

# Diet Plan

\*Less than 100lbs = 2000 Calories

\*More than 100lbs = 2500 Calories

\*More than 150lbs =3000 Calories

1. Eat 4-5x per day. Every 3-4 hours. It's going to be strange at first, but you'll get used to it.
2. You may want to pack your lunch. School food usually doesn't cut it.
3. Lean meats (turkey, fish, steak, chicken) are better than fatty meats (bacon, pork, sausage, beef)
4. Roughly your diet will be 50% carbs, 30% proteins, 10% fruits & veggies, 10% Fats & Dairy
5. EAT BIG TO GET BIG!

## Example of Healthy Diet (3,400 Calories for the day)

- 7am: Breakfast (800)  
-4 Egg Whites (200), Medium bowl Cereal (350), glass of Juice (150), 1 piece of Fruit (100)
- 11am: Lunch (800)  
-Left-overs from previous day (300), PBJ or other sandwich (250), Veggies (150), Fruit (100)
- 3:30: Mid-Afternoon (400)  
-Tuna sandwich (250) & Pretzels (150)
- 7pm: After workout (1000)  
-Lots of Meat (400), Medium amount of Carbs (300), Veggies (150), Chocolate Milk (150)
- 10pm: Bed Time snack (400)  
-Whatever you're craving within reason (no to things that are horrible for your body)

## Side notes:

-Drink as much water as you can. 1 bottle of water every 90 minutes is a good guide. 6-8lbs of water per day! It's going to be annoying with frequent potty stops. Your body is not 70% Gatorade or tea, it's 70% water. So 70% of what you drink should be water! When you're fully hydrated you perform 20% better than normal!

-Sleep 9+ hours each night. This means get your homework done early. 10pm is the latest anyone athlete should stay up. You need more sleep, because you work harder than an average person your age. You'll perform better in school and wrestling if you're well rested.

-If you are disciplined and consistent with sleeping, eating, and staying hydrated, you will have a huge advantage over the guys you wrestle who don't take these areas seriously.