



# Pittsford Wrestling

## Nutritional Information



### Daily Routine

- I. Breakfast**
  - HB Egg
  - 2 slices of 12 grain bread with non-fat peanut butter
  - 1-8oz glass of Orange juice, Cranberry, or Grapefruit juice
- II. Mid Morning Snack (Pick One)**
  - 2TBS of Almonds
  - Pro Biotic Yogurt
  - Apple, Orange, Banana, Blue Berries
- III. Lunch**
  - Salad with or Chicken or Turkey
  - Add anything healthy (nuts, berries, egg whites)
  - Careful selection of dressing (Balsamic Vinaigrette)
- IV. Afternoon Snack**
  - Same as Mid Morning
- V. Dinner**
  - Grilled Chicken, Turkey, or Fish
  - Vegetable
  - Fruit

### General Rules

- Eat within 30 minutes after waking up
- Eat every 3-4 hours
- People who eat mid morning snack typically eat 400 less calories per day
- No skin always grilled for white meat
- Color has to be added to diet (green, red, yellow)
- Liquids can be counted as color
- 15 different types of food per day
- B vitamins is essential for wound healing (dark green leafs)
- Eat only complex carbs
- Protein should be part of every meal

### Pre-Match Meals

- Half Bagel with non-fat peanut butter or banana
- 16oz. of gatorade