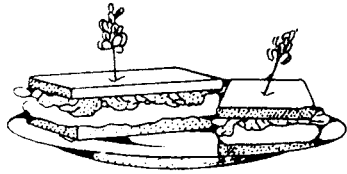


WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT



Five Minute Meals

Ideas for preparing quick, high-carbohydrate meals.



Sandwiches:

Lean roast beef, ham,
Turkey, chicken
Mozzarella cheese

To make a balanced meal, add fruit,
a vegetable or salad, milk, and
frozen yogurt.

Meals using leftovers:

Meal #1

Chili on a baked potato
Hard roll with margarine
Fresh or raw veggies
Fruit
Milk
Pudding

Meal #2

Leftover cold meat on a bun
Lettuce salad with dressing or raw
veggies
Fresh or canned fruit in light syrup
Milk
Gingersnaps

Meals From Scratch

Meal #1

Omelet with vegetables
Whole grain bagel or english muffin
Fruit (fresh)
100% fruit juice or milk

Meal #2

Grilled cheese sandwich
Tomato soup with crackers
Fresh fruit
Milk or 100% fruit juice

Meal #3

Lowfat cottage cheese with fresh
or canned fruit in light syrup
Bread or dinner roll
Tomato or V-8 juice
Pudding made with milk

Meal #4

Refried beans & cheese in a flour
tortilla
Salsa, tomatoes & lettuce,
avocado slices
Fresh fruit
Lowfat chocolate milk

