

Breakfast

Breakfast is the most important meal of the day. During sleep, your body goes through a long period of time without nutrients, which leads to muscle breakdown. To minimize this breakdown you must replenish these nutrients as soon as possible upon waking. Breakfast also stimulates your metabolism, which causes you to burn more calories throughout the day. This slows fat storage. Speeding your metabolism is the first step to leaning out. People with fast metabolisms store less fat.

1. **Choose a carbohydrate source:** Carbs are essential to an athlete's diet and must be included in each meal. Carbs are the body's main source of energy and play a vital role in hydration. **They cannot be eliminated even for weight loss!**
2. **Pick a protein source:** Breakfast is a good time to include a low fat protein source. Lean protein provides the building blocks (amino acids) necessary for muscle growth and recovery.
3. **Hydrate:** Breakfast is a good time to start the hydration process. Just 12-16 ounces at this meal can promote fat loss, increase recovery, and reduce fatigue. **Limit fruit juice** because it contains extra sugar that may make it harder for fat loss.

Breakfast Examples: **choose 1**

1. 1 cup of low fat yogurt, 1 apple, and 1 packet of oatmeal
2. 3 boiled egg whites and 1 piece of fruit (boil eggs the night before to save time)
3. 1 slice of whole wheat toast w/ 1 tbs. peanut butter

Wrestlers should take a multi-vitamin with breakfast

Mid-Morning Snack

This snack will stimulate your metabolism, provide energy and keep the body in a positive energy balance to reduce muscle breakdown. You must include this snack to stimulate fat loss.

Hydrate: It is essential that you maintain good hydration

Examples of good items for hydration:

- 1 glass/bottle Water
- 1 glass Skim Milk
- Propel

Examples of good morning snacks: choose 1

1. 1 piece of fresh Fruit
2. 1 handful of baby carrots
3. 4 Fig Newtons

Lunch

Lunch is an important meal because it is usually the last real meal before practice/workouts. This means you must consume nutrients needed to provide energy for practice/workouts and reduce muscle breakdown. Remember, leaning out takes dedication so don't be tempted! Your goal is greatness!!!

Good Lunch Options: Choose 1 main entrée

This provides a bulk of your calories and protein.

- 1 Turkey or ham Sandwich on whole wheat bread
- 1 Grilled chicken sandwich
- 1 can of tuna on whole wheat bread with mustard
- 1 Spinach salad with egg whites and low fat dressing

Use small amounts of mayonnaise (if you have to have it)

Good Lunch Options: Choose 1 side dish

- 2 Fig Newtons®
- 55 goldfish crackers
- 1 granola bar
- 15 Pringles

Good Lunch Options: Choose 1 whole food

This provides fiber which slows digestion which limits fat gain and vitamins for overall health

- Baby carrots
- Fruit
- Raw veggies

Hydrate: Lunch is a good time to pre-hydrate for practice/workout. Just 12-16 ounces at this meal can prepare you for the sweat loss of a practice. You must also drink fluids during your workout to replace fluid lost and cool your body temperature.

Examples of good items for hydration: Water, skim milk, Propel

Post-Workout Snack

This snack is very important to the recovery process and is probably the second most important meal of the day. This meal replenishes energy loss during the workout and prepares you for the next workout. This meal also stops the breakdown process associated with hard workouts. This meal should occur immediately (even before you shower)! **Do this with-in 30 minutes of finishing!!!!**

Hydrate: You must continue to replace the fluids lost during your workout

Examples of good items for hydration: Water

Recovery meal: Choose 1

1. Whey Protein Shake (120-180 Calories)
2. 12 ounces of low fat chocolate milk
3. 1 handful of trail mix

Dinner

Dinner is an important meal because it provides a large amount of nutrients that play a big part in recovery. This means you must consume the nutrients needed to benefit from your workout/practice. This meal will look a lot like lunch except it should contain more fruits and vegetables.

Good Dinner Options: Choose 1 main entrée

This provides a bulk of your protein.

- Roasted/Grilled Chicken or turkey
- Fish (not fried)
- Lean beef (sirloin >85% lean)
- Meat loaf (made with 90% lean beef)
- Soups or stews (no cream based soups)

Good Dinner Options: Choose a whole food. You should eat this portion of your meal first! This provides fiber which slows digestion which limits fat gain and provides vitamins for overall health. Eat as much of these as possible

- Baby carrots
- Salad w/ veggies (use small amounts of dressing)
- Fruit
- Raw veggies
- Steamed veggies

Hydrate: Continue the hydration process by drinking lots of fluid.

Examples of good items for hydration: Water, skim milk, fresh fruit

Night Snack

This snack will curb late night cravings and stimulate your metabolism, provide energy and keep the body in a positive energy balance through most of the night to reduce muscle breakdown.

Hydrate: It is essential that you maintain good hydration

Examples of good items for hydration:

- 1 glass Water
- 1 glass Skim Milk
- Propel

Examples of good morning snacks: choose 1

1. 1 piece of fresh Fruit
2. 1 handful of baby carrots
3. 10 ounces of skim milk with 1 tablespoon chocolate syrup

Other optional items you can add in:

- *Whole grain pasta and cereals(avoid bread)
- *2% Cheese sticks
- *Skim Milk
- *Low-calorie yogurt
- *Walnuts and almonds(not a lot bc they are high in calories)
- *Chicken breast, lean turkey, meat, and a high quality whey protein
- *Fruits- Apples, bananas, pears, oranges. etc.
- *Greek yogurt
- *Baked potatoes