



WRESTLING

Breakfast Menu Meal #1 (am)

Circle one food in each food group

Bottled water (drink with meal)

Option 1

½ cup of weight-control oatmeal or ¼ cup of dry oats

1/4 cup Egg Beaters or 3 egg whites

Option 2

1 whole-wheat English muffin

1 Tbsp natural peanut butter

½ banana or any fruit

Option 3

1 cup of Cheerios, Hi Lo, Uncle Sam's, All Bran, South Beach diet cereal (Whole grain cereal)

1 cup of skim, ff carb countdown milk, or light soy milk

Option 4

1 yogurt

2 Tbsp Grape Nuts

1 cup mixed berries

Mid morning Snack #1 (am)

Circle one food in each food group

Bottled water (drink with meal)

Option 1

2 Wasa crackers

½ cup cottage cheese

Option 2

3 Finn crisps

1 serving of reduced-fat Laughing Cow cheese or Stringers low-fat string cheese

Option 3

1 mini bagel (Thomas' or Pepperidge Farms)

1 tsp natural peanut butter

Option 4

10-15 nuts

½ box of raisins or any fruit

Lunch Menu Meal #2 (pm)

Circle one food in each food group

Bottled water (drink with meal)

Option 1

Whole-wheat sandwich

2 slices of double fiber bread by Nature's Own
Fat-free or reduced-fat sliced cheese
3 oz of Boars Head lean turkey
1 cup of watermelon or any fruit

Option 2

Whole-wheat wrap

3 oz chicken or turkey
Fat-free or reduced-fat cheese
1 orange or any fruit

Option 3

Salad

3-4 oz chicken, tuna, or steak
Fat-free or reduced-fat dressing (Walden Farms, Lite House) Wishbone Salad Spritzers
½ banana or any fruit

Mid afternoon Snack #2 (pm)

Circle one food in each food group

Bottled water (drink with meal)

Option 1

EAS Carb Advantage Shake
Apple or any fruit

Option 2

7 reduced-fat Triscuits
1 Tbsp of natural peanut butter
1 peach or any fruit

Option 3

Protein Bar (100 calories Balance bar, Zone, EAS Carb Advantage, South Beach Diet, Luna Bar) *Stay under 220-calories
1 cup of cantaloupe of any fruit

Option 4

Yogurt (under 120 calories)
1 pear or any fruit

Dinner Menu Meal #3 (pm)
Circle one food in each food group
Bottled water (drink with meal)

Option 1

3-4 oz grilled chicken
1/3 cup of brown rice
1 cup cooked veggies

Option 2

3 oz 96% lean beef
3 oz sweet potato
2 cups raw veggies

Option 3

3-4 oz salmon or any fish
½ cup of whole-wheat pasta
1 cup cooked veggies