



WRESTLING

Nutrition Tips

Establish your vices: What are your vices. Do you eat late, skip meals, drink alcohol, eat chocolate or pastries. Eating vices that are continually done everyday can wreak havoc on your diet. List 3 vices to cue in on and write the changes you are willing to make to change those.

Vice # 1

Change # 1

Vice # 2

Change # 2

Vice # 3

Change # 3

- If you are following my meal plans and eating a variety of foods, you may not need to supplement with vitamins. If you feel you are deficient a multivitamin/mineral may help supply your nutritional needs. Consult you're your physician before taking any nutritional supplement.
- To speed up the metabolism and increase energy you may drink 1 or 2 cups of coffee/tea a day. Try not to consume any caffeinated products after 3 pm to warrant off sleep disturbances
- There is no restriction on veggies except for corn, beans, potatoes, yams, peas, parsnips, plantains, pumpkin, squash
- Try to avoid high saturated fatty foods as much as possible (butter, margarine, salad dressings, creams, donuts, ice cream, pastries, high fat cheeses, meats etc.)
- Drink at least (10 cups or 3--32 oz. bottles) of water a day
- Any microwave dinner can replace a meal (Ex. lean cuisine, healthy choice, smart one or south beach meal). (Limit 3 a week).
- Switch from full sugar juice to a lower calorie juice (Diet V-8 Splash, Tropicana light, Sunrise Crystal Light, Diet Ocean Spray)
- Abstain from alcohol: If drink alcohol, try to cut in half for first 2 weeks and then slowly cut down to no more than 1 4 oz. glass a day.

- Limit protein shakes and bars to 2 a day. Even though protein supplements can help add extra protein to a low protein diet, strive to get the majority of protein from food. (Eggs, chicken, fish, turkey, egg whites, lean beef, cottage cheese).
- Cook and plan all your meals in one day (I recommend to cook all your meals and set out all your snacks for the week on the weekend).
- No Eating Past 8 pm!!! If you are extremely hungry try snacking on eat a fruit, salad, cottage cheese, handful of nuts, veggies, protein shake, tuna, or egg whites.
- Cheating options (**Only if needed-Less cheating=better results!!**)

Option 1: Follow diet 90% of week and allow yourself one cheat meal on weekend (Ex cheat meal 1 Steak, baked potato and glass of wine, few bites of dessert

Option 2: Follow diet 100% each day and allow yourself a treat less than 100 calories at night (Ex. Weight watchers fudge bar, ½ cup turkey hill ice cream, 10 potato chips, 100 calorie pack of Oreos etc).