

SENIOR WRESTLING

MEAL PLANS 11/22/23

Important Information

- **No one meal plan is perfect for everyone. Individual needs vary.**
- **Hydrate!!! At least 100 oz/day.**
- **The amounts of each food are RECOMMENDATIONS based on body weight. They do not need to be followed exactly.**

Instructions

- **For each meal, pick a food from each food category.**
- **Add 1-2 cups of vegetables to at least 2 meals per day.**
- **For combined meals (ex-spaghetti) aim for half the plate to be greens.**
- **Consistency is key!!!**

Light Weights

Breakfast

PROTEIN	2 eggs	3 oz meat	6 oz Greek yogurt	1 serving whey protein	1/2 cup cottage cheese
CARBS	1 cup oatmeal (dry)	2 cups cereal(dry)	2-3 slices WW bread	1 WW bagel	1 WW English muffin
FATS	1/3 avocado	1 oz cheese	4 oz pork sausage	2 strips bacon	1 T butter/oil

Snack

PROTEIN	1 string cheese	6 oz Greek yogurt	1 oz jerky	½ cup cottage cheese	1 oz nuts
CARBS	1 large fruit	1 oz pretzels	1 cup cereal(dry)	1 oz crackers	

Lunch

PROTEIN	4 oz beef or pork	3 oz chicken or fish	3 eggs	1 cup beans	1 cup tofu
CARBS	1 cup rice	1 tortilla	2 slices bread	1 cup pasta	1 medium potato
FATS	1 T butter/oil	1 oz nuts	2 oz cheese	1/3 avocado	

Pre-Workout

CARBS	2 applesauce packets	1 large fruit	1 cup cereal(dry)	1 slice toast	
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Post-Workout

PROTEIN	1 string cheese	1 serving whey protein	6 oz Greek yogurt	1 oz jerky	1 oz nuts
CARBS	1 large fruit	1 oz pretzels	1 oz crackers	1 cup cereal(dry)	

Dinner

PROTEIN	4 oz beef or pork	3 oz chicken or fish	3 eggs	1 cup beans	1 cup tofu
CARBS	1 cup rice	1 cup pasta	1-2 cups starchy vegetables	1 tortilla	1 medium potato
FATS	1 T butter	1 oz nuts	2 oz cheese	1/3 avocado	

Medium Weights

Breakfast

PROTEIN	3 eggs	4 oz meat	8 oz Greek yogurt	1 serving whey protein	1 cup cottage cheese
CARBS	1.5 cup oatmeal (dry)	2 cups cereal(dry)	2-3 slices WW bread	1 WW bagel	1 WW English muffin
FATS	1/2 avocado	2 oz cheese	5 oz pork sausage	3 strips bacon	1.5 T butter/oil

Snack

PROTEIN	1 string cheese	8 oz greek yogurt	2 oz jerky	½ cup cottage cheese	1.5 oz nuts
CARBS	1-2 large fruit	2 oz pretzels	1 cup cereal(dry)	2 oz crackers	

Lunch

PROTEIN	5 oz beef or pork	4 oz chicken or fish	3 eggs	1.5 cup beans	1.5 cup tofu
CARBS	1.5 cup rice	1 tortilla	2 slices bread	1.5 cup pasta	1 potato
FATS	1.5 T butter/oil	1.5 oz nuts	3 oz cheese	1/2 avocado	

Pre-Workout

CARBS	2 applesauce packets	1 large fruit	1 cup cereal(dry)	1 slice toast	
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Post-Workout

PROTEIN	1 string cheese	1 serving whey protein	8 oz Greek yogurt	2 oz jerky	2 oz nuts
CARBS	1-2 large fruit	2 oz pretzels	2 oz crackers	1 cup cereal(dry)	

Dinner

PROTEIN	5 oz beef or pork	4 oz chicken or fish	3 eggs	1.5 cup beans	1.5 cup tofu
CARBS	1.5 cup rice	1.5 cup pasta	1-2 cups starchy vegetables	1-2 tortillas	2 medium potatoes
FATS	1.5 T butter/oil	2 oz nuts	2 oz cheese	1/2 avocado	

Heavy Weights

Breakfast

PROTEIN	4 eggs	5 oz meat	10 oz Greek yogurt	2 servings whey protein	1.5 cup cottage cheese
CARBS	2 cups oatmeal (dry)	3 cups cereal(dry)	3-4 slices WW bread	1 WW bagel	1 WW English muffin
FATS	2/3 avocado	3 oz cheese	6 oz pork sausage	4 strips bacon	2 T butter/oil

Snack

PROTEIN	2 string cheese	10 oz greek yogurt	3 oz jerky	1 cup cottage cheese	2 oz nuts
CARBS	2 large fruit	3 oz pretzels	2 cups cereal(dry)	3 oz crackers	

Lunch

PROTEIN	6 oz beef or pork	5 oz chicken or fish	4 eggs	2 cup beans	2 cup tofu
CARBS	2 cup rice	2 tortillas	3 slices bread	2 cup pasta	2 potatoes
FATS	2 T butter/oil	3 oz nuts	3 oz cheese	2/3 avocado	

Pre-Workout

CARBS	2 applesauce packets	1 large fruit	1 cup cereal(dry)	1 slice toast	
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Post-Workout

PROTEIN	2 string cheese	2 servings whey protein	10 oz Greek Yogurt	3 oz jerky	3 oz nuts
CARBS	2 large fruit	2 oz pretzels	2 oz crackers	2 cups cereal(dry)	

Dinner

PROTEIN	6 oz beef or pork	5 oz chicken or fish	4 eggs	2 cup beans	2 cup tofu
CARBS	2 cup rice	2 cup pasta	1-2 cups starchy vegetables	2 tortillas	3 medium potatoes
FATS	2 T butter/oil	3 oz nuts	3 oz cheese	2/3 avocado	