

**STEVE PRESTON'S**

# **THE ULTIMATE WRESTLING Nutrition Manual**



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The nutrition information is not meant to be used in place of sound medical advice; it is for educational purposes only. No liability is assumed by Steve Preston or Wrestling Performance LLC for any of the information contained herein. Before starting any nutrition or meal plan program, you should seek the advice of your physician.

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# Introduction

What would you say if I told you that I could help you get stronger, faster and have more energy on the mat within 3 days?

Would you believe me?

I hope so, because it's true!

In this manual, I'm going to give you the nutritional secrets to high-performance wrestling. I'm going to give you a bit of an education on the what, when, why and how much of Ultimate Wrestling Nutrition.

I wrote this manual to help wrestlers, coaches and parents discover the 'missing link' between being a good wrestler and being a Champion. That's not to say that every Champion wrestler eats perfectly, some are just gifted and could eat anything and still win by virtue of other natural talents. But 90% of wrestlers aren't coming close to their potential...

**“When You Learn How To Eat Correctly for Wrestling You Will Train Better And Wrestle Better... You Are Trying To Build Your Body Into A Wrestling Machine!”**

Please remember that most wrestlers are still growing. The nutritional demands that are placed on the body in this time of development plus the increased physical and emotional demands added on with intense wrestling demand increased attention to proper nutrition.

This manual is going to make it easy for you...

I'm going to give you the 'why' first and then the 'what', 'when', and 'how much' after...

Ready?

Let's begin!

## What's The Problem With Most Wrestler's Nutrition?

Ok... let's start at the beginning of a typical day for some wrestlers...

You get up, probably just in time to catch the bus or get to school... usually skipping breakfast or having a glass of juice on the run...

You might snack on a Pop Tart, Granola Bar, or one of those so-called 'natural' bars.

By the time lunch rolls around you're hungry... really hungry. So you eat a big lunch of that yummy School lunch food... or even worse a soda and chips.

After school is some sort of snack, usually from the pantry of your house. If you have practice it might be another can of soda and some chips. Oh yeah... don't let me forget the Gatorade too.

Dinner time is loaded with fried food, absolutely no vegetables and or milk....

After dinner would be time for some sort of rewarding junk food delight or ice cream.

Ok... that's the worst case scenario that I often see in wrestlers...

But it helps open the door to discuss what doesn't work and what you can do about it...

Read on...

The major problems with most wrestlers nutrition programs are:

1. **Not Eating Breakfast** Do you know what happens when you go to sleep? Your muscles that have worked so hard in practice, training and matches start to break down. They go through a process called 'catabolism' which means 'the act of breaking down'. This is why it's called breakfast... or 'breaking' the 'fast.' The 'fast' which occurs

when you sleep needs to be broken as quickly as possible. Even if you're cutting weight you have to eat breakfast. I'll discuss 5 of the best breakfast choices you can make as a wrestler in an upcoming chapter.

2. **Not Eating Often Enough** In a growing athletic body it is almost more important to eat often than what you're actually eating. Now perhaps this is a slight exaggeration, as I know some guys who would mainline crap all day long if they took this statement to heart and that wouldn't be good. I'm just trying to emphasize the fact that meal frequency or lack thereof, is one of the most misunderstood necessities for a wrestler's meal plan.
3. **Too Much Processed Food** Everybody's in a hurry... so we live in a world of 'on the go' eating. Therefore, what we get are foods that are 'processed' in order to make them convenient. The problem is that the additives and preservatives included often negate the so-called nutrition. One great example are nutrition bars. Let's get something straight... MOST NUTRITION BARS ARE CRAP! Notice that I say 'most.' I actually have a couple that I really like but I'll save that for a little later in this manual. A general rule of thumb in regard to nutrition for a wrestlers or MMA athlete is: "If it comes from the earth, it's perfect. Then it all goes down hill from there!"
4. **Over-reliance On Sports Performance Drinks** Wrestlers are crazy about Gatorade and other Sports Performance Drinks. But take out the salt and electrolytes and you have a high-sugar drink much like drinking Cool-Ade or Soda. The sugar content in these drinks make them a very poor choice for consumption... except right after practice or training, which I'll discuss in the upcoming chapter on Recovery Drinks
5. **Not Enough Protein** There's no doubt that too much of anything can't be good for you. Life is about moderation... and when it comes to protein, you definitely want to adhere to this. But wrestlers are a different type of athlete. Wrestlers put themselves through a constant state of overtraining with reduced calories, and frequent, high-volume and high-intensity practices and workouts. Wrestlers should consume slightly more protein during the season, especially if cutting weight. (See my 'How To Cut Weight Tele-clinic' Manual or mp3 download to learn more about cutting weight)
6. **Not Enough Vegetables** A lot of wrestlers don't eat their veggies. People in general don't eat enough vegetables. Vegetables have so many benefits for the digestive and nutritive processes of a wrestler who is training and practicing intensely. They are fibrous which makes them pro-active in helping you digest proteins. They expand in the stomach, helping to curb your appetite if you're cutting weight. This also helps with preventing bloating before a match when most guys are pigging out and then can't understand why they 'crashed' on the wrestling mat.
7. **Not Eating Supportive Meals** One big problem is not combining foods correctly. Supportive nutrition is nutrition that 'supports the nutritional, growth, repair and 'performance' requirements of a wrestler. Instead of thinking of food as food, wrestlers should think of it as fuel. Treat your body like a high-performance sports car. Would you put just gas in the car? No way... You'd put in the best gas and the best oil. You need to combine a variety of natural foods to give your body complete nutrition. You'll recover and grow better, have more energy, and wrestle twice as well!
8. **Energy Drinks** So many wrestlers these days are relying on energy drinks to give a

sense of 'energy' before matches, practices, training and whenever. Let me tell you... I don't like them at all. They're unhealthy. They're like a 'super-processed, jacked-up cup of coffee with weird stuff in them.



## What Should Wrestlers Eat?



As I mentioned previously, the more natural your food is, the better performance on the wrestling mat you will have...

Serious wrestlers should eat much like a professional bodybuilder, in terms of clean food. A bodybuilder eats a variety of natural foods in particular ratios, as frequently as possible. This is to give the muscles a steady supply of amino acids for repair and recovery from training. This prevents muscular break-down. It also helps with energy and strength, which a wrestler needs plenty of.

A steady supply of complex carbohydrates are needed for energy, lean proteins for growth and repair, and fibrous carbohydrates to digest proteins. Healthy fats are also needed in a wrestler meal plan to optimize hormone levels as well as supply water soluble vitamins crucial to regulating all of your body systems.

**Energy** I don't care what any product says... energy doesn't come from energy drinks. Energy comes from calories. Calories are actually 'units of heat energy'. Your body needs enough 'units of heat energy' or calories in order to allow you to live, breathe, eat, sleep, and of course... wrestle! These calories come from the food that we eat.

Your body's preferred source of energy for a wrestling match comes from carbohydrate sources. Carbohydrates are one of the 3 macronutrients that make up food. The other 2 are protein and fat. Carbohydrates are found in 3 forms:

- **Complex (starchy)**
- **Sugar**
- **Fibrous (vegetables)**

Complex Carbohydrates are those that come from natural, grain sources that have longer chains of glucose molecules – the building blocks of carbohydrates. These carbohydrates are very good for your energy requirements and should be a staple in the diet of a wrestler.



Complex carbohydrates be included in most meals for a high-performance wrestler.

Sugar is carbohydrates in their simplest form with basic glucose chains at a molecular level. This means that they are rapidly broken down in the blood stream causing an unstable blood-sugar level that forces the Pancreas to secrete Insulin in order to stabilize the blood sugar. This ultimately leads to those energy lows that so many young athletes experience.

Don't get me wrong... sugar does have its place in a wrestler's daily meal plan, just not too much and only at specific times. (More on that in the Recovery Drinks section)

Fibrous Carbohydrates are your vegetables. They are a must for optimal performance. There are so many antioxidants, fiber, and vitamins in them. They help digest food too. They should be eaten with at least 2 daily meals for a wrestler who is serious about making a difference on the mat. (Hey, it's no joke that Popeye ate his Spinach and got diesel-strong)

**Recovery and Strength** Your ability to repair and grow new tissue in the body comes from protein. Protein is unique as a macronutrient in that it isn't stored in the body. Protein should be eaten in frequent feedings in order to supply the body with a steady stream of amino acids to get transported into the muscle cells for repair and growth. Protein should come from lean sources. This means lean meats, non-fat dairy, fish, and powder sources.

**Optimal Hormone Levels** I cringe when I hear about athletes who follow low-fat diets. People who consciously try to cut fats out of their diets wind up cutting a considerable amount of calories to the point of not getting enough calories to support that athletic performance that is desired. Fats have 9 calories per gram and are therefore more caloric. But there are 3 different types of fats:

- Saturated Fats
- Unsaturated Fats
- Polyunsaturated Fats

For the purposes here we'll group Unsaturated Fats and Polyunsaturated Fats in the same category (they are very similar) .

Saturated Fats are the ones that you don't want to eat too many of. They are the ones found in fatty meats, whole milk and dairy, fried foods etc. They are the ones that can lead to heart disease and blood disease. (I didn't mention Trans-Fats because I hope by now we are all aware of the dangers of eating them: the crap that sits on the shelves at your local Convenience Stores)

An ample supply of fats that are Unsaturated are so important for regulating optimal hormone

levels in the body. We've all heard how some professional athletes are taking anabolic steroids in order to increase artificial Testosterone levels in the body, resulting in more strength, speed and athletic performance. Of course this practice is illegal, and potentially harmful for the user. The good news is that you can naturally optimize your body's hormones like it was meant to do simply by eating enough unsaturated fats.

Ok... I've gone on enough about the 'scientific stuff.' On the next page is your Wrestling Grocery List...

# Wrestler's Grocery List

## Complex Carbohydrates

- \_\_\_ Oatmeal (plain rolled oats)
- \_\_\_ Cereals (fiber, 3 grams or more per serving, sugar, 5 grams or less per serving)
- \_\_\_ Whole wheat or whole grain bagels
- \_\_\_ Breads, whole wheat, whole grain
- \_\_\_ Pita breads, whole wheat
- \_\_\_ Rice, brown, Basmati, Jasmine, Wild rice
- \_\_\_ Tortillas, whole wheat
- \_\_\_ Pastas (whole wheat and vegetable)
- \_\_\_ Potatoes all varieties Baking, Yukon Gold, Red, New, Sweet and Yam
- \_\_\_ Dried beans, peas and lentils
- \_\_\_ Dried bean soups

## Fibrous Carbohydrates

- \_\_\_ Asparagus
- \_\_\_ Artichokes
- \_\_\_ Avocado
- \_\_\_ Bell Peppers
- \_\_\_ Broccoli
- \_\_\_ Cabbage
- \_\_\_ Carrots
- \_\_\_ Celery
- \_\_\_ Cole Slaw Mix
- \_\_\_ Cucumbers
- \_\_\_ Garlic
- \_\_\_ Ginger
- \_\_\_ Green Beans
- \_\_\_ Jalapenos
- \_\_\_ Lettuce -- Romaine, Mixed Greens, Spinach
- \_\_\_ Mushrooms
- \_\_\_ Onions
- \_\_\_ Radishes
- \_\_\_ Snow Peas
- \_\_\_ Squash
- \_\_\_ Tomatoes
- \_\_\_ Zucchini
- \_\_\_ Frozen vegetables if necessary (canned are higher in sodium)

Tip: The deep dark vibrant vegetables are full of natural vitamins and minerals.

## **Simple Carbohydrates**

(keep stocked and in reach so it is easy to grab)

- \_\_\_ Apples
- \_\_\_ Apricots
- \_\_\_ Bananas
- \_\_\_ Berries, blackberries, blueberries, raspberries, strawberries
- \_\_\_ Grapes
- \_\_\_ Grapefruit
- \_\_\_ Lemon/Lime
- \_\_\_ Mangos
- \_\_\_ Melons, cantaloupe, honeydew, and watermelon
- \_\_\_ Oranges
- \_\_\_ Nectarines
- \_\_\_ Papaya
- \_\_\_ Peaches
- \_\_\_ Pears
- \_\_\_ Plums
- \_\_\_ Tangerines
- \_\_\_ Canned fruit packed in its own juice or water

## **Lean Meats, Fish, Poultry**

(less than 50% of the calories from fat or 93% lean)

- \_\_\_ Beef Lean Cuts: tenderloin, sirloin, filet, eye of round, flank steak for fajitas
- \_\_\_ Longhorn Beef (Lean cuts and ground longhorn compare to turkey breast in fat and cholesterol. Range fed livestock can be purchased that is naturally raised without the assistance of antibiotics and steroid injection)
- \_\_\_ Pork Lean Cuts: tenderloin roasts or butterfly pork chops for fajitas or stir-fry
- \_\_\_ Fish Fresh: sea bass, tuna, swordfish, halibut, tilapia, and trout  
(Pond raise fish is freshest, is not exposed to the environmental contaminants of public bodies of water, and does not endanger the species in the wild. If fish smells fishy it is not fresh.)
- \_\_\_ Shellfish: (low in fat high in cholesterol for those that need to limit cholesterol)
- \_\_\_ Chicken, Turkey, and Poultry: breasts and thighs (boneless/ skinless), filets, tenderloin, Cornish game hens
- \_\_\_ Ground Meats: Longhorn beef, round steak, sirloin, veal, pork loin, turkey, chicken, venison or blend of these. (Have them wrapped in 6 or 8 oz. portions to eat that day or to freeze for later. Thaw for a quick burger, spaghetti dish, taco salad, etc.)
- \_\_\_ Wild game: Ostrich, Venison (most wild game is very lean and healthy with the exception of duck which is higher in fat)
- \_\_\_ Deli Meats -- ham, roast beef, turkey or chicken breast

Remember: All visible fat should be trimmed to reduce calories and fat.

Note: The leanest cuts of meat are found in the hind and loin of livestock. The breast is the leanest part of the bird.

### **Milk Products, Cheese, and Eggs** (These qualify as lean proteins)

- ☐ Yogurt, low-fat or nonfat, plain or with fruit
- ☐ Milk 1%, or skim
- ☐ Soy Milk
- ☐ Cheeses, Part-Skim, skim milk or low-fat (50% fat or less per serving) (2% slices melt well on bread, potatoes, vegetables, and pasta)
- ☐ Cottage cheese (nonfat, 2%)
- ☐ Sour cream, low-fat or nonfat (low-fat or even whole milk yogurt is a great substitute for sour cream)
- ☐ Cream cheese, low-fat or fat-free
- ☐ Eggs

### **Canned Goods**

- ☐ Tuna, chunk light in spring water (wash under clean water and drain before eating)
- ☐ Chicken breast in broth
- ☐ Black olives for flavor (Use as toppings for pizza, salad, sandwiches, they are a heart healthy fat source)
- ☐ Beans -- black, chili, kidney, pinto, fat-free refried, garbanzo, lima
- ☐ Mexican corn
- ☐ Broth - chicken, vegetables and beef -- low-sodium
- ☐ Broth based soups
- ☐ Artichoke Hearts in water
- ☐ Pasta Sauce
- ☐ Pineapple
- ☐ Pizza sauce
- ☐ Tomato paste/sauce/crushed

### **Frozen, Convenience, and Snack Foods**

- ☐ Frozen fruit, no sugar added (peaches, strawberries, blueberries, raspberries)
- ☐ Nuts-All varieties raw, roasted, shelled or unshelled. Avoid roasted in oil and salted.
- ☐ Non-fat frozen yogurt - Sorbet
- ☐ Popcorn (If microwave, 1-2 grams fat per serving)
- ☐ Whole grain pretzels
- ☐ Low-fat cookies (graham or animal crackers, ginger snaps)
- ☐ Low-fat granola
- ☐ Whole grain bread sticks
- ☐ Bottled waters or sparkling water in glass bottles
- ☐ Tea

## **Sauces, Condiments, and Oils**

- \_\_\_\_\_ Bar-B-Q sauce (try fruit flavored varieties like Raspberry Chiptole on chicken)
- \_\_\_\_\_ Broth (chicken, beef, and vegetable)
- \_\_\_\_\_ Pickles, dill, sweet, bread and butter, pickled vegetables and relish
- \_\_\_\_\_ Salad dressings and mayonnaise, low-fat or nonfat
- \_\_\_\_\_ Soy sauce
- \_\_\_\_\_ Salsas and Pica de Gallo
- \_\_\_\_\_ Spaghetti and pasta sauces (use garden varieties and tomato based sauces like onion and garlic, or basil and  
and avoid sauces with cream base or made with meats and cheeses)
- \_\_\_\_\_ Mustard - all varieties
- \_\_\_\_\_ Taco Sauce
- \_\_\_\_\_ Teriyaki sauce and marinade
- \_\_\_\_\_ Worcestershire sauce
- \_\_\_\_\_ Oils, olive, canola, sesame, peanut, avocado. and macadamia nut (different oils can add nutritional value  
and flavor to food)

## **Herbs, Seasonings and Spices**

(Keep your most commonly used items in stock)

- \_\_\_\_\_ Herbs-dried basil, cilantro, dill, garlic, oregano, mint, basil, rosemary, etc.) Easy to grow fresh or if you have  
access to a store that sells herbs in bulk you can buy a small quantity which is fresher and cheaper than large jars.
- \_\_\_\_\_ Seasonings for flavor, seasoned, lemon, or garlic salts and peppers, curries, onion, cumin, mustard powders; poultry seasoning, cayenne or red pepper...
- \_\_\_\_\_ Spices-All spice, cardamom, cinnamon, ginger, nutmeg, saffron....

## **Household**

- \_\_\_\_\_ aluminum foil, heavy duty
- \_\_\_\_\_ ziplock storage containers -- all sizes
- \_\_\_\_\_ plastic wrap
- \_\_\_\_\_ ziplock baggies -- gallon
- \_\_\_\_\_ ziplock baggies --sandwich
- \_\_\_\_\_ ziplock baggies --snack

# A Simple Formula for Creating High-Performance Wrestling Meal Plans!



Now that you have a list of the acceptable foods for your high-performance wrestling nutrition plan you can set up your meal plan based on foods that you like and have available. The following template is for any wrestler who needs to keep muscle on their body during the season as well as keep their energy up. It can be used Offseason to gain strength and muscle and In-season as well.

Here are the “5 Steps to creating a high-performance wrestling meal plan”:

1. Choose a lean protein from the list for every meal
2. Choose a complex carbohydrate from the list for every meal
3. Choose a simple carbohydrate from the list for your breakfast meals (meals 1 and 2)
4. Choose fibrous carbohydrates from the list for your lunch and dinner meals
5. Add oils if you haven't had much fat in your meals

Here's a template that will show you just how to put it together:

Meal 1:

Lean Protein, Complex Carbohydrate, Simple Carbohydrate

Meal 2:

Lean Protein, Complex Carbohydrate, Simple Carbohydrate

Meal 3:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate

Meal 4:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate

Meal 5:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate



Meal 6:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate, Essential Fat

- Try to eat 6 times daily if possible.
- If 6 meals aren't possible then 5 meals are a must!
- You may use a Meal Replacement Drink to replace one or two meals daily. Here are a couple of meal plans based on the template above:

### **High Performance Wrestling Meal Plan Sample 1**

#### **Meal 1:**

3 Egg Whites with 1 Whole Egg scrambled.

Whole Wheat Toast or Bagel or Wrap.

1 Banana

Water

#### **Meal 2:**

½ c. Ricotta Cheese

1 c. Low-fat Vanilla Yogurt

½ c. Frozen Berries

½ c. Granola

Water

#### **Meal 3:**

1 – 6 oz. Can Albacore Tuna

2 Slices Whole Wheat Bread or Pita topped with Salsa or Fresh Tomato

1 Apple

Water

#### **Meal 4:**

1½ c. Black, Kidney or Navy Beans

¼ c. Grated Low-Fat Cheese

1 Whole Wheat Tortilla

Side of Salsa

Fresh Fruit

Water

**Meal 5:**

4 oz. Lean Ground Beef or Turkey  
1 c. Whole Wheat Pasta  
Tomato Sauce  
1 – 2 c. Frozen Vegetables  
Water

**Meal 6:**

[Prograde Lean - Meal Replacement Powder](#)

12 oz. Water  
1 TBSP Flax Seed Oil

**High Performance Wrestling Meal Plan Sample 2****Meal 1:**

[Prograde Lean – Meal Replacement Powder](#)

12 oz.- 1% Milk  
½ Melon  
Water

**Meal 2:**

1 Cup Low-fat Cottage Cheese  
1 Whole Wheat Bagel  
2 Tbsp Strawberry Preserves  
Water

**Meal 3:**

4 oz. Lean Ground Beef  
1 Whole Wheat Roll or 2 slices Whole Wheat Bread  
Lettuce  
Tomato  
Water

**Meal 4:**

Serving of Tofu or 1 Grilled Chicken Breast

Whole Wheat Noodles

Low-Sodium Chicken Broth

Cooked Frozen Vegetables

- Stir the above into a mixture

**Meal 5:**

4 oz. Grilled Chicken

1 Medium Sweet Potato

Spinach Salad With Mushrooms, Peppers, Onion

1 tbsp Balsamic Vinegar

1 tbsp Olive Oil

Water

**Meal 6:**

3 oz. Grilled Chicken Breast

1 c. Couscous

Bell Peppers, Onions, Tomatoes

Water

Remember, these meal plans are suggestions based on the template above. You can substitute as you see fit.

The interesting thing is that portion sizes aren't that important. I've given you suggested portion sizes as a guideline. Because these foods come from natural sources, with variety and meal frequency, your body will guide you as to how much to eat to remain lean or get leaner as you get stronger. If you follow this plan your body will let you know when it needs more calories simply by increasing your appetite... due to an increased metabolism.

Whether you are looking to gain muscular weight or lose weight this plan will work... it's really quite amazing how your body is smarter than you think and will give you exactly what you need by ingesting the right macronutrients at the same time. Just be sure to try to give yourself 'visually equal portions of food' when putting food on your plate... your body will do the rest!

## **Fat Loss/Weight Reduction Meal Plan Formula**

Some wrestlers are more 'endomorphs.' That means they have a tendency to carry extra fat... and are really stocky. These types are usually strong but held back due to the extra body fat.

There are other wrestlers who don't have a whole lot of fat but they still want to drop down a weight class. These guys usually have to resort to drastic weight-cutting measures since they only have a small amount of fat to get rid of. The result is usually weaker performances on the mat.

Here's a meal plan template for either of these above wrestlers who are trying to get lighter on the scale but don't want to get weak. This is a pattern of eating that will help keep hard earned muscle on the body yet still allow the scale to do down.

Notice that each meal contains a lean protein. As I mentioned, protein isn't stored so regular feedings are mandatory.

Complex Carbohydrates are only consumed for the first 3 meals of each day. This will help you keep energy when you ingest them early in the day, but allow for fat-burning towards the end of the day when they are not in the meal plan.

Also notice that there are no Simple Carbohydrates in this meal plan template. As you'll recall, Simple Carbohydrates are high-sugar types that easily break down during the digestive process. They can cause instability in your blood-sugar, resulting in less-efficient fat-burning. Although fresh fruit is good for you and have vitamins and fiber, they are loaded with sugar. No matter what form it is in, sugar is sugar. Natural or not...

Fibrous Carbohydrates now get added to the last 4 meals of the day. This helps with the digestive process, and helps keep you full and satisfied during the fat-burning process.

Essential Fats are now very important. Your body's preferred source of energy is Carbohydrates. Since your consumption of Complex Carbohydrates is reduced during this meal plan and your Simple Carbohydrates are cut out completely, this forces your body to look for an alternative energy source. Fats are the second choice for energy by the body. In order to keep your hormone levels high as well as your energy, Essential Fats are now deliberately added to the diet. I've found it very effective to get in Fats through Nut Butters (Almond, Peanut) and Oils (Safflower, Olive, Flax Seed). I like to add oils to Meal Replacement Drinks because you don't taste the oil. Alternatively, I add oils to fresh green vegetables and salads.

**Meal 1:**

Lean Protein, Complex Carbohydrate (large serving)

**Meal 2:**

Lean Protein, Complex Carbohydrate (large serving)

**Meal 3:**

Lean Protein, Complex Carbohydrate (small serving or none), Fibrous Carbohydrate

**Meal 4:**

Lean Protein, Fibrous Carbohydrate, Essential Fat

**Meal 5:**

Lean Protein, Fibrous Carbohydrate, Essential Fat

**Meal 6:**

Lean Protein, Fibrous Carbohydrate

Your complex carbohydrates are eaten earlier in the day, during the first 2 meals, and possibly the 3rd meal.

Fibrous carbohydrates can be a vegetable or a salad

Here are 2 sample meal plans for the above template:

**Weight-Reduction Wrestling Meal Plan – Sample 1**

**Meal 1:**

1 c. Natural Whole Oatmeal

½ c low-fat Milk

1 – 2 scoops Whey Protein Powder

**Meal 2:**

3 Egg Whites

1 Whole Egg

1 Whole Wheat Bagel

Water

**Meal 3:**

Stir fry Sliced Beef, Chicken or Tofu with a light Oriental Sauce  
Cooked Brown Rice or Whole Wheat Noodles  
Fresh or Frozen Vegetables

**Meal 4:**

[Prograde Lean – Meal Replacement Powder](#)

1 tbsp Flax Seed or Olive Oil  
Water

**Meal 5:**

4 oz. Flank or Eye of Round Steak  
2 Red Potatoes  
Spinach Salad with Cucumber, Red and Green Pepper, Mushroom and carrots  
Balsamic Vinegar  
1 tbsp Olive Oil  
Water

**Meal 6:**

1 Chicken Breast  
1 c. Green Beans  
12 oz. Water

**Weight-Reduction Wrestling Meal Plan – Sample 2****Meal 1:**

2 Egg Whites  
1 Whole Egg  
100% Whole Wheat English Muffin  
Water

**Meal 2:**

[Prograde Lean – Meal Replacement Drink](#)

12 oz Water

**Meal 3:**

4 oz. Grilled Chicken Breast or Tofu  
Side Spinach Salad, loaded with Fresh Vegetables, top with Balsamic Vinegar  
Water

**Meal 4:**

1 – 6 oz. Can of Albacore Tuna  
Salad with Lettuce, Tomato, Cucumber, Green Olives  
1 tbsp Balsamic Vinegar  
1 tbsp Flax Seed Oil  
Water

**Meal 5:**

4 oz. Salmon or Lean Steak  
1 c. Broccoli with Grated Parmesan Cheese and 1 tbsp Flax Olive Oil  
Water

**Meal 6:**

3 Egg Whites  
1 Whole Egg  
Mixed Vegetables  
Water

These meal plans are exactly how I choose to eat when I'm trying to cut fat, or put on some lean muscle. I set them up according to my own food preferences and tastes. You might want to set them up differently according to your own food preferences and schedule.

You'll notice that I have Prograde Lean mentioned in my meal plans. I've always been a firm believer in the value of Meal Replacement Powders for athletes... especially wrestlers. I used to use a couple of the 'big name' companies for my MRP's. However, I noticed that over time their products appeared to change and get cheaper. Fortunately, a couple of colleagues of mine that were former Personal Trainers decided to start a supplement company that would only create natural, healthy supplements... and only a few of them that actually work. More on supplements later...

As I mentioned, the first template and accompanying meal plans are for anyone who wants ultimate mat performance. The second template and meal plans are for those wrestlers who need to lose more fat or for those guys who are starting to cut weight and don't want to lose strength and energy. These guys might still need to cut extra weight at the end. I'll refer them to my 'How To Cut Weight for Wrestling Tele-Clinic' transcript and audio that came with this program.



## Quick Reference Food Planner



Sometimes it's difficult to follow your exact food plan...

You're going to have distractions...

One week it might be an extra tournament. The next week it might be wrestling at Club on two nights. Or it might be something completely different. These are the times when you might need to change things up and still stick to your meal plan.

Here is a quick reference guide to setting up meal plans:

<b>Lean Protein</b>	<b>Complex Carbohydrate</b>	<b>Fibrous Carbohydrate</b>
100% Whey Protein Powder	Natural Oatmeal	Fresh Fruit
Meal Replacement Powder	MRP has complex carbs	MRP has fibrous carbs
Hard Cooked Egg White or Tuna	Mix into whole grain macaroni	Mix in fresh or frozen vegetables
Black, Kidney or Navy Beans Grated Low-fat Cheese	Put in whole wheat tortilla	Serve with salad and slice of fresh fruit
3 egg whites and 1 whole egg	Oatmeal	Grapefruit
Tofu or grilled chicken added to...	Whole wheat noodles in low-sodium chicken broth	Add vegetables
Grilled chicken or tofu	Couscous	Peppers, tomatoes, Onions
2-3 scrambled egg whites to 1 whole egg	Whole wheat toast, bagel, english muffin or wrap	Top with spinach and salsa with side of fresh fruit
Grilled chicken breast, tofu or	Serve with brown rice	Add frozen vegetables

salmon		
Canned tuna or red salmon	On whole wheat bread, bagel, pita or wrap	Top with salsa and fresh tomatoes. Add side of fresh fruit
Stir fry beef, chicken or tofu with a light oriental sauce or soy sauce	Add to cooked brown rice or whole wheat noodles	Add frozen vegetables
1 – 2 tbsp natural peanut or almond butter	On top of whole wheat toast or crackers	Served with fresh fruit
Browned lean ground beef or turkey	Add to cooked whole wheat pasta	Add frozen vegetables and tomato sauce
Chicken breast	Sweet potato	Green beans
Flank or Eye of Round Steak	Baked potato	Broccoli
Ricotta Cheese and Lowfat Organic Vanilla Yogurt	Granola	Frozen berries

# What To Eat At A Tournament

## 6 Tips for Success



I frequently get asked by wrestlers what foods they should eat at a tournament so that they can keep their energy and not feel bloated.

Bloating is usually from eating foods that are high in sodium, foods that are high in sugar, and eating too much at one time.

I've seen wrestlers at tournaments, and it amazes me that they can make it through the day.

Here are tips to help you eat correctly at a tournament!

1. **Stay Away From Sugar** - Sugar, whether it comes from a gatorade, a doughnut, or a nutritious piece of fruit is still sugar. Remember, you need energy all day long at a tournament. If you ingest lots of sugar, it does a couple of things. It raises the blood sugar level. This in turn causes your pancreas to secrete more of the hormone insulin as a reaction to an unstable blood sugar level. This insulin spike causes the pancreas to limit its production of the hormone glucagon. Glucagon is responsible for transporting fat for use as energy. Your body is basically slowing down its metabolism. This will make you sleepy.
2. **No Protein Shakes or Meal Replacement Drinks** - I know, this sounds like a contradiction. I always talk about how great meal replacement drinks are for wrestlers because of the perfect nutrient ratio, but now I'm telling you not to drink them. Meal Replacement Drinks and Protein Drinks are predigested. That means that they are easily and quickly absorbed by the body for their nutrients. As a result, your digestive system will run slowly. Again, this will lead to being more sleepy and lethargic.
3. **Eat Meat and Veggies** - By combining a lean meat, such as steak, chicken or turkey, with a salad, you have a great tournament food. Why? The solid meat proteins require more work by the digestive system to break down than carbohydrates or protein drinks. Solid proteins (as with all proteins) are made up of chains of amino acids. These amino acids are sometimes called the "building blocks" of protein. They require much more by the digestive system to break down, and use as nutrients. This process helps you stay alert for the duration of a day-long tournament. I think a breakfast of steak and eggs, with a small green salad is perfect. The fat in the eggs and the meat will also

give you energy.

4. **Caffeine?** Caffeine, when consumed in small amounts, can be effective at a tournament. Too much caffeine is dangerous and never recommended to anybody. You should also have a doctor's approval before consuming caffeine. With that said, caffeine in the form of an 8 oz. coffee can create a more thermal effect in combination with the meat and veggies. That one cup of coffee is consumed along with the morning meal. That's it though. After that the only fluid that should be consumed is water.
5. **Water: Drink it all day long.** Sip it, never gulp! Remember, we want to feel fast and efficient all day while the opponent gets tired out.
6. **Last Carbohydrate Meal** The last time you should eat carbs before a tournament is the night before. This should be a normal dinner time meal. Depending on how you've cut weight and how much you have left to lose can affect this. Don't ever leave weight cutting to last minute where you have to be drastic. If you get drastic with your body it won't perform as well.

# Should Wrestlers Take Supplements?

## Rating the 7 Supplements for Wrestlers



Let's start with a definition of supplements. They are products that are used in addition to proper strength and conditioning, as well as a sound nutritional program.

If the first two components of strength training and nutrition aren't right, the supplements are useless. Be realistic. If a young wrestler hasn't reached physical maturity, there is only so much strength that can be gained, even if they are doing everything correctly. Youth wrestlers can and should strength train, just not with all-out, to-the-limit intensity required of a more mature wrestler.

Concentrating on slow repetitions with lighter weights is fine for both. Youth wrestlers don't need many supplements.

Here is a list of different supplements that may have benefit for wrestling performance. Notice that I've given each of them a 'grade' at the end to help you decide if you want to use them or not:

- 1. Meal Replacement Powders** – As you've seen in my meal plans in a previous chapter I like Meal Replacement Powders. They are scientifically engineered foods that have a perfect combination of lean protein in the form of a complex blend, just the right amount of complex carbohydrates to allow you to keep energy while even losing fat, and most contain a bit of fiber for continued, healthy digestion. Meal Replacement Drinks are what I refer to as 'nutrient-dense' which means they give your body a lot of nutrients that it needs for proper maintenance, growth and repair without a lot of empty, unusable calories. **Rating for Wrestlers: A**
- 2. Multi-Vitamin/Mineral** - Show me a growing body and I'll show you someone who could use a Multi-Vitamin/Mineral supplement. The sad truth is that even if you believe you're eating clean and healthy, so many of our foods are stripped of quality nutrients by the packaging process alone. This, combined with flat-out lies by the food industry make me skeptical about the quality of our actual nutrition. Therefore, it's probably a good idea to take a daily Vitamin/Mineral supplement. This can be the difference

between a deficiency or not, which allows your body to function optimally. There are many brands out there. Look for one that's come from a reputable company. **Rating for Wrestlers: A +**

3. **100% Whey Protein Powder** – Whey protein is a fast-acting protein that works quickly to help repair muscle tissue after strenuous demands are placed on the body. Whey protein isn't really a supplement as much as it is a food, simply because you can get the same nutrition from natural, whole foods. Whey protein is usually the major protein in Meal Replacement Powders. The difference is that MRP's provide a macronutrient variety such as is recommended when combining whole foods for meals. Whey protein is only one macronutrient: protein. Therefore, some wrestler may find that they'd rather take an MRP to quickly get their total nutrition, while others may find that they want to get their protein through a powder but want to get their serving of complex carbohydrates through solid food. The choice is yours. **Rating for Wrestlers: B +**
4. **Creatine** - Creatine is great for wrestlers who are more physically mature, have already established a sound nutrition program, and are already strength training properly. It is a mineral found in red meat. It volumizes the muscle cells, causing a gain of a few pounds (so don't use it if you need to cut weight during the season), and a nice percentage of strength. It is not a steroid as some mistakenly believe. It doesn't have steroid-like effects either. However, for those training intensely it can be effective. I like it for offseason training when nutrition is optimal. It is also very important to stay extra-hydrated when taking a creatine supplement. Creatine works best when taken with a simple carbohydrate such as fruit juice. This helps deliver it to the muscle cells. It may or may not have benefit towards recuperation from practices and training. Honestly, for the needs of a wrestler I feel that it is over-rated. **Rating for Wrestlers: C+**
5. **L-Glutamine** - L-Glutamine is an amino acid. In fact, it is the most-abundant amino acid in our bodies. It makes up about 60% of muscle protein. It is perfect for mature wrestlers to take in addition to a strength, conditioning, and nutrition program. It allows the body to 'spare' muscle when cutting weight. It takes a good month or more to get into the system, unlike creatine which is in your system in days. I really think it gives you some help during the recovery process from intense training, practices and the demands of the wrestling season. It is also pretty cheap as far as cost which bump it up in the ratings a bit. **Rating for Wrestlers: A-**
6. **Energy Drinks** – This list of 'supplements' just wouldn't be complete without a blurb about energy drinks. I'm not sure if it's the 'rebel' advertising or the 'cheap thrill' of getting 'jacked up' but I've known tons of wrestlers who really create quite a personal addiction to these cocktails. I think the word energy is misleading. True energy in the body comes from calories. Energy drinks create a stimulus in the nervous system and give a 'false-sense of energy.' Guess what? Cocaine does the same thing... and you wouldn't want wrestlers taking Cocaine would you?? I think energy drinks suck and we just might all realize that in the next few years when the Food and Drug Administration (FDA) finally catches up to them and realizes the true potential dangers. When we're trying to build long-term success in a strong healthy body for wrestling performance we begin at the nutritional level. Enough said... **Rating for Wrestlers: F**

7. **Protein Bars** – My wife and I go back and forth about Protein Bars. She loves to buy the Atkins Bars that say that they are high protein. She believes they are truly healthy. So do most people. Honestly, they're not much better than candy bars. Same is true for 'most' protein bars. They are processed for packaging which makes them a less-than-natural food. There have also been numerous 'busts' for flat-out lies about what's actually in the product ie. Stating that there is more protein or less sugar than there actually is. I don't buy it. Most bars suck. The only bars I like are [Prograde Cravers](#) (As I mentioned previously, the Prograde company is run by a couple of good guys that actually take pride in giving the best quality product. I stand behind their supplements) The Prograde Cravers are all natural despite the packaging element about all bars. They are truly the best-tasting Protein Bar I've ever had. So overall I say that if you make your own protein bars or get Prograde Cravers the **Rating for Wrestlers is: A** If you rely on most bars that are out there the **Rating for Wrestlers is: C**



## Recovery Drinks



Since wrestling is such a long season with daily wrestling and training that can take hours, there is a really good chance that unless nutritional needs are being met a wrestler is going to start breaking down good, lean muscle tissue on their quick path to lethargy, fatigue and burnout.

Many times when a wrestler breaks down too much and experiences injuries and burnout it is because the nutritional needs aren't meeting the training requirements. (Some programs pride themselves in 'working the hardest' to make their wrestlers 'mentally tougher' when what's actually occurring is a constant catabolic state of muscle break-down)

One way to quickly counter-act the ill-effects of the physical demands that a wrestler places on their body's a Recovery Drink.

As soon as the wrestler is done practicing or training hard there is a 'Window of Opportunity.' This is a 20-60 minute period of time immediately following where the body can rapidly transport nutrients to the muscles to help jump-start repair of the tissue. It is when you can reverse the 'catabolism' and initiate 'anabolism.' So, you can go from breaking muscle down to building strength and muscle by reversing the trend. Recovery Drinks are the easiest and fastest way to do this.

A Recovery Drink needs to have a 1:3 ratio of Whey Protein and Simple Carbohydrates in order to be most-effective.

The cheapest option that is really just as effective as any of the more expensive options is good old-fashioned Chocolate Milk. Just drink a tall glass of it right after practice or training and then have a meal like is outlined in the meal plan templates and you'll be on your way to

recovery.

Another option is to stir 1 scoop of Whey Protein Powder into a glass of apple juice or fruit juice. It will give you approximately the 1:3 ratio that you want to achieve.

A third option is to make a 'Super Recovery Drink.' If you have the means and you really want to super-charge your chances of recovering try this:

- 1 Meal Replacement packet or serving
- 12-16 oz Grape or Apple Juice
- 5 mg L-Glutamine
- 3 mg. Creatine

## Final Thoughts...

I hope you've come to realize just how important proper nutrition is to growth and development as well as overall athletic potential...

This guide was written to give you a start on reaching true wrestling potential.

Making sure you're getting in the right foods at the right times can be much more difficult than all the practices, tournaments and training itself for some wrestlers. I understand...

But if you treat your body like a high-performance sports car it will respond like one. Do you want 'compact car' performances or do you want 'Nitrous-charged' performances from your body?

Eating correctly is learned behavior. It isn't difficult... it just goes against the 'norm' for many people. If that's the case... it's time to be re-trained. You have one body for life, and you need to treat it like your Temple.

If you have questions about Wrestling Nutrition, Weight-Cutting or Meal Planning please ask me in the members forum at [Wrestling Performance](#).

Your Wrestling Performance Coach,

Steve Preston

# Recommended Resources



**Wrestling Performance** – The World's # 1 Resource for Wrestlers, Coaches and Parents Seeking Cutting-Edge Strength, Conditioning and Nutrition for Improved Mat Performance! This website contains hundreds of articles, interviews, programs, meal plans and more to improve your wrestling. Get Personal Coaching and Weight-Cutting Plans from Steve Preston In The Members-Only Forum!

**The Whole Enchilada** - This is a collection of our best DVDs, CDs and Manuals for improving your strength and conditioning for wrestling. You'll get a BIG package delivered right to your door, and have an entire arsenal of training and nutrition information to give you the 'Wrestling Advantage!' You'll get:

- The 6 Minute Conditioning DVD
- The Advanced 6 Minute Conditioning DVD
- The Champion Strength Training for Wrestling DVD
- The Wrestling Performance Clinic 2 DVD Set
- The Ultimate Wrestling Strength Manual
- The Ultimate Wrestling Nutrition Manual
- The Ultimate Wrestling Power Manual

We'll also give you a FREE 1 Year Membership to the Wrestling Performance website when you get the 'Whole Enchilada' package!