**Nutrition and Weight loss for Wrestlers**

1. Your body’s ability to burn solid fat is at its peak immediately after waking up. If you

are going to do some extra cardio, do it when you wake up (without eating) and you will

burn more fat.

2. Don't jog excessively to Make Weight. You shouldn't get in the habit of jogging for

miles and miles each week in order to lose weight. If you try to lose weight by jogging,

you will start eating the muscle off of your body. Aerobic activity is NOT an efficient

means of losing fat. A controlled meal plan is the answer. The idea is to lose BODY FAT only (not muscle). Body fat can best be lost by modifying diet. Extra workouts should be running (3x week), lifting weights, calisthenics and body weight exercises at a brisk pace (pushups/ sit--‐ups/ pull--‐ups/ chin--‐ups/ dips) to burn calories/maintain strength.

3. Don't Dehydrate. In order to wrestle at your best each of your body systems requires

water. If you have to lose a couple of pounds (maximum) to make weight after you have

followed your diet, only then you will restrict your water intake. Restricting is not the

same as not drinking water at all, though. You still need to give yourself 3--‐4 ounces of

water every 3 hours on days that you are trying to make weight. Remember, this is to

keep up your strength. You need to plan well in order to do this right. Don't wait until

two days before, and get drastic in your weight loss system.

4. Keep Up Your Strength Training. During the wrestling season, YOU HAVE TO

STRENGTH TRAIN! You will not keep strength gained during the off--‐season if you neglect

training during the season. If you are cutting weight, it is even more important to keep

up your strength training.

5. Eat More Frequently/smaller portions. Feed your body the correct ratio of

protein/carbs, and fats. If you starve your body, you will cause a rebound effect, and

have even more trouble making weight next week. The answer lies in trying to lose fat,

not muscle and water. You do this by eating less, more frequently. Five or six smaller

meals each day will allow you to lose body fat while sparing muscle, give you energy to

wrestle hard, and be strong.

6. Stay Away From Sugar. Wrestlers who cut weight by eating very little and doing

excessive jogging tend to get sugar cravings. Sugar has no place in your wresting meal

plan. If you are within 3 or 4 lbs. of your weight class, you might want to consume 60

grams or so of high glycemic carbohydrates (sugar) on the form of grape juice or apple

juice within 20 minutes of your strength training session. Otherwise, stay away. It turns

into fat.

MAIN GOALS TO SUCCESS:

1. Show up at weigh‐ins hydrated

2. Fasting (not eating) makes weight cutting harder (and eats muscle)

3. 6 small meals a day is the best way to lose/keep weight off

4. Losing weight rapidly causes a loss in muscle/strength

5. The object is to lose FAT, not water

6. Eat meals slowly for a better sense of fullness

7. Plan your meals; Eat every 4 hours

8. Be disciplined; Count your calories;

9. Stay away from packaged products (except Power/Protein bars)

**BREAKFAST: (6:00 – 9:00 AM)** (Drink at least 8 oz water with all meals & snacks)

Breakfast # 1:

3 Hard boiled eggs (75 calories @ 5 fat, 6 protein, 1carb)

1 Piece toast (wheat or grain)(70 calories @ 1fat, 3 protein, 14 carb)

1 tspoon jelly on toast (30 cals)

1 orange (70 calories @ 0 fat, 1 protein, 17 carb)

(400 calories)

Breakfast #2:

1 cup high fiber cereal (120 – 210 cal) with 1 cup skim milk (80 cal). (or a cup of oatmeal)

1 banana 110 cal (1/1/27)

(450 calories)

Breakfast #3:

1 cup low fat yogurt (140 cals) (2/6/8)

2 pieces wheat or whole grain toast (70 calories each) with very light spread of peanut

butter (2tblspoons (190 cals)

(500 calories)

AVERAGE CALORIES; BREAKFAST: 450

**MID--‐MORNING SNACK (9:00 --‐11:00 AM)**

1 apple (80 cal)

1 banana (110 calories)

1 orange (70 cals)

AVERAGE CALORIES 90

**LUNCH (11:20-2:00PM)**

Lunch #1:

Grilled Chicken salad (450 – 800 calories)

You gotta be careful here. Very little dressing and the chicken should only be a 3 ounce

portion (about the size of a deck of cards!) You can have as much lettuce/ greens/

veggies as you want (Again, no (or very little) dressing)

Lunch #2: (450 cal – 550 cals)

Tuna fish sandwich on whole wheat bread and VERY light mayo

1 bowl salad (little or no low--‐fat dressing)

1 peach (50 cals)

Lunch #3

Turkey sandwich on wheat or grain bread (no mayo – mustard OK)

Bowl of salad (no dressing or very little low fat dressing)

1 cup of blueberries or strawberries

AVERAGE CALORIES: 500

**PRE-WRESTLING PRACTICE SNACK: (3:00 pm)**

**This is important in order to maintain your energy through practice!**

Trail mix, protein Bar, etc.

AVERAGE CALORIES: 300

**Dinner (6:00-7:00)**

Dinner #1 (500 cals)

3 oz fish (about size of deck of cards) (or chicken or beef)

1 large portion of spinach, green beans, veggies (steamed or boiled – no sauce)

1 Baked potato

1 salad (no dressing)

Dinner #2

1 cup spaghetti (about the size of a tennis ball)

tomato sauce

1 piece wheat or grain bread

Dinner #3

3 oz beef (size of a deck of cards)

veggies (steamed or boiled)

Baked potato (small)

Salad

AVERAGE CALORIES: 500

**NIGHT--‐TIME SNACKS (8:30 – 9:30)**

1 bowl of sugar--‐free Jello or 1 apple or 1 bowl of Microwave Popcorn (low fat or fat free)

\*\*\* Ideally, you should be able to follow your diet the day before a weigh-in and have a small breakfast (for an afternoon weigh-in). Obviously your intake should be modified accordingly the day before and the day of weigh-ins depending on how close you are to weight.