Wrestler’s Nutrition Plan

**Breakfast**

Oatmeal, cream of wheat, basic non-sugar cereal, fruit.

eggs are ok a few times a week but avoid frying

Juice or water

*If cutting weight: soup (see recipes below)*

**Snack**

Fruit/juice/water/dry nuts/carrot sticks/celery

**Lunch**

Sandwich (whole wheat bread) with lean meat (no mayo) and use raw spinach instead of lettuce

Fresh fruit (bananas, grapes, strawberries, blue berries black berries)

Water

*If cutting weight: soup (see recipes below)*

**Snack**

Fresh fruit, nuts, celery, carrot sticks, water

**Dinner**

Lean meat (best if seasoned with no salt: chicken, salmon, lean pork) baked or grilled

Fresh veggies (again avoid salt) lightly cooked (use olive oil lightly if needed)

Salad (NO RANCH OR DRESSING)

Water

**Soup Recipes for Wrestlers:**

*Turkey Meatball:*

Lean ground turkey (2lbs)

Italian style bread crumbs

Eggs (2)

Fresh spinach (1 bunch)

Green onions (2 bunches)

Celery (full stock)

Serrano peppers (2-4 depending on taste)

Roma tomatoes (4-6 depending on size)

Baby Carrots (1 lbs)

Organic Frozen Corn

Organic Low Sodium Chicken Broth (2-3 boxes)

Herdez Salsa (2) small cans

Cilantro (1 bunch)

Dry Oregano

1. Combine turkey/bread crumbs (just enough to bind the meat)/eggs/oregano in large mixing bowl. Roll small meatballs & brown in frying pan. Do not add oil.
2. Chop all produce. Finely chop the Serrano peppers.
3. Combine all ingredients, along with broth, in crock pot. Slow cook on low overnight. Good to go in the morning!

*Beef/Vegetable:*

Extra lean stewing beef (2-3 lbs)

Frozen organic peas

Fresh spinach (1-2 bunches)

Green onions (2 bunches)

Celery (full stock)

Serrano peppers (2-4 depending on taste)

Roma tomatoes (4-6 depending on size)

Baby Carrots (1 lbs)

Organic Low Sodium Beef Broth (2 boxes)

Organic Low Sodium Vegetable broth (1 box)

Herdez Salsa (2) small cans

Cilantro (1 bunch)

Dry Oregano

1. Cut beef into very small pieces. Remove any fat. Brown in frying pan. Season with fresh pepper & oregano. Do not add oil.
2. Chop all produce. Finely chop the Serrano peppers.
3. Combine all ingredients, along with broth, in crock pot. Slow cook on low overnight. Good to go in the morning!

*Chicken/Vegetable:*

Boneless skinless chicken breast (2-3 lbs)

Frozen organic peas

Fresh spinach (1-2 bunches)

Green onions (2 bunches)

Celery (full stock)

Serrano peppers (2-4 depending on taste)

Roma tomatoes (4-6 depending on size)

Baby Carrots (1 lbs)

Organic Low Sodium Chicken Broth (2 boxes)

Organic Low Sodium Vegetable broth (1 box)

Herdez Salsa (2) small cans

Cilantro (1 bunch)

Dry Oregano

1. Cut chicken into very small pieces. Remove any fat. Brown in frying pan. Season with fresh pepper & oregano (you can add paprika & dry chili flakes if you like). You may need to use a *little* olive oil.
2. Chop all produce. Finely chop the Serrano peppers.
3. Combine all ingredients, along with broth, in crock pot. Slow cook on low overnight. Good to go in the morning!