High “Carb” Menus For Wrestlers

Carbohydrates give your muscles strength and staying power!

**Breakfast**
- 1 cup cornflakes
- 1 cup 1% milk
- 2 slices whole wheat toast
- 2 tsp. butter
- 2 tsp. jam

**Breakfast**
- 2 English muffins
- 2 tsp. butter
- 2 tsp. jam
- 1 cup mixed berries
- 1 cup 1% milk.

**Lunch**
- 1 sandwich with 3 oz. turkey &
  - 2 tsp. mayonnaise
- 1 cup raw vegetables
- 1 orange
- 1 cup lowfat chocolate milk

**Lunch**
- 2 small hamburgers with buns,
  - catsup, mustard, pickles
- 1 cup corn
- 1 cup raw vegetables
- 1 peach or pear
- 1 cup 1% milk

**Snack**
- 1 banana
- 1 oz. string cheese

**Snack**
- 1 apple

**Dinner**
- 1/2 of 12” cheese pizza
- 2 cups tossed salad with
  - 4 tbsp. dressing
- 1 cup pineapple
- 1 cup 1% milk

**Dinner**
- 2 cups spaghetti noodles with
  - 1 cup meat sauce
- 2 slices garlic bread
- 2 cups tossed salad with
  - 4 tbsp. dressing
- 1 cup 1% milk

**Snack**
- 3 cups popcorn

**Snack**
- Shake made with
  - 1 banana
  - 1/2 cup 1% milk
  - 1 cup low-fat frozen yogurt