### High “Carb” Menus For Wrestlers

Carbohydrates give your muscles strength and staying power!

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#### Breakfast
1 cup cornflakes  
1 cup 1% milk  
2 slices whole wheat toast  
2 tsp. margarine  
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 cup orange juice  
1 oz. string cheese

#### Dinner
1/2 of 12” cheese pizza  
2 cups tossed salad with  
   6 tbsp. low-calorie dressing  
1 cup pineapple  
1 cup 1% milk

#### Snack
3 cups popcorn

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#### Breakfast
2 English muffins  
2 tsp. margarine  
2 tsp. jam  
1 cup canned fruit in light syrup  
1 cup 1% milk.

#### Lunch
2 small hamburgers with buns,  
   catsup, mustard, pickles  
1 cup corn  
1 cup raw vegetables  
1/2 cup peaches in light syrup  
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. low-calorie dressing  
1 cup 1% milk

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