



Iowa City West Trojan Wrestling



Meal Alternatives

Todd McKinley MD

University of Iowa Wrestling Team Physician

Page 1 of 3

1200 Calories/Day Diet Hard Cut

Wakeup Pre-Workout and Post AM Workout

On average these two meals added together should equal 20 g of Protein ; 70 g CHO; and 5 g Fat; and add up to approximately 400 calories. You can burn more pure fat if you minimize the Pre Workout meal but if working out completely hungry leads to a poor training session, this is not worth it. Never compromise your workouts due to food.

Several meals are outlined. Three have around 300 calories and three are around 100 calories. You will decide if you want the bigger meal before or after your morning workout. Fruits are great options here.

Pre AM Workout Choices

1. 2 cups of Cheerios, Wheaties, Corn Flakes, or Rice Krispies and 1 cup of 1% milk (no added sugar):

320 calories	16 g Protein	52 g CHO	6 g Fat
--------------	--------------	----------	---------
2. Plain Bagel and a Banana

310 calories	8 g Protein	63 g CHO	3 g Fat
--------------	-------------	----------	---------
3. 2 Cups Hot Cereal (Malt O Meal, Oatmeal, Cream of Wheat) 1/2 cup 1% milk & 1 tsp sugar (teaspoon not too much)

330 calories	12 g Protein	68 g CHO	1 g fat
--------------	--------------	----------	---------

Post AM Workout Choices

1. Fruit (options: 2 peaches; 2 plums; 1 apple; 1 banana; 1 grapefruit; 1 pear; 1 orange)

70-100 calories	17-25 g CHO
-----------------	-------------
2. Fruit and egg white (1 peach or plum and two hardboiled egg white (no yolk))

70 calories	8 g Protein	9 g CHO	0 g Fat
-------------	-------------	---------	---------
3. Vegetables: 1 cup of carrots; 2 medium sized tomatoes

70 calories	2 g Protein	16 g CHO	0 g Fat
-------------	-------------	----------	---------



Iowa City West Trojan Wrestling



Meal Alternatives

Todd McKinley MD

University of Iowa Wrestling Team Physician

Page 2 of 3

1200 Calories/Day Diet Hard Cut

Pre and Post Practice Meals

On average, these two meals should equal 40 g Protein ; 60 g CHO and no fat (maybe a gram or two) and add up to approximately 400 calories. Here I strongly recommend that the bulk of the calories be taken approximately one hour prior to practice. This means you have these in your school locker and eat them before your last class.

Pre and Post Practice Choices

1. Fruit (Look at the list for other alternatives)

1 Apple and 1 Banana:

190 calories	1 g Protein	45 g CHO	1 g Fat
--------------	-------------	----------	---------

2 Apples:

160 calories	0 g Protein	40 g CHO	0 g fat
--------------	-------------	----------	---------

2 Bananas:

220 calories	2 g Protein	50 g CHO	2 g fat
--------------	-------------	----------	---------

1 Mango and 1 Orange:

195 calories	1 g Protein	46 g CHO	1 g fat
--------------	-------------	----------	---------

2 cups unsweetened applesauce

225 calories	0 Protein	56 g CHO	0 g fat
--------------	-----------	----------	---------

2. 8 oz of Low fat yogurt with fruit (like a Yoplait)

230 calories	10 g Protein	42 g CHO	2 g fat
--------------	--------------	----------	---------

3. Fruit and lean meat

4 slices of lean Turkey lunchmeat and banana

200 calories	21 Protein	25 CHO	2 g fat
--------------	------------	--------	---------

4. 1 cup skims Cottage Cheese and 1 cup unsweetened apple sauce

240 calories	29 g Protein	31 g CHO	0 fat
--------------	--------------	----------	-------

5. Lunchmeat sandwich with no condiments (2 slices bread and 4 slices of meat)

220 calories	24 g Protein	24 g CHO	4 g fat
--------------	--------------	----------	---------



Iowa City West Trojan Wrestling



Meal Alternatives

Todd McKinley MD

University of Iowa Wrestling Team Physician

Page 3 of 3

1200 Calories/Day Diet Hard Cut

Evening Dinner

This is a good time to get Protein and less CHO. The mainstay here is lean meat and vegetable. Alternatively a bread source could be taken for the CHO. The meal should equal 65 g of Protein, 20 g CHO; and 5 g fat on average coming out to roughly 400 calories.

Evening Dinner Choices

1. 2 chicken breasts with complete removal of all skin and fat grilled or baked with a cup of cooked carrots.
430 calories 72 g Protein 16 CHO 8 g fat
2. 8 oz whitefish grilled or baked (Flounder, Cod, Roughy, Walleye) with a cup of broccoli cooked. This fish cannot be trout or salmon.
365 calories 72 g Protein 8 g CHO 4 g fat
3. 4 ounces of white tuna meat (in water) on one piece of bread with a tomato
370 calories 63 g Protein 19 g CHO 3 g fat