OF				用機能		地图的	YE.
FOOD GROUPS		erving S		Calories	Protei	571/118E	超過減 Carbs	12:10:3		
7000 000075	- #		Ziš	kcal	g	¶/e	G	9%	ŋ	n i
Frial		ļ					<u>L</u>	1	 	†"
	1	541	ving	50	- 1 .	743	3.5	100%	0	L
Dill Shim								-	-	┝
		Serving		150	1.5	driet	24	€0%	0	L
Vater / Fluids	2	Circ	16	3	0	Oest.	-	056		-
	E SE PER LE		# E 0	וועליק	到影节 原	祖国	初天工副	77		E
DINMER - PER SECTION OF	HERMAN	os num	and and a	CONTRACTOR OF THE PARTY.	a santrale	TIME	Walter al	Contractor Contractor	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	200
FOOD GROUPS	51	erving Si	īē	Calories	Protei	F-E-1 (-1/L	Carbs	3.5-4010.0		n t
		51	ze	kcal		o√c	n	Cydy.		<u> </u>
/egetables										
referance 2	1 3	582	viid	75	6	325;	1.5	80%	0	7
aan Frotein	1.5		vina	270						
				270	27	5345	- 0	Ü4.u	10,5	
ət	ī	5e i v	ving	-55	0	0°4	9			-
Vater / Fluids	- 4	Cup	32	0	0	0.4	0	0% 0%	<u>5</u>	10
			産り	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	建型型		100 F 100			C
			基語				1 301			Î
		k. (F1.)		THE STATE	ti i tara da	171		,"早 . 1.1.100	(*)	Ì.
上海福建 "好"在"铁铁"的第三列的一部	经产品基	1953				33.73	Ng High			. :
高級數据數學的發展的關係之前。		24 5500 AL	黑艺		213 BW	2.排队。	w in the		. A 960	
			4.		17.74	-i. 1497.	N W.			
	a contract of	1. 3.4 -2.5						1575 P. P. A.	north fall a	والمراج
				A. 18 16 - 11 6		و (أو يا إ	3 (2.4)	, J.		ę.,
						de distribute Constanti		and the same		<u></u>
	Webbe									

WHOLE FOODS

This includes foods such as fresh fruits, vegetables, whole-grain breads, pastas, cereals, and lean proteins. Whole foods are generally low in calories, and high in nutrients. These are the best foods to build your diet around both for weight loss and health reasons.

IND VIDUALIZABION BORIBBIES

1800 CALORIE DIET

	TO THE STATE OF											
THE REAL PROPERTY HAVE	estimation.	47 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	ALEED LEV	使为构成的经验	沙沙區	· TIM	HEER	7:0	0:4143	SERVICE !		
FOOD GROUPS				Lainnes	~-{	~	-	7	_			
Fru		7		<u> </u>	 - '-	1		 -** -		44		- -
Certishediater				60	1:	715	15	1007	1 0	eis	Frei	- -
Leur Rectain				160	E	15%	20	754.				
fill tim			117	10	14	62%	3	(4,	3.5			
		Idiabal	. 5	90	1	40%	12	50%	0	614	FUR SIA-1	
Water / Fluids					.ļ							
de en la servició de la companya de	and course	A PERSONAL PROPERTY.	22 1		1 0	647	. 5	P912	0	D4.	Water / Fluids	2
					- (# L 19)		FFA		到了	20	AND A PERSONAL PROPERTY OF THE PERSON OF THE	
SNACK-OPTIONAL	THE REPORT	Walley March	7000	a in the street	e acres	TEAN C	la foliate	Series at			DIEGEBURGE	-
FOOD GROUPS		erving Siz	• 1	Calpries	Prutal	- TENTE	10002412	ie To:n			INTEREST OF STREET, ST	WEAR
		512	,,	kcal		85	_				FOUR GROUPS	
rut	1	34141	קי	45	1-							
						 	 	100.10		- 571	Vegelabits	+-:
entrhydrates ean trolleig		36(4.)	ng 🗍	150	1	15%	"	75.04				+
F11 12/014/4	61	20171	7	90	14						Last Replain	
·					-					1371		+-
Yanes / Eluidt					Τ		-			-	Fai	+
and a filled	1	Cn5	24	ð	0	04	0	1156		645	Water / Fluids	1-:
THE PARTY OF THE P				(SAPITO ASS	SUT IN	41. 8	1.12		红山杨	क्षासम	The state of the s	
Uncharage as a reservoir											Torre -	
FOOD GROUPS	5.	makena Cia	/ 10 LV./ 9,	Column	110000	#1.114F	tisk party	231100			- 開始性 医阿爾姆里斯氏腺囊结合	
									Fa			·
TOOD BROOPS												
				ksal	T T T	П-(n	3	G ₂		11.0	Marshanda Sac	
egelable:		Siza		keal	F		- 5			-		
ugalabies orbeliesi oraș		Sizn Saren	9	kcal 75	6	3255	12	DA.	D	0%		(1) 例:
egelable:	3	Sign Saren Sarent	ig	keal	6	3254 1544	15 1F	00% 75%	0	a% L1		
agelibies whothed was test Protein	3	Sign Saren Sarent	ig	75 00	6	3255	12	DA.	D	0%		
egelables who fly if a rea with Foliain	3	Sarens Sarens Sarens Sarens	0	75 00	6	32% 15% 62%	13 1F 2	00% 75% 0%	p 0 1 10.5	0% 13 35		
epitables **Schrab ates **Schrab ates **Schrab ates **The school a	3 1 1.5	Saren Saren Saren Saren Saren	g ⊒ g	75 00 276	6 3 42	3255 1555 6254	15 1F 2	00% 75% 0%	0 1 10.5	0% 12% 25%		(1) (1) (1)
epitables **Schrab ates **Schrab ates **Schrab ates **The school a	3 1 1.5	Saren Saren Saren Saren Saren	g ⊒ g	75 00 276	6 3 42	3255 1555 6254 055	15 1F 2	00% 75% 0%	0 1 10.5	0% 13% 25%		
epitables **Schrab ates **Schrab ates **Schrab ates **The school a	3 1 1.5	Saren Saren Saren Saren Saren	g ⊒ g	75 00 276	6 3 42	3255 1555 6254 055	15 1F 2	00% 75% 0%	0 1 10.5	0% 13% 25%		
egelubies - Schrift utas - Control Folia												
epitables **Schrab ates **Schrab ates **Schrab ates **The school a												

FOOD GROUPS		erving 51				CULTIME				
		SI		Lajones 4cal	Protei	91	Carns	ļ	<u> </u>	al
		 					-5	1 Sep.	- 57	- 41
(g)		Ser	NIT	62	1	739	11	100%	9	04
		 		ļ		1				-
4H 2H=		54118:3	16	LEC		 				\Box
		1	1.0	100	15	404	24	60%		100
Vater / Fluids	2	Cup	14	2	-	069		04		ļ
Control of the Contro	斯坦斯	無過度	- V 10		CONTRACTOR	E-11758	10 TH	20170100	0 103(7)34	10
Three west out to the								************	Andreas Disco	
DINNER TELEVISION OF THE PROPERTY.		PHICITE		科型制度等的		TIME	55,100	7 (0:0)	EPH.	i i y
FOOD GROUPS	- '	rving St		Calorina	Protei		Carbs			* \$
		541		ksal	7	34:		\$16	F	F4
egelabies		Serv	113	75						
					 	32.4	11	0015	υ	(41
ean Implein	1.5	Leiv	71.3	276	- 12	£21/4		C74	10,5	
el					1				30.3	1.51
/eter / Fluids		5019	_	- 25	ū	IIF-s	_ 6	0%	5	100
Control Comments of the control	4 CONTRACTOR	Eup	32	2	0	n.	c	D*i		69
	STATE OF STREET	A PARTY OF THE PAR	CIVE	32.30	湖 胸		邻王 伊温	1 (T) V	HILT.	No.
		在 注 使 斯								1. s
		ali ide Kabupat			(1) (1) (a: 3)		生物的 在以外			
新加州的				NO.	4. 影		過げ			
	4.6g + 2.7 47 5.74 5.6	to a first of the	77 2 3 3 3	Print the make	1. P. 4.	office that	11 10 10		786	*
NO. OF COMES PROPERTY OF THE PERSON NAMED IN	C CAPICATION				10 to 1 TO 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	" 要是是 1967年	the said	destination of the		41

2000 CALORIE DIET

BREAKEASELOSSI HESTINIST			in and							
roup groups	. 5	erving	Sica	Calorina	P,	ntels		arba		Fat
		-	5 lz te	ksal	7	n _{ta}	- 11	92	-	1 4
Fruit						1	1	1	- 	1-
Gerbehrdreter			Es.Am.a	60	1	744	17	100%	5	1 0
Lean Protein			irvmg_	160	6	154,	10	7514	1 2	10
HBI Skim	0.5		rs ng	80	14	\$7%	U	D\$4	1.5	135
		3-111-let	16	160	15	4044	24	eby,	D	C
Water / Buids				<u> </u>]. "		T**	T	-
Samuel Company		Care Bealthall	37 2827 TH	THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAM	e .	er.	0	24.	7 3	, o
FOOD GROUPS	S.	eryling :	ilto	Calpries	Prote	THE	Carlis			nt.
		5	124	ktal	9	u.		·	 	,
-cat		30	iymg	50	1 -	710	15	100%	17	n
				1			 	1100		6.
arpshidrater	2	54	wing	160	-	1122	10	714	├ . –	<u> </u>
eun Petern	0.5	5-e	V#IQ	90	11	6254	1 20	D16	1 3,5	11
				<u> </u>		12.11	 -			75
				1	T		-	 		┾─
Vater / Fluide Grand Vallagers (* 17. supranovana)		Eug	24	t t	0	05.	-	0%	,	0.
Uncilida esta esta esta de la Maria della		This is		35 State	र ५५५ व	GILME	16 a ka	1100		2154 2154
FOOD GROUPS	-	_	for	Calories kcal	Protal		Carbi		F	al
ial	1	_	7112	60	1 11 -	6-7	n.	44	q	45
e getafries	- - ; -		VM7	75	+	797,	13	100%	3	2.
antiologicates	1		MIN	10	1 1	135-	15	60%	a	Đ.
an i-nten	1.1	541	vang	279	42	5221	15	7513	1	111
				i	1-4			D∜e	10.5	25
ater i Fluidi	1	Ser	กกฐ	.15	0	Ct-y	-	0%	5	4
	<u> </u>	Else	32	5	1	Dto.	-	Dt.		100
O AND TOTAL CONTRACTOR		and the same of		Calories 20	08-718	and a	E.F.		315-76	
PROBLEM PROPERTY.	31131 Labora =									
易能信息活用影響		n' 37	71027	William Hill	an Peni	Q.	il-ICar	23	alla life	12.65

SNACK和ERENG 中中中国中国	T- 1		4 140075 70		C 34 4	with the	P	<i>า:เ</i> สาถะถ	D AM	特种
FOOD GROUPS	3	177119 3	124	CAIDING	Pintel		Carbs			at .
	 -	 	174	heal	₩	Eye	5	45	B	24
Freir		àe	7107	60	+	774	15	100%		<u> </u>
								ALIGNA	- 0	611
(16. 3klm	+-		1					Ì		_
	╅╧	हुका र छात्	1ř	190	16	-0-	24	62%	3	04
Woter / Fluids	7	Cup	16	1	-	0%				
The state of the s	National Control	15,1216	PER YEAR	Aside Pirilesa	556 V 856	C154	0 84-118-	CAF	D ARITERIA	C+x
				211.00	STATE OF THE PARTY.		200	REAL PROPERTY.		32.1
DIMNER THE GIT VEST AND THE REAL	war or to delive	(de la final de	C. O. T. W.	that average	AND DIST	TIME	fite thinks	# 6:00	injas?	15.53.6
POCID GROUPS		rving 5		Calories	Pentul	, <u>, , , , , , , , , , , , , , , , , , </u>	Carbs		1	
		5.	244	kcal	9	D'g	п	441		Erre .
enstables	- -				 					
arbetydratas			enta gare	. 75	- 6	325	15	70%	,	Line.
man freitein	1.3		rtryg	276 276	3	1549	13	71.44	1	11%
			''''	276	42	124	0	GNE	10.5	154
at	1	Sen	rme	# 5		954	_			
Veter / Finish	4	Cup	32	0	<u> </u>	059	9	D4k	_!_	LUSA
TEAL PROPERTY.		油油	从一下 卧腔	SERVICE NO. 1	CACTURES.		22,777		2	E54
Selfae Van Grade te La	alidiau-1	Wilarii ii	ttvr/9.	anazarta au	2 digaz, 5.	AL 75 (12)	*****		e Lukies	
医阴道、新闻型帝民产型		25		建设的		4 1984 710		187 July 1	1	1
建设的对应性的现在分词	4,544						100	4.14.3.1		100
					(W. W.)	199		(水)治	7.72	1
在基础上的中型键的形式	96-7-716					C - 11 - 1 - 1		200	는 이 약.	1
riod () and integration of the control of the cont		er d	- W. T.		的点法	3				100
								2 1 . 3 . 49	1	
										127
							4			12 F
		は様には								72 <i>1</i> 6 7 6 7
								Parameter 1	a ve	Chona-1
politic de la constante de la										

INESTRACIONAL DE LA MARCA DEL MARCA DE LA MARCA DEL MARCA DE LA MARCA DEL MARCA DE LA MARCA DEL MARCA DE LA MARCA DE LA MARCA DEL MARCA DE LA MARCA DE LA MARCA DE LA MARCA DE LA MARCA DEL MARCA

Principle #1: IN-SEASON Calorie and Energy Needs

If you've managed your weight effectively you are now IN-SEASON, and within 3-5% of your weigh class. Every wrestler responds a little differently, some will be wise to stay at the low end around 3% while others will be advised to be around 5%, Losing the remainder of the weight should be done very methodically with a weekly plan leading up to weigh-ins. Here is how we accomplish this. In-season, our calorie intake will be slightly higher than during pre-season. By increasing calories, we will ensure we have the energy needed to practice and compete your best. We are not necessarily looking to decrease our body weight any further at this time, but are only looking to maintain and keep ourselves within 3-5%. The remaining weight will be lost through water weight fluctuations in the 3 days prior to weigh ins.

Roughly 60-65% of our body weight is water and we store water in a

couple of different places. Water is stored with carbohydrates in our muscles as muscle glycogen. In addition, a large amount of water and weight can be stored in our intestinal tract. High fiber foods add bulk to our feces and hold water. By manipulating our carbohydrate intake, and changing the foods we consume from high-fiber, high residue to low residue foods, we can cut weight through moderately depleting our glycogen stores, and eliminating weight stored in our G.I. track. Flnally, by limiting our fluid intake we can mildly dehydrate ourselves to reach our weight goal. Losing 6-7lbs. Before competition may seem relatively easy as a wrestler, however, if you can lose this weight the right way without starving your body and restricting your calorie intake but through manipulation of water weight you'll be able to recover quickly after weigh-ins and perform better than your opponent. Here is a rough breakdown of how the week leading up to weigh-ins should look.

		WEIGH	T PE	RCENT	AGE		
		3%	5%	8%	10%	12%	15%
	125	129	131	135	138	140	144
TIT III	133	137	140	144	146	149	153
E E	141	145	148	152	155	158	162
T L	149	153	156	161	164	167	171
E I	157	162	165	170	173	175	181
H 5	165	170	173	178	182	185	190
75	174	179	183	188	191	195	200
	184	190	193	199	202	206	212
	197	203	207	213	217	221	227
	260	268	273	281	286	291	299

ĺ	IN-SEASON CALORIES													
Military of														
	COMMUNICATION OF THE PROPERTY OF THE NEEDS: VALUE OF THE PROPERTY OF THE PROPE													
	HE KA	62	63	64	.j65.	66	67.,	68	69	70	71	72	73	74
	125	2602	2650	2697	2745	2793	2840	2888	2935	2983	3030	3078		317
	133	26.35	2683	2730	2778	2825	2972	2920	2968	3016	3063	3111	3158	3206
	141	2668	2715	2763	2810	2858	2906	2953	3001	3048		3143		
	149	2701	2748	2796	2843	2891	2938	2986	3033	3081	3129			3238
	157	2733	2781	2828	2876	2923	2971	3019	3066			3176		3271
	165	2766	2814	2861	2909	2956	3004	3051		3114	3161	3209	3256	3304
	174	2803	2850	2898	2945				3099	3146	3194	3242	3289	3337
1200	184	2844				2993	3041	3088	3136	3183	3231	3278	3326	3373
	1000 0		2891	2939	2986	3034	3081	3129	3177	3224	3272	3319	3367	3414
	100.00	2897	2944	2992	3040	3087	3135	3182	3230	3277	3325	3372	3420	3468
	260	3155	3202	3250	3297	3345	3392	3440	3488	3535	3583	3630	3678	3725
						Activit	y Fact	ors: 1	.6	L			20/0	J 1 1 1

1002	IN-SEASON CALORIES																							
	是是與型型的表面。例如中華的ENACTIVE CALORIE NEEDS 接近的過程中的原理的																							
				调和强						建制的														
厂		62	63	64	65	66	67	-68	69:	点70点	71	72	73	74										
	125	 -	2088	2127	2166	2204	2243	2281	2320	2359	2397	2436												
	133	-	2121	2160	2198	2237	2276	2314	2353	2391	2430	2469	2507	2546										
	141		2154	2192	2231	2270	2308	2347	2386	2424	2463	2501	2540	2579										
	149	2148	2186	2225	2264	2302	2341	2380	2418	2457	2496	2534	2573	2611										
	1721	2181	2219	2258	2296	2335	2374	2412	2451	2490	2528	2567	2606	2644										
	165		2252	2291	2329	2368	2406	2445	2484	2522	2561	2600	2638	2677										
	174	2250	2289	2327	2366	2405	2443	2482	2521	2559	2598	2636	2675	2714										
		2291	2330	2368	2407	2446	2484	2523	2561	2600	2639	2677	2716	2755										
	197	2344	2383	2421	2460	2499	2.537	2576	2615	2653	2692		2769	2808										
	260	2602	2641	2679	2718	2756	2795	2834	2872	2911	2950	2988	3027	3066										
						Activit	y Fact	ors: 1				4200	30,27	2000										
														Activity Factors: 1.3										

NESEASONENEED VERNORES

IN-SEASON NUTRITION PHASE I

The first phase during the competitive season includes the Monday, Tuesday, and Wednesday, before Saturday weigh-ins. During the first 3-days of the week your nutrition shouldn't change. Keep your calorie intake at the recommended level for Inseason. Continue to eat 5-6x throughout the day, eating a good balance of foods, fruits, vegetables, carbohydrates, and lean proteins. Remember to pre and re-fuel muscles before and after training and stay fully hydrated.

PHASE II

Phase II begins Thursday, Friday, and into Saturday morning when we will begin manipulating fluid intake, and choosing different foods to start the weight cutting process. Calories should remain up and try to limit restricting calories, however, fluid intake, and food choices should change. We will eat more low-residue foods. These are foods that are low in fiber and easy to digest. These foods will limit the amount of fluid and bulk in your GI tract which will assist you in cutting weight without restricting calories. The second phase is to limit fluid intake. You will not cut out fluids completely from your diet, however, will limit fluid intake.

***************************************	LOW FIBER / LOW RESID	UE DIET
FOOD GROUP	FOODS ALLOWED/LOW RESIDUE	FOODS TO AVOID/HIGH RESIDUE
Breads & Cereals	Refined white, light wheat, or rye bread and rolls; saltines; waffles, pancakes. All refined, and ready -to -eat cereals (corn, oats, wheat, and rice) such as Wheathearts, Malt-O-Meal, Cornflakes, Special K, Cheerios. White Potatoes & Rice cakes	High fiber, whole wheat breads, pastas, & cereals. Brown Rice, oatmeal, any product made with nuts, seeds, bran, and dried fruit
Fruit	Fruit juice without pulp, Applesauce, canned cherries, fruit cocktail, peaches. Fresh: Bananas, cherries, grapefuit, melon, nectarine, peaches, plum, watermelon,	Prune Juice, Canned: Pineapple, pears, Fresh: Apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, naisins
Vegetables	Cooked or canned: Asparagus, beets, carrots, chard, greenbeans, bean sprouts, mushrooms. Fresh and cooked tomato (no skins), Tomato Juice	All raw, strongly flacored vegetables (cabbage, croccoli, cauliflower, summer squash, okra, brussel sprouts, onions, corn, baked beans, dried beans, & peas
Meats	Tender, well cooked, meats, poultry, fish, eggs, tofu. Peanut Butter	Fried meats, fish, or poultry; meats highly seasoned containing whole spices, sausage, frankfurters, chucky, peanut butter
Dairy	Milk, yogurt, cheese	products w/ nuts & seeds
Fat	Butter, margarine, cooking oil, sald dressing, mayonnaise, bacon, salad dressings	Nuts & oils

SEMMESMEGIDE

Having a mental image of these objects helps determine normal serving sizes: A deck of cards, a poker chip, a baseball, a hockey puck, a CD, some dice, a light bulb.

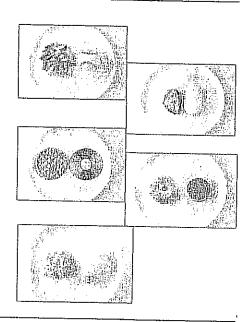




CARBOHYDRATES

Unless indicated, all amounts equate to 1 serving of Carbohydrate.

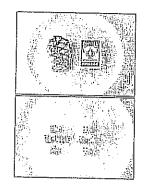
- 1 serving pasta is 1/2 cup = 1/2 a baseball
- 1 small potato = the size of a computer mouse
 TIP: Choose a sweet potato. It has vitamin C, potassium, calcium, vitamin A, folate, beta-carotene
- 1 small muffin = a tennis ball
- 1 small frozen waffle = 1 CD
- ½ a medium bagel = a hockey puck
 TIP: Make it a whole-grain bagel. The high fiber will curb hunger later
 OR opt for a high-fiber English muffin.
- 1 serving cooked rice = a full cupcake wrapper
- 2 servings cooked rice = a light bulb
- 1 serving Chips, crackers, pretzels, or snack mix = 1 handful
 That's 6 large tortilla chips or 20 potato chips or mini-pretzels.
 TIP: Baked, multigrain, and vegetable chips like carrot and sweet po-



LEAN PROTEIN (MEAT & CHEESE)

- 3-ounce serving size = A deck of cards or the palm of your hand (minus fingers)
- 1 serving size of cheese = four dice (can count as a protein OR dairy)

TIP: choose 2% cheeses for healthier versions



FATS

- 1 serving size of fat or 1 teaspoon = a poker chip or a stack of four dimes
- Peanut butter: 1 serving size or 2 tablespoons = a golf ball

This would count as 2.5 fats in a meal card.



FRUITS & VEGGIES

- 1 serving fruits & veggies = 1 baseball or the size of your fist
- 1 cup leafy greens = 2 tennis balls
 TIP: Green, red, and orange foods have more nutrients: Berries, red bell peppers, tomatoes, pumpkin, sweet potatoes. Dark greens are heart healthy: Spinach, broccoli, Swiss chard, kale.



GENERAL SERVING SIZES

- 1/2 cup = baseball, full cupcake wrapper, fist
- 3 oz = deck of cards
- 1 Tbsp = 1/2 golf ball
- 1 oz = 4 dice
- 1 cup = 2 tennis balls



BREAK the FAST

Many people skip breakfast with the belief that they'll eat less calories throughout the day and can improve weight loss. Unfortunately, often times, people have a difficult time controlling their appetite later in the day when they miss breakfast. Research suggests that people who eat breakfast tend to have better body composition, and maintain a healthier weight than those who skip breakfast. Eating breakfast will help you stay satisfied throughout the day and keep you from overeating later in the day. We suggest you consume between 400-500kcals at breakfast.

REMEMBER THE 3 STEPS

STEP 1: Fruits or Vegetables

A glass of 100% fruit juice or a piece of whole fruit is the first step

STEP 2: Carbohydrates

Whole grain, breads and cereals are great providing the carbohydrates and fuel you need to tackle the day. <u>STEP 3: Lean Protein</u>

Protein is key...whether its eggs, turkey, ham, yogurt, skim milk, cottage cheese, a high-protein cereal or protein shake be sure to incorporate protein in your breakfast.

SAMPLE IDEAS 400 KCALS

SAMPLE IDEAS 500 KCALS

		<u>o i cont</u>		SAMPLE IDEAS	<u> </u>	KUALS	<u>i</u>
Option #1 - Oatmes)	Serving Size	Meal Card Serving	Nutrition Facts	Option #1 - Oatmeal	Serving Size	Meal Card Serving	Nutrition Facts
Banana	1 med.	2 FRU	6-11-1112-15-415-E	Banana	1 med.	2 FRU	(FAICHIE #1) 495)
Oatmeai (reg., dry)	1/2 cup	2 CARB	1000111011129周	Oatmeal (reg., dry)	1 Cup	2 CARB	67
Cottage Cheese (Fat Free)	1 сир	.75 PRO	A COLUMN TO THE	Cottage Cheese (Fat Free)	1 cup	.75 PRO	11,72
		<u></u>	是ATTAIN PARTY		8 oz.	1 MILK	
Option #2 - Simply Done	Serving 5lze	Meal Card Serving	Nutrition Facts	Option #2 - Simply Done	Serving	Meal Card	Nutrition Facts
Orange	1 med.	1 FRU	CONTORIES NAMES	A Walling and a Market of the last of the	Size	Serving	bell of a stable of the
Toast	2 Slices	2 CARB	100 1 1 1 21 1 5	Orange	1 med.	1 FRU	19 [[] 1 490
Eggs	ż	.5 PRO/2 FAT	7.0	Toast	2 Slices	2 CARĐ	## 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
			54 RC 47 4145 0 17 V HM 611	Eggs	3	.75 PRO/3 FAT	LARBS 4 18 455
TO SECURE A SECURE OF THE	6.00	latera e de la constanta	1000		<u> </u>		22
Option #3 - PB Toast	Serving Size	Meal Card Serving	Nutrition Facts	Option #3 - PB Toast	Serving Size	Meal Card Serving	Nutrition Facts
Grapes	1/2 cup	1 FRU	0.0E-1.112 1:1390]	Grapes	8 oz.	2 FRU	(495
Toast (light, 40kcat/slice)	2 Slice	1 CARB	120	Toest (light, 40kcal/slice)	2 Slice		
Peanut Butter	1.5 TBSP	2 FAT	10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Peanut Butter			P.O.E. 1921
Skim Milk	15oz.	2 MILK	an FAT 为 预算重度	Skirn Mill:	2 Tbsp 16oz,		CATHER MESS
Option #4 - Egg, Ham, & Cheese Sandwich	Serving (Size	Meal Card Serving	Nutrition Facts	Option #4 - Egg Ham, & Cheese	Serving	Meal Card	Nutrition Facts
Grapes	1/2 cup	1 FRU	CALCRIES #410#	Grapes		Serving	基于是特殊的基础的 类的
Toast (light, 40kcal/slice)	2.5lice	1 CARB	PROTEIN 1032	Toast (light, 40kcal/slice)	1/2 cup	1 FRU	ientonija e 490
: ggs	1	.25PRO/1 FAT	FAIR Wao	Eggs	2 Slice	2 CARB	PROTEIN 第35部
lam	3ог.	.75 PRO	1717	Ham	1	.25PRO/1FAT	115 CATEGO (\$145 !!
Theese-2%	1 Slice	1 FAT			3az.	.75 PRO	A PATER BUTTON
Option #5 - Pumped Up Oatmeal	Serving 5 ze	Meal Card	Nutrition Facts	Option #5 - Pumped Up Oatmea	1 Slice Serving	1 FAT	Nutrition Facts
Drange	1 Med.	1 FRU	10A10HIE 18435V	(2) 自己是非常基本企品。但是特别的公司表表	Size	Serving	March 清晰的 的 新古花
Datmeal (reg., dry)	1/2 cup	2 CARB	12101EN 135	Orange	1 Med.		V-N10111ES-11/495#
Prateln Powder	1 Яспор	.75 PRO	57	Oatmeal (reg., dry)	1/2 cup		91 013 10 19137 1
skirn Milk	Boz.	1 MILK	7,25	Protein Powder	1 Усфор	.75 PRO	Fulfits 1972
		T 1411717	WANTE THE BEAUTY OF THE PARTY O	Skim Miłk	Sor.	1 MILK	B.25

BULGEANBOINTER

At Lunch and Dinner its also important incorporate a good balance of foods. Use lunch and dinner to load up on vegetables, low calorie, high fiber foods that will assist you in weight loss. Fresh salad and frozen vegetables are great choices. Be sure to monitor your portion sizes. It's suggested that you only include 1-2 servings of carbohydrate or starchy foods, select lean sources of protein that are 5-60z. In size.

REMEMBER THE 3 STEPS

STEP 1: Fruits or Vegetables

A glass of 100% fruit juice or a piece of whole fruit is the first step

STEP 2: Carbohydrates

Whole grain, breads and cereals are great providing the carbohydrates and fuel you need to tackle the day. <u>STEP 3: Lean Protein</u>

Protein is key...whether its eggs, turkey, ham, yogurt, skim milk, cottage cheese, a high-protein cereal or protein shake be sure to incorporate protein in your breakfast.

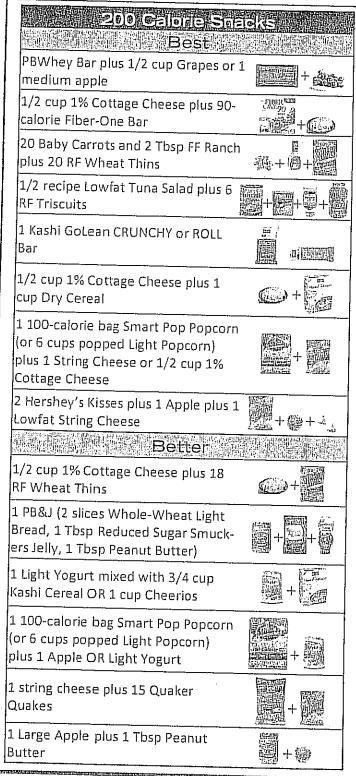
SAMPLE IDEAS 400 KCALS

SAMPLE IDEAS 500 KCALS

	<u> </u>	J I COMIL	<u>-3</u>	SAMPLE IDEAS 500 KCALS						
Option #1	Serving	g Meal Card	Nutrition Facts			-1				
Spinach Salad w/Brot. & Carrots	2 Siza	Serving	·····································	Option #1	Serving	[2] 1 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Nutriti	on Fart		
Rice Rice	1 med.		700 E 1 280	Spinach Salad w/Broc. & Carrots	Size	5erving	Nutritic			
Grilled Chicken Breast	1/2 cup		APPENDING A STATE	Rice	1 med.	3 VEGE		14		
Low Fat Dressing	4 oz.	1 PRO	AND WEST	Grilled Chicken Breast	1/2 cup		rendered.	MINIS		
cow rat the same	1 Theo.	1 FAT	第1711 第13 49	Low Fat Dressing	6 oz.	1.5 oz.		3		
	Serving	A C. WWW. Law Williams	er finder and a second	Law rat Dressing	1 Thsp.	1 FAT		3 121		
Option #2	Size	Meal Card	Nutrition Facts	Option #2	Serving	Meal Card	d national and	difference in		
Steamed Asparagus & Cauliflower	1.5 Cups		2011年中国的基础的特征和2011年1	Control of the state of the sta	Size	Serving	Nutritio	n Fact		
1/2 Baked Potato	4 02.	1 CARB	TAIDHE Hasov	Steamed Asparagus & Cauliflower	1.5 Cups		Spring part a part	ight de la		
Salmon	4 02.	1 PRO	PROTEIN BEZEE	1/2 Baked Potato	4 pz.			A 47		
Low Fat Sour Cream	1 Thisp.	1 FAT	TAT METS	Salmon	6 oz.	1.5 PRCI		M 1.5		
	1 -1-201	1 1 1 1 1 1		Low Fat Sour Cream	1 Thsp.		CARE	III'i 3 (
Option#3	Serving	ं ्रिNeal Card ः	· 群岛群岛特别(2000年)	STANDARD STANDARD ASSESSMENT		1 FAT		M £1.		
	Size	Serving	Nutrition Facts	Option#3	Serving	Meal Card	學學院的	CONTRACT.		
ettuce, Tomato & Cooked Broc.	1 Cup	3 VEGE	# 10 FIE 400	- <u>- 1878 (17. 47.</u> 1887年18日、平道の天から	Size	Serving	Nutritia	n Facts		
ight Wheat Bread (40kcal/slice)	2 Slice	1 CARB	100 mg 7/m	Lettuce, Tomato & Cooked Broc.	1 Cup	3 VEGE		W Hairi		
urkey - deli sliced	4 oz.	1 PRO	130	Light Wheat Bread (40kcal/slice)	2 Slice	1 CARB	開作能			
% Cheese	1 Slice	1.5 FAT	W1.7 15:0	Turkey - dell sliced	4 oz.	1 PRO				
			ANZWALLENGT STATE	2% Cheese	1 Slice	1.5 FAT		# 41/2 U		
Option#4	Serving	Meal Card	Section of the second				ACCULARACION N	11. 12.		
<u>是一类医学院</u> (新聞學術時候) [1] [2] [2] [3]	Size	Serving	Nutrition Facts	Option #4	Serving Size	Meal Card	Nutrition	LFacte		
alad w/Tomato & Cucumber	1.5 Cup	3 VEGE	CAGILE HALSE	Salad w/Tomato & Cucumber		5erving -	生物等进程的特殊企	- 1 · 1		
lashed Potatoes (low fat)	1 cua	2 CARB	40%	Mashed Potatoes (low fat)	1.5 Cup	3 VEGE	TO THE	505		
iced Ham or Grilled Pork Chop	4 cz.	1 PRO	A1185 1545 2	Silced Ham or Grilled Pork Chop	1 cup	2 CARB	PROTEIN	54		
			10 A	these trait of Griffed Fork Chop	6 az.	1.5 PRO		5.45		
CA 25 SUPERIOR PROPERTY AND DESCRIPTION			四年1974年		<u></u> _		1717	1.04		
Option #5 / Mi	Serving	Meal Card	世界部沿坡上海 。	Option #5	Serving	Meal Card	dein Kill (Sale)	alseron		
<u>。1975年,1947年</u> 日記載框片公開地位制度的技术和機劃	5lžė 🗆	Serving .	Nutrition Facts	Fig A transfer of the state	Size 🚟	Serving	Nutrition	Facts		
ir Fry Vegetable Blend	1.5 Cups	3 VEGE	17415	Stir Fry Vegetable Blend	1.5 Cups	3 VEGE	EARDHES	3.50 (1955) 第50 (1955)		
own Rice, cooked	1 Cup	2 CARB	######################################	Brown Rice, cooked	1 Cup	2 CARB		177505		
rilled Chicken or Sirloin Steak	4 07.	1 PRO	17/15/2	Grilled Chicken or Sirloin Steak	6 oz.	1.5 PRO		19654		
			1000年		0.02,	1,3 880	A THE	14.45		
The Cartesian membersial	.e.a.a.r.e.e.r	25." 6.4 1 31 22 3 3 4 5 1	levil te de la companya de la compan					314		
Option#6	Serving	Meal Card	Nutrition Facts	是打了。""我想象""是人会理识了!"	Serving	Meal Card	e Stational e glorius	6 - 1 1 1 1 1 1 1 1 1 1		
eamed Green Beans	Size	Serving	Paralle and the second	Option #6	Size	Serving.	Nutrition	Facts		
mburger Bun	1.5 Cups		ACAIGNIET EATSIA	Steamed Green Beans	1.5 Cups		er e	Control of the contro		
an Hamburger	1 Bun 4 pz.		(P)[0] [1] [[40]]	Hamburger Bun		3 VEGE		£1505		
	4 DZ.	1 PRO	10.45点	Lean Hamburger	1 Bun	2 CARB		1 54		
			(P)	, and get	6 ог.	1.5 PRO	Chinista			
								4/14/4		

STANK:

Consistent eaters are able to maximize lean mass gains, improve body composition, and have stable energy levels for training. This means including snacks throughout the day between meals. Try to aim for a balance of foods for snacks, incorporating fruits, vegetables, carbohydrate-foods, and some type of protein source each time. Doing so will offer greater satiety, fullness, and increased stability of blood sugar which helps to reduce mood swings, cravings, and energy levels all the while improving body composition.



Best PBWhey Bar plus 1 Light/Fat-Free Yogurt with 8-10 Almonds PBWhey Bar plus 2 cups grapes 6-oz yogurt mixed with ½ cup dry oatmeal or fiber-one cereal plus ½ cup almonds or mixed nuts 1 Kashi GoLean CRUNCHY or ROLL Bar plus 1 Light Yogurt 1 Kashi GoLean CHEWY Bar 1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2 Tbsp Peanut Butter	mproving body composition.	•
PBWhey Bar plus 2 cups grapes 6-oz yogurt mixed with ½ cup dry oatmeal or fiber-one cereal plus ½ cup almonds or mixed nuts 1 Kashi GoLean CRUNCHY or ROLL Bar plus 1 Light Yogurt 1 Kashi GoLean CHEWY Bar 1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better: 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jeily, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	Elegiesiai Best	
6-oz yogurt mixed with ¼ cup dry oatmeal or fiber-one cereal plus ¼ cup almonds or mixed nuts 1 Kashi GoLean CRUNCHY or ROLL Bar plus 1 Light Yogurt 1 Kashi GoLean CHEWY Bar 1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	PBWhey Bar plus 1 Light/Fat-Free	+ + + + + + + + + + + + + + + + + + + +
meal or fiber-one cereal plus ¼ cup almonds or mixed nuts 1 Kashi GoLean CRUNCHY or ROLL Bar plus 1 Light Yogurt 1 Kashi GoLean CHEWY Bar 1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	PBWhey Bar plus 2 cups grapes	十 連 企 十 色 企 音
1 Kashi GoLean CHEWY Bar 1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	meal or fiber-one cereal plus ¼ cup	
1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2		+ 12
RF Wheat Thins and 1 apple 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	1 Kashi GoLean CHEWY Bar	
1 cup 1% Cottage Cheese Better 1 string cheese plus 15 Quaker Quakes and 1 pear 1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	RF Wheat Thins and 1 apple	企 》+圖+圖
1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	(or 6 cups popped Light Popcorn) plus	
1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	Better	
(or 6 cups popped Light Popcorn) plus 1 Apple with 1 Tbsp Peanut Butter 1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2		+ + -
Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter 1 Fat-Free Pudding Cup OR Light Yogurt plus 1 PB&J (2 slices Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	(or 6 cups popped Light Popcorn) plus	+ + + + + + + + + + + + + + + + + + + +
gurt plus 1 PB&J (2 slices Whole- Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter) 2 Hershey's Kisses plus 1 Apple plus 2	Bread, 1 Tbsp Smuckers Light Jelly, 1.5	+ + + + + + + + + + + + + + + + + + + +
Butter) 2 Hershey's Kisses plus 1 Apple plus 2	gurt plus 1 PB&J (2 slices Whole- Wheat Light Bread, 1 Tbsp Reduced	+
2 Hershey's Kisses plus 1 Apple plus 2	Dugar Smuckers Jelly, 1 Tbsp Peanut Butter)	
	2 Hershey's Kisses plus 1 Apple plus 2	第一十二章 一

KEY:

RF—Reduced Fat

FF-Fat Free