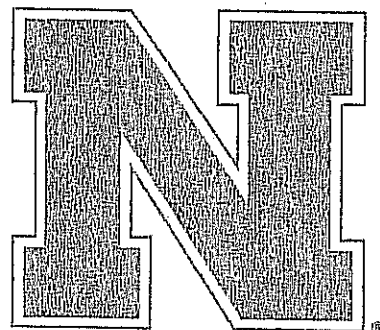


NEBRASKA WRESTLING SPORTS NUTRITION



WRESTLING NUTRITION PRINCIPLES

I. 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 off-season, 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.

		WEIGHT PERCENTAGE					
		3%	5%	8%	10%	12%	15%
W E I G H T C L A S S	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
	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
	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

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 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 In-season. 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 afterbreakfast).

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 gastrointestinal 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 gastrointestinal 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.

WRESTLING OFF-SEASON NUTRITION PRINCIPLES

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, pre-season, 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-SEASON CALORIES													
INACTIVE CALORIE NEEDS													
In lbs													
WT	62	63	64	65	66	67	68	69	70	71	72	73	74
125	2971	3024	3078	3131	3185	3238	3292	3345	3399	3452	3506	3559	3613
133	3004	3057	3111	3164	3218	3271	3325	3378	3432	3485	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
157	3102	3155	3209	3262	3316	3369	3423	3476	3530	3583	3637	3690	3744
165	3135	3188	3242	3295	3348	3402	3455	3509	3562	3616	3669	3723	3776
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

Activity Factors: 1.8

OFF-SEASON CALORIES													
INACTIVE CALORIE NEEDS													
In lbs													
WT	62	63	64	65	66	67	68	69	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	3019
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	3084
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	3061	3105	3150	3194
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	3416	3461	3505

Activity Factors: 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.

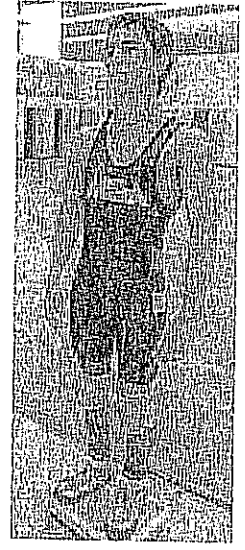
Principle #4: Proper Hydration

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 1/2 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 16-20oz. Before practices, 4-8oz., every 15 minutes during practice, and consume 20oz. 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.

WRESTLING PRE-SEASON NUTRITION PRINCIPLES

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 hydrated 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 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.



PRE-SEASON DIETING CALORIES													
ACTIVE CALORIE NEEDS													
HT (IN)													
WT	62	63	64	65	66	67	68	69	70	71	72	73	74
125	1783	1815	1847	1879	1911	1943	1975	2007	2039	2071	2103	2136	2168
133	1802	1834	1866	1898	1931	1963	1995	2027	2059	2091	2123	2155	2187
141	1822	1854	1886	1918	1950	1982	2014	2046	2079	2111	2143	2175	2207
149	1841	1874	1906	1938	1970	2002	2034	2066	2098	2130	2162	2194	2227
157	1861	1893	1925	1957	1989	2022	2054	2086	2118	2150	2182	2214	2246
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	2088	2120	2152	2184	2216	2248	2280	2312	2344
260	2114	2146	2178	2210	2242	2274	2306	2339	2371	2403	2435	2467	2499

40% Energy Restriction

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-SEASON DIETING CALORIES													
INACTIVE CALORIE NEEDS													
HT (IN)													
WT	62	63	64	65	66	67	68	69	70	71	72	73	74
125	1451	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	1624	1651	1677	1704	1731	1758	1784	1811
149	1510	1537	1563	1590	1617	1644	1670	1697	1724	1751	1777	1804	1831
157	1529	1556	1583	1610	1636	1663	1690	1717	1743	1770	1797	1824	1850
165	1549	1576	1603	1629	1656	1683	1710	1736	1763	1790	1817	1843	1870
174	1571	1598	1625	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	1654	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

40% Energy Restriction

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 eliminating 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 poor 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 than 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 pedalyte 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!

YOUR PERSONALIZED MEAL PLAN

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 portion control

1500 KCAL		BIRTHDAY CAKE & COFFEE		1500 KCAL					
BREAKFAST		TIME		7:00 AM					
FOOD GROUPS	Serving Size		Calories	Protein		Carbs		Fat	
	#	Size		kcal	g	%	g	%	g
Fruit	1	Serving	60	1	7%	15	100%	0	0%
Carbohydrates	2	Serving	150	5	15%	30	75%	2	11%
Lean Protein	0.5	Serving	90	14	52%	0	0%	3.5	35%
Milk, Skim	1	Serving	80	8	40%	12	60%	0	0%
Water / Fluids	4	Cup	32	0	0%	0	0%	0	0%

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.

SNACK (OPTIONAL)		TIME		10:00 AM					
FOOD GROUPS	Serving Size		Calories	Protein		Carbs		Fat	
	#	Size		kcal	g	%	g	%	g
Water / Fluids	2	Cup	16	0	0%	0	0%	0	0%

LUNCH		TIME		1:00 PM					
FOOD GROUPS	Serving Size		Calories	Protein		Carbs		Fat	
	#	Size		kcal	g	%	g	%	g
Vegetables	3	Serving	75	6	32%	15	80%	0	0%
Carbohydrates	1	Serving	80	3	15%	15	75%	1	11%
Lean Protein	1.5	Serving	270	42	62%	0	0%	10.5	35%
Fat	1	Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4	Cup	32	0	0%	0	0%	0	0%

DAILY TOTALS		Calories		Protein		Carbs		Fat		
#	Size	kcal	g	%	g	%	g	%	g	%
		152	67	44%	10	61%	33	75%	13	26%

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.

YOUR PERSONALIZED MEAL PLAN

APPLYING WEIGHT LOSS PRINCIPLES

FIBER & PROTEIN

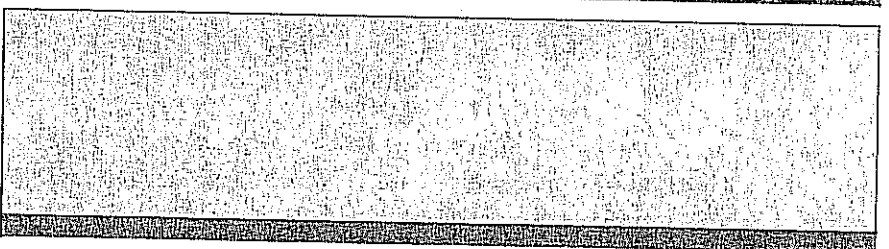
These are two important nutrients to consider when changing your food habits and choosing foods. Fiber can improve satiety, lesson insulin response, and improve digestion. Protein is also important allowing you to feel full as well as assisting you in maintain lean body muscle and metabolic rate. Try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

1500 KCAL									
LINCOLN FACILITY CLUB									
1500 KCAL									
SNACK									
FOOD GROUPS	Serving Size		Calories kcal	Protein		Carbs		Fat	
	#	Size		g	%	g	%	g	%
Fruit	1	Serving	60	1	7%	15	100%	0	0%
Milk Skim	2	Serving	150	15	40%	24	80%	0	0%
Water / Fluids	2	Cup	16	0	0%	0	0%	0	0%
			0	0	0%	0	0%	0	0%

DINNER									
TIME 6:00 PM									
FOOD GROUPS	Serving Size		Calories kcal	Protein		Carbs		Fat	
	#	Size		g	%	g	%	g	%
Vegetables	3	Serving	75	6	32%	15	80%	0	0%
Lean Protein	1.5	Serving	270	42	53%	0	0%	10.5	35%
Fat	1	Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4	Cup	32	0	0%	0	0%	0	0%
			0	0	0%	0	0%	0	0%



FOOD GROUPS	Serving Size	Calories kcal	Protein		Carbs		Fat	
			g	%	g	%	g	%
DAILY TOTALS			150	47%	140	100%	10	35%

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.

INDIVIDUALIZED CALORIE DIETS

1800 CALORIE DIET

1800 KCAL		LINCOLN HANDE CLUB		1800 KCAL				
NUTRITION		NUTRITION		NUTRITION				
BREAKFAST		BREAKFAST		BREAKFAST				
TIME 7:00 AM		TIME 7:00 AM		TIME 7:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Milk Skim	1 Serving	90	8	30%	12	60%	0	0%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

1800 KCAL		LINCOLN HANDE CLUB		1800 KCAL				
NUTRITION		NUTRITION		NUTRITION				
SNACK-OPTIONAL		SNACK-OPTIONAL		SNACK-OPTIONAL				
TIME 10:00 AM		TIME 10:00 AM		TIME 10:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

1800 KCAL		LINCOLN HANDE CLUB		1800 KCAL				
NUTRITION		NUTRITION		NUTRITION				
LUNCH		LUNCH		LUNCH				
TIME 1:00 PM		TIME 1:00 PM		TIME 1:00 PM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Vegetables	3 Serving	75	6	32%	15	80%	0	0%
Carbohydrate	1 Serving	60	1	15%	15	75%	1	15%
Lean Protein	1.5 Serving	270	42	62%	0	0%	10.5	36%
Fat	1 Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4 Cup	0	0	0%	0	0%	0	0%

Calories	Protein	Carbs	Fat
kcal	g	g	g
1800	100	200	100

DAILY TOTALS

1800 KCAL		LINCOLN HANDE CLUB		1800 KCAL				
NUTRITION		NUTRITION		NUTRITION				
BREAKFAST		BREAKFAST		BREAKFAST				
TIME 10:00 AM		TIME 10:00 AM		TIME 10:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Milk Skim	1 Serving	90	8	30%	12	60%	0	0%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

1800 KCAL		LINCOLN HANDE CLUB		1800 KCAL				
NUTRITION		NUTRITION		NUTRITION				
SNACK-OPTIONAL		SNACK-OPTIONAL		SNACK-OPTIONAL				
TIME 1:00 PM		TIME 1:00 PM		TIME 1:00 PM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Vegetables	3 Serving	75	6	32%	15	80%	0	0%
Carbohydrate	1 Serving	60	1	15%	15	75%	1	15%
Lean Protein	1.5 Serving	270	42	62%	0	0%	10.5	36%
Fat	1 Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4 Cup	0	0	0%	0	0%	0	0%

Calories	Protein	Carbs	Fat
kcal	g	g	g
1800	100	200	100

DAILY TOTALS

2000 CALORIE DIET

2000 KCAL		LINCOLN HANDE CLUB		2000 KCAL				
NUTRITION		NUTRITION		NUTRITION				
BREAKFAST		BREAKFAST		BREAKFAST				
TIME 7:00 AM		TIME 7:00 AM		TIME 7:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Milk Skim	1 Serving	90	8	30%	12	60%	0	0%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

2000 KCAL		LINCOLN HANDE CLUB		2000 KCAL				
NUTRITION		NUTRITION		NUTRITION				
SNACK-OPTIONAL		SNACK-OPTIONAL		SNACK-OPTIONAL				
TIME 10:00 AM		TIME 10:00 AM		TIME 10:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

2000 KCAL		LINCOLN HANDE CLUB		2000 KCAL				
NUTRITION		NUTRITION		NUTRITION				
LUNCH		LUNCH		LUNCH				
TIME 1:00 PM		TIME 1:00 PM		TIME 1:00 PM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Vegetables	3 Serving	75	6	32%	15	80%	0	0%
Carbohydrate	1 Serving	60	1	15%	15	75%	1	15%
Lean Protein	1.5 Serving	270	42	62%	0	0%	10.5	36%
Fat	1 Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4 Cup	0	0	0%	0	0%	0	0%

Calories	Protein	Carbs	Fat
kcal	g	g	g
2000	100	200	100

DAILY TOTALS

2000 KCAL		LINCOLN HANDE CLUB		2000 KCAL				
NUTRITION		NUTRITION		NUTRITION				
BREAKFAST		BREAKFAST		BREAKFAST				
TIME 10:00 AM		TIME 10:00 AM		TIME 10:00 AM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Fruit	1 Serving	60	1	7%	15	100%	0	0%
Carbohydrate	2 Serving	160	6	11%	30	75%	2	11%
Lean Protein	0.5 Serving	80	14	62%	0	0%	3.5	32%
Milk Skim	1 Serving	90	8	30%	12	60%	0	0%
Water / Fluids	2 Cup	0	0	0%	0	0%	0	0%

2000 KCAL		LINCOLN HANDE CLUB		2000 KCAL				
NUTRITION		NUTRITION		NUTRITION				
SNACK-OPTIONAL		SNACK-OPTIONAL		SNACK-OPTIONAL				
TIME 1:00 PM		TIME 1:00 PM		TIME 1:00 PM				
FOOD GROUPS	Serving Size	Calories	Protein	Carbs	Fat			
#	Size	kcal	g	g	g			
Vegetables	3 Serving	75	6	32%	15	80%	0	0%
Carbohydrate	1 Serving	60	1	15%	15	75%	1	15%
Lean Protein	1.5 Serving	270	42	62%	0	0%	10.5	36%
Fat	1 Serving	45	0	0%	0	0%	5	100%
Water / Fluids	4 Cup	0	0	0%	0	0%	0	0%

Calories	Protein	Carbs	Fat
kcal	g	g	g
2000	100	200	100

DAILY TOTALS

IN-SEASON NUTRITION PRINCIPLES

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. Finally, 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.

		WEIGHT PERCENTAGE					
		3%	5%	8%	10%	12%	15%
WEIGHT	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
	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
	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

		IN-SEASON CALORIES												
		ACTIVE CALORIE NEEDS												
		HT (IN)												
WEIGHT (LBS)		62	63	64	65	66	67	68	69	70	71	72	73	74
	125	2602	2650	2697	2745	2793	2840	2888	2935	2983	3030	3078	3125	3173
	133	2635	2683	2730	2778	2825	2972	2920	2968	3016	3063	3111	3158	3206
	141	2668	2715	2763	2810	2858	2906	2953	3001	3048	3096	3143	3191	3238
	149	2701	2748	2796	2843	2891	2938	2986	3033	3081	3129	3176	3224	3271
	157	2733	2781	2828	2876	2923	2971	3019	3066	3114	3161	3209	3256	3304
	165	2766	2814	2861	2909	2956	3004	3051	3099	3146	3194	3242	3289	3337
	174	2803	2850	2898	2945	2993	3041	3088	3136	3183	3231	3278	3326	3373
	184	2844	2891	2939	2986	3034	3081	3129	3177	3224	3272	3319	3367	3414
	197	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	

Activity Factors: 1.6

		IN-SEASON CALORIES												
		INACTIVE CALORIE NEEDS												
		HT (IN)												
WEIGHT (LBS)		62	63	64	65	66	67	68	69	70	71	72	73	74
	125	2050	2088	2127	2166	2204	2243	2281	2320	2359	2397	2436	2475	2513
	133	2082	2121	2160	2198	2237	2276	2314	2353	2391	2430	2469	2507	2546
	141	2115	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
	157	2181	2219	2258	2296	2335	2374	2412	2451	2490	2528	2567	2606	2644
	165	2213	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
	184	2291	2330	2368	2407	2446	2484	2523	2561	2600	2639	2677	2716	2755
	197	2344	2383	2421	2460	2499	2537	2576	2615	2653	2692	2731	2769	2808
260	2602	2641	2679	2718	2756	2795	2834	2872	2911	2950	2988	3027	3066	

Activity Factors: 1.3

IN-SEASON NUTRITION PRINCIPLES

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 In-season. 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.

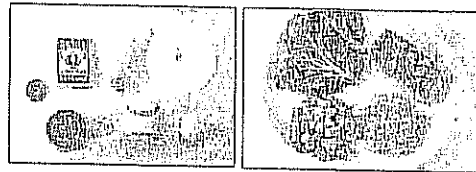
PHASE II

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 RESIDUE 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, grapefruit, melon, nectarine, peaches, plum, watermelon,	Prune Juice, Canned: Pineapple, pears, Fresh: Apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, raisins
Vegetables	Cooked or canned: Asparagus, beets, carrots, chard, greenbeans, bean sprouts, mushrooms. Fresh and cooked tomato (no skins), Tomato Juice	All raw, strongly flavored vegetables (cabbage, broccoli, 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, chunky, peanut butter
Dairy	Milk, yogurt, cheese	products w/ nuts & seeds
Fat	Butter, margarine, cooking oil, salad dressing, mayonnaise, bacon, salad dressings	Nuts & oils

SERVING SIZE GUIDE

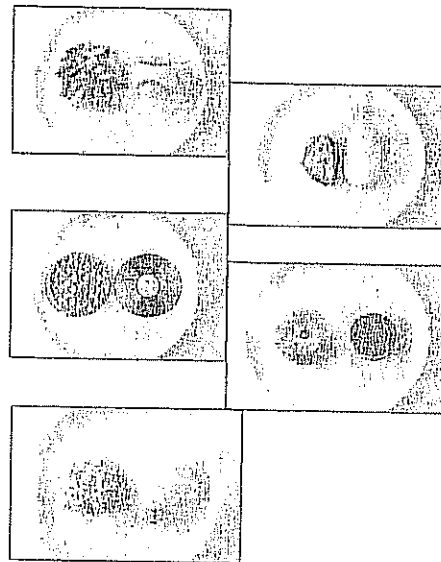
Having a mental image of these objects helps determine normal serving sizes: A deck of cards, a poker chip, a baseball, a hockey puck, a CD, some dice, a light bulb.



CARBOHYDRATES

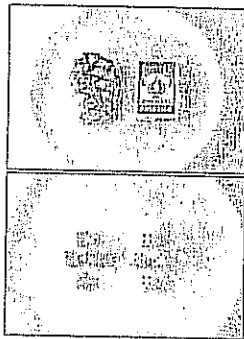
Unless indicated, all amounts equate to 1 serving of Carbohydrate.

- 1 serving pasta is $\frac{1}{2}$ cup = $\frac{1}{2}$ 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
- $\frac{1}{2}$ 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-



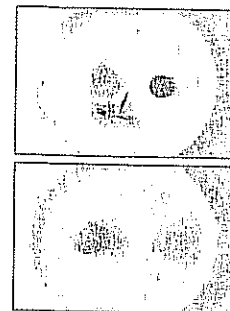
LEAN PROTEIN (MEAT & CHEESE)

- 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



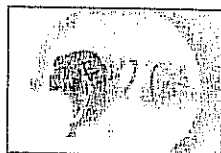
FATS

- 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.



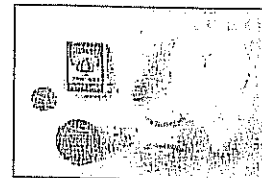
FRUITS & VEGGIES

- 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

- $\frac{1}{2}$ cup = baseball, full cupcake wrapper, fist
- 3 oz = deck of cards
- 1 Tbsp = $\frac{1}{2}$ golf ball
- 1 oz = 4 dice
- 1 cup = 2 tennis balls



BREAKFAST

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 400-500kcal 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.

STEP 3: Lean Protein

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

Option #1 - Oatmeal	Serving Size	Meal Card Serving	Nutrition Facts
Banana	1 med.	2 FRU	CALORIES 145
Oatmeal (reg., dry)	1/2 cup	2 CARB	PROTEIN 29
Cottage Cheese (Fat Free)	1 cup	.75 PRO	CARBS 60
			FAT 7

Option #2 - Simply Done	Serving Size	Meal Card Serving	Nutrition Facts
Orange	1 med.	1 FRU	CALORIES 400
Toast	2 Slices	2 CARB	PROTEIN 21
Eggs	2	.5 PRO/2 FAT	CARBS 45
			FAT 16

Option #3 - PB Toast	Serving Size	Meal Card Serving	Nutrition Facts
Grapes	1/2 cup	1 FRU	CALORIES 990
Toast (light, 40kcal/slice)	2 Slice	1 CARB	PROTEIN 20
Peanut Butter	1.5 TBSP	2 FAT	CARBS 54
Skim Milk	16oz.	2 MILK	FAT 11

Option #4 - Egg, Ham, & Cheese Sandwich	Serving Size	Meal Card Serving	Nutrition Facts
Grapes	1/2 cup	1 FRU	CALORIES 410
Toast (light, 40kcal/slice)	2 Slice	1 CARB	PROTEIN 32
Eggs	1	.25PRO/1 FAT	CARBS 30
Ham	3oz.	.75 PRO	FAT 10
Cheese-2%	1 Slice	1 FAT	

Option #5 - Pumped Up Oatmeal	Serving Size	Meal Card Serving	Nutrition Facts
Orange	1 Med.	1 FRU	CALORIES 435
Oatmeal (reg., dry)	1/2 cup	2 CARB	PROTEIN 36
Protein Powder	1 Scoop	.75 PRO	CARBS 57
Skim Milk	8oz.	1 MILK	FAT 7.25

SAMPLE IDEAS 500 KCALS

Option #1 - Oatmeal	Serving Size	Meal Card Serving	Nutrition Facts
Banana	1 med.	2 FRU	CALORIES 495
Oatmeal (reg., dry)	1 Cup	2 CARB	PROTEIN 67
Cottage Cheese (Fat Free)	1 cup	.75 PRO	CARBS 72
	8 oz.	1 MILK	FAT 7

Option #2 - Simply Done	Serving Size	Meal Card Serving	Nutrition Facts
Orange	1 med.	1 FRU	CALORIES 490
Toast	2 Slices	2 CARB	PROTEIN 26
Eggs	3	.75 PRO/3 FAT	CARBS 145
			FAT 22

Option #3 - PB Toast	Serving Size	Meal Card Serving	Nutrition Facts
Grapes	8 oz.	2 FRU	CALORIES 295
Toast (light, 40kcal/slice)	2 Slice	1 CARB	PROTEIN 21
Peanut Butter	2 Tbsp.	3 FAT	CARBS 69
Skim Milk	16oz.	2 MILK	FAT 16

Option #4 - Egg, Ham, & Cheese Sandwich	Serving Size	Meal Card Serving	Nutrition Facts
Grapes	1/2 cup	1 FRU	CALORIES 490
Toast (light, 40kcal/slice)	2 Slice	2 CARB	PROTEIN 35
Eggs	1	.25PRO/1 FAT	CARBS 45
Ham	3oz.	.75 PRO	FAT 10
Cheese-2%	1 Slice	1 FAT	

Option #5 - Pumped Up Oatmeal	Serving Size	Meal Card Serving	Nutrition Facts
Orange	1 Med.	2 FRU	CALORIES 495
Oatmeal (reg., dry)	1/2 cup	2 CARB	PROTEIN 37
Protein Powder	1 Scoop	.75 PRO	CARBS 72
Skim Milk	8oz.	1 MILK	FAT 8.25

LUNCH AND DINNER

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 5-6oz. 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.

STEP 3: Lean Protein

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

Option #1	Serving Size	Meal Card Serving	Nutrition Facts
Spinach Salad w/Broc. & Carrots	1 med.	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Rice	1/2 cup	1 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Grilled Chicken Breast	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3
Low Fat Dressing	1 Tbsp.	1 FAT	CALORIES 50 PROTEIN 0 CARBS 0 FAT 10

Option #2	Serving Size	Meal Card Serving	Nutrition Facts
Steamed Asparagus & Cauliflower	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
1/2 Baked Potato	4 oz.	1 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Salmon	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3
Low Fat Sour Cream	1 Tbsp.	1 FAT	CALORIES 50 PROTEIN 0 CARBS 0 FAT 10

Option #3	Serving Size	Meal Card Serving	Nutrition Facts
Lettuce, Tomato & Cooked Broc.	1 Cup	3 VEGE	CALORIES 100 PROTEIN 3 CARBS 13 FAT 1
Light Wheat Bread (40kcal/slice)	2 Slice	1 CARB	CALORIES 80 PROTEIN 2 CARBS 15 FAT 1
Turkey - deli sliced	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3
2% Cheese	1 Slice	1.5 FAT	CALORIES 150 PROTEIN 0 CARBS 0 FAT 30

Option #4	Serving Size	Meal Card Serving	Nutrition Facts
Salad w/Tomato & Cucumber	1.5 Cup	3 VEGE	CALORIES 100 PROTEIN 3 CARBS 13 FAT 1
Mashed Potatoes (low fat)	1 cup	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Sliced Ham or Grilled Pork Chop	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3

Option #5	Serving Size	Meal Card Serving	Nutrition Facts
Stir Fry Vegetable Blend	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Brown Rice, cooked	1 Cup	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Grilled Chicken or Sirloin Steak	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3

Option #6	Serving Size	Meal Card Serving	Nutrition Facts
Steamed Green Beans	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Hamburger Bun	1 Bun	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Lean Hamburger	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3

SAMPLE IDEAS 500 KCALS

Option #1	Serving Size	Meal Card Serving	Nutrition Facts
Spinach Salad w/Broc. & Carrots	1 med.	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Rice	1/2 cup	1 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Grilled Chicken Breast	6 oz.	1.5 PRO	CALORIES 225 PROTEIN 45 CARBS 0 FAT 4.5
Low Fat Dressing	1 Tbsp.	1 FAT	CALORIES 50 PROTEIN 0 CARBS 0 FAT 10

Option #2	Serving Size	Meal Card Serving	Nutrition Facts
Steamed Asparagus & Cauliflower	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
1/2 Baked Potato	4 oz.	1 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Salmon	6 oz.	1.5 PRO	CALORIES 225 PROTEIN 45 CARBS 0 FAT 4.5
Low Fat Sour Cream	1 Tbsp.	1 FAT	CALORIES 50 PROTEIN 0 CARBS 0 FAT 10

Option #3	Serving Size	Meal Card Serving	Nutrition Facts
Lettuce, Tomato & Cooked Broc.	1 Cup	3 VEGE	CALORIES 100 PROTEIN 3 CARBS 13 FAT 1
Light Wheat Bread (40kcal/slice)	2 Slice	1 CARB	CALORIES 80 PROTEIN 2 CARBS 15 FAT 1
Turkey - deli sliced	4 oz.	1 PRO	CALORIES 150 PROTEIN 30 CARBS 0 FAT 3
2% Cheese	1 Slice	1.5 FAT	CALORIES 150 PROTEIN 0 CARBS 0 FAT 30































































Option #4	Serving Size	Meal Card Serving	Nutrition Facts
Salad w/Tomato & Cucumber	1.5 Cup	3 VEGE	CALORIES 100 PROTEIN 3 CARBS 13 FAT 1
Mashed Potatoes (low fat)	1 cup	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Sliced Ham or Grilled Pork Chop	6 oz.	1.5 PRO	CALORIES 225 PROTEIN 45 CARBS 0 FAT 4.5

Option #5	Serving Size	Meal Card Serving	Nutrition Facts
Stir Fry Vegetable Blend	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Brown Rice, cooked	1 Cup	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Grilled Chicken or Sirloin Steak	6 oz.	1.5 PRO	CALORIES 225 PROTEIN 45 CARBS 0 FAT 4.5

Option #6	Serving Size	Meal Card Serving	Nutrition Facts
Steamed Green Beans	1.5 Cups	3 VEGE	CALORIES 130 PROTEIN 3 CARBS 13 FAT 1
Hamburger Bun	1 Bun	2 CARB	CALORIES 100 PROTEIN 2 CARBS 22 FAT 0
Lean Hamburger	6 oz.	1.5 PRO	CALORIES 225 PROTEIN 45 CARBS 0 FAT 4.5

SNACKS

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.

200 Calorie Snacks		300 Calorie Snacks	
Best		Best	
PBWhey Bar plus 1/2 cup Grapes or 1 medium apple	 + 	PBWhey Bar plus 1 Light/Fat-Free Yogurt with 8-10 Almonds	 +  + 
1/2 cup 1% Cottage Cheese plus 90-calorie Fiber-One Bar	 + 	PBWhey Bar plus 2 cups grapes	 +  + 
20 Baby Carrots and 2 Tbsp FF Ranch plus 20 RF Wheat Thins	 +  + 	6-oz yogurt mixed with 1/4 cup dry oatmeal or fiber-one cereal plus 1/4 cup almonds or mixed nuts	 +  + 
1/2 recipe Lowfat Tuna Salad plus 6 RF Triscuits	 + 	1 Kashi GoLean CRUNCHY or ROLL Bar plus 1 Light Yogurt	 + 
1 Kashi GoLean CRUNCHY or ROLL Bar		1 Kashi GoLean CHEWY Bar	
1/2 cup 1% Cottage Cheese plus 1 cup Dry Cereal	 + 	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 String Cheese or 1/2 cup 1% Cottage Cheese	 + 	1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 cup 1% Cottage Cheese	 + 
Better		Better	
2 Hershey's Kisses plus 1 Apple plus 1 Lowfat String Cheese	 +  + 	1 string cheese plus 15 Quaker Quakes and 1 pear	 +  + 
1/2 cup 1% Cottage Cheese plus 18 RF Wheat Thins	 + 	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 Whole-Wheat Light Bread, 1 Tbsp Reduced Sugar Smuckers Jelly, 1 Tbsp Peanut Butter)	 +  + 	1 PB&J: 2 slices Regular Whole-Wheat Bread, 1 Tbsp Smuckers Light Jelly, 1.5 Tbsp Peanut Butter	 +  + 
1 Light Yogurt mixed with 3/4 cup Kashi Cereal OR 1 cup Cheerios	 + 	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)	 +  + 
1 100-calorie bag Smart Pop Popcorn (or 6 cups popped Light Popcorn) plus 1 Apple OR Light Yogurt	 + 	2 Hershey's Kisses plus 1 Apple plus 2 Tbsp Peanut Butter	 +  + 
1 string cheese plus 15 Quaker Quakes	 + 		
1 Large Apple plus 1 Tbsp Peanut Butter	 + 		

KEY:
RF—Reduced Fat
FF—Fat Free