

WEIGHT MANAGEMENT STRATEGY FOR **WRESTLERS**

EASY TO USE STRATEGY TO LOSE BODY FAT AND KEEP ENERGY UP



Three Week Nutrition Plan

This is strategy I picked up over the years that helps our wrestlers lose body fat, develop good eating habits and maintain their energy during the pre-season. When it comes to teaching teenagers just about anything I think it is important to keep things simple and then build off the basics. This plan has done a good job of not overwhelming my wrestlers with too much at one time.

This program does a great job of keeping things simple. This is a broad stroke strategy and you will have to make personal adjustments to make it work best for each individual. Once you attain the required body fat loss adjust by adding calories and meals.

Basically, week one they only focus on the breakfast habits and eat their normal meals for lunch and dinner. Week two they work on building habits to lean up and keep energy for breakfast and lunch and don't worry about dinner. Week three they put it together for all meals. This might be something they do a good job with for a bit and you have to start them over again to refresh their habits.

WARNING Disclaimer:

This article is for informational purposes only and is protected under freedom of speech. It is not medical advice nor should it be construed as such. The information in this article is not intended to diagnose or treat any disease. Always consult with a qualified health professional before making any changes in your diet or beginning an exercise program. The reader assumes all risk from the use or misuse of the information in this book.



Nutrition Goals

Week 1

Drink:

Water and unsweet tea. Stay away from juices, soda and sports drinks.

Breakfast:

Protein and nuts.

- Eat 4-6 oz of protein
- 8-12 nuts
- Change up the meats you eat.

Proteins

- whey (supplement found in health food stores) mix with water and not milk
- chicken breast
- turkey breast
- salmon
- tuna
- cottage cheese
- lean ground turkey
- round steak
- sirloin steak
- lean ground beef
- eggs
- pork
- crab
- lobster
- shrimp
- buffalo

Nuts:

Any type other than peanuts will do (stay away from peanuts!).

Almonds, Walnuts, Cashews, Pecans, Pistachios, brazil nuts, and macadamia nuts are all great. Don't eat honey roasted or coated nuts. Eat raw or roasted and salted nuts only.

| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday |
|-----------|---------|-----------|----------|--------|----------|--------|--------|
| Drinks | | | | | | | |
| Breakfast | | | | | | | |

Nutrition Goals

Week 2

Lunch:

Protein and Vegetables (Salad with Meat or Protein)

Protein requirements:

5-8 oz (lower weights around five and upper weights around 8 and middle weights somewhere in between. Adjust if needed.)

Vegetables:

- Romaine or spinach lettuce
- Tomatoes
- Carrots
- Cucumbers
- Peas
- Onions
- Peppers
- Mushrooms
- Broccoli
- Mushrooms

Dressing:

Olive Oil and Vinegar

Drink:

Water and unsweet tea. Stay away from juices, soda and sports drinks.

| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Monday |
|-----------|---------|-----------|----------|--------|----------|--------|--------|
| Drinks | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |

Nutrition Goals

Week 3

Dinner:

Protein and Vegetables (Protein and Vegetables)

Protein and a side of vegetables or a side salad

Protein requirements:

5-8 oz (lower weights around five and upper weights around 8 and middle weights somewhere in between. Adjust if needed.)

Vegetables (low in carbs and starches):

| | |
|--|--|
| <input type="checkbox"/> Sprouts (bean, alfalfa, etc.) <input type="checkbox"/> Greens – lettuces, spinach, chard, etc. <input type="checkbox"/> Hearty Greens - collards, mustard greens, kale, etc. <input type="checkbox"/> Celery <input type="checkbox"/> Radishes <input type="checkbox"/> Cabbage (or sauerkraut) <input type="checkbox"/> Mushrooms <input type="checkbox"/> Avocado <input type="checkbox"/> Cucumbers (or pickles without added sugars) <input type="checkbox"/> Asparagus <input type="checkbox"/> Green Beans and Wax Beans <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Peppers <ul style="list-style-type: none"> • Green Bell Peppers • Red Bell Peppers • Jalapeno Peppers <input type="checkbox"/> Summer Squash <input type="checkbox"/> Zucchini <input type="checkbox"/> Scallions or green onions <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Snow Peas (pods) <input type="checkbox"/> Tomatoes <input type="checkbox"/> Eggplant <input type="checkbox"/> Artichokes |
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Drink:

Water and unsweet tea. Stay away from juices, soda and sports drinks.

| | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Wednesday |
|-----------|----------|--------|----------|--------|--------|---------|-----------|
| Drinks | | | | | | | |
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |