

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



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

