



# Wildcat Wrestling Diet



## Breakfast

<b>*Pick 1 from each category*</b>		
<u>Carb</u>	<u>Fat</u>	<u>Protein</u>
1 cup Oatmeal	1 cup Whole milk	2 Eggs
1 cup Cereal	Half an Avocado	1 cup Whole Milk
2 pieces wheat toast	1/3 cup Cheese	2 pieces Turkey Bacon
1 Wheat Pancake		1 scoop Protein Powder
		1/2 cup Lentils

## Snack #1

<b>*Pick 1 (snack and lunch can be flipped)*</b>		
<u>Carb</u>	<u>Fat</u>	<u>Protein</u>
Banana	1/2 cup Almonds	1 scoop Protein Powder
Apple	1/2 cup Macadamia Nuts	1 serving Beef Jerky
1 cup of other fruit	1 cup Whole Milk	2 Hard Boiled Eggs

## Lunch

<b>*Pick 1 from each category (snack and lunch can be flipped)*</b>		
<u>Carb</u>	<u>Fat</u>	<u>Protein</u>
2 pieces Wheat Bread	2 tbsp Light Mayo	6 oz Lunch meat
Salad	1/3 cup Cheese	2 Eggs
8 oz Juice	2 tbsp Light Salad Dressing	1 scoop Protein Powder
Banana	Half an Avocado	6 oz Grilled Chicken
Apple	1 cup Whole Milk	6 oz Ground Turkey
1/2 cup Brown Rice		1 cup Whole Milk
2 cups Any green veggie		6 oz Grilled Fish

## After 6th/7th

<b>*Pick 1 carb and the protein is optional*</b>		
<u>Carb</u>	<u>Fat</u>	<u>Protein</u>
1 small Sports Drink		1 scoop Protein Powder (H2O)
1 package Peanut butter crackers		2 tbsp Peanut Butter
5-10 gummy bears		1 serving Beef Jerky
		1 Hard Boiled Egg

## Dinner

<b>*Pick 1 from each category*</b>		
<u>Carb</u>	<u>Fat</u>	<u>Protein</u>
1/2 cup Brown Rice	2 tbsp Olive Oil	8 oz Lean Turkey
1/2 cup Whole Wheat Pasta	1/3 cup Cheese	8 oz Grilled Chicken
Salad	2 tbsp Salad Dressing	8 oz Lean(ish) Steak
1 small Sweet Potato	Half an Avocado	8 oz Grilled Fish
1 cup Carrots	2 cups Whole Milk	2 scoops Protein Powder
2 cups Any green veggie	2 tbsp Pesto	3 Eggs

### Supplements:

- Multi vitamin, fish oils, and protein can be taken if necessary. NO CREATINE. YOU WILL RETAIN WATER.
- Check with doctor or trainers for advice on type/brand and safety when taking any supplement.

### Fluids:

- Constant hydration throughout the day and at every meal is crucial.
- Drink 1 gallon of water per day

### Seasonings:

- Cut out adding salt to any food on ZERO salt days (Covered more below).
- Mrs. Dash and other salt free seasonings work well here.
- Water retention will increase with increased salt intake at the wrong time.

### Cheat/Trick items:

- Low salt sunflower seeds in order to curb hunger.
- Drinking around 20oz of water quickly after every meal can keep you from going back for more food.

### Tips to prep:

- Make as many meals for the week as you can over the weekend.
- Cook up meats and other items early. Boiling works well for chicken, eggs, and veggies.
- Actually use measuring cups when scooping up and portioning food.

### Re-Energizing after weigh-ins:

- I recommend fast absorbing carbs that sit well on the stomach immediately after you step off the scale.
- Proteins are not advised until after first match as they can take a long time to digest and get reabsorbed.
- Good choices are juice with honey (my personal go-to), sports drinks, gummy bears, and fruit.
- Rehydrate with water but not so much as to overload your stomach. Sip slowly throughout the day.

### Sodium and water loading:

- Never cut out water while training intensely. Water and salt stick together in the body.
- Keep salt normal until 48 hours away from a weigh in. At that point cut them to ZERO.
- Keep water normal until you start your salt cut. At this point push LOADS of water for a day and a half.
- Cut liquid water out after 2pm the day before (Roughly 18 hours before weigh-in). Your food has water.
- This method is only necessary once you are lean and fat has been lost over the course of the year.
- This is an effective way to stay hydrated while training and then flush out salt and water before competition without severely affecting your performance.

**IF YOU STOP EATING IN ORDER TO TRY AND LOSE WEIGHT YOU  
WILL FEEL AND PERFORM LIKE GARBAGE!**

**FUEL YOUR BODY WITH PREMIUM FUEL AND TAKE CARE OF IT.  
DON'T RACE WITH TRASH IN THE TANK.**