Wisconsin Wrestling Minimum Weight Project



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



Lunch

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

Snack

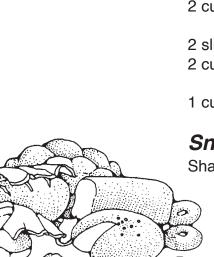
- 1 banana
- 1 oz. string cheese

Dinner

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

Snack

3 cups popcorn



Breakfast

- 2 English muffins
- 2 tsp. butter
- 2 tsp. jam
- 1 cup mixed berries
- 1 cup 1% 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 apple

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

Shake made with

- 1 banana
- 1/2 cup 1% milk
- 1 cup low-fat frozen yogurt