



Iowa City West Trojan Wrestling



Meal Alternatives

Todd McKinley MD

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Page 1 of 3

1500 Calorie/Day Diet Hard Cut

Wakeup Pre-Workout and Post AM Workout

On average these two meals added together should equal 20 g of Protein ; 80 g CHO; and 10 g Fat and add up to approximately 500 calories.

Again, larger and smaller meals are presented and it is the individual athlete's preference when to eat the bigger and smaller meal either before or after the morning. It has been shown scientifically that your body's ability to burn solid fat is at its peak immediately after waking up. If you can get a good workout before taking in a substantial fueling, you will burn more fat. If you are very hungry when you wake up and need more energy prior to your AM workout, then take in the larger meal before your workout as listed below. Do not compromise your workout due to hunger. It is more important to get a good workout than to worry just about burning fat.

Note that all of the Pre AM workout meals are around a little over 300 calories. The post AM workout suggestions are mainly fruits/vegetables and egg whites to complete your 500 calories with a good distribution of Protein, CHO, and Fats.

Pre AM Workout

1. Bagel with 1 tbsp of Peanut Butter

295 calories 12 g Protein 41 g CHO 10g Fat

2. 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

3. Plain Bagel and a Banana

310 calories 8 g Protein 63 g CHO 3 g Fat

4. 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

1. Fruits/Vegetables: See the fruit and vegetable chart to select a combination of fruit that you enjoy the most to supplement your other AM meal to finish around 500 total calories. I recommend AGAINST fruit juice as it is much more concentrated sugar without the bulk, fiber, and nutrition of whole fruit.
2. Fruit and egg whites: Alternatively, add some egg whites with your fruit to get your full compliment of Protein. You can add a whole egg if you are still below 10 g of Fat.

Check out the new West High Wrestling Home page at www.icwestwrestling.com.



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Page 2 of 3

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Pre and Post Practice Meals

On average, these two meals should equal 40 g Protein; 90 g CHO and 5 g of Fat. You will take in roughly 550 calories between the two meals.

The practical issue here again is that the Pre Practice meal will most likely need to be consumed at school. This is best taken an hour before your practice begins so the best alternative would be a cooler in your school locker and eat the food just before going to your last class of the day. Food choices need to be practical that you can take to school.

Here, I am biased toward taking most of the calories in the first meal BEFORE practice and topping off your energy after practice with the remainder of the calories. Remember, you still will have one good meal before bed.

Four meals are laid out. The after practice snack again should be fruit, vegetable, cottage cheese, skim cheese, or lean Protein s such as egg whites (or whole eggs if you can still take a little Fat) or lean meat such as extra lean turkey or white tuna. The after practice snack should supplement your calories up to the stated calorie, Protein, CHO, and Fat allotments.

Pre and Post Practice Meals

1. 1.5 cups of skim cottage cheese mixed with 1.5 cups of unsweetened applesauce (add Cinnamon its good)

360 calories	44 g Protein	46 g CHO	0 Fat
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2. 8 oz of Low Fat yogurt with fruit (like a Yoplait) with a banana and an egg

415 calories	17 g Protein	68 g CHO	9 g Fat
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3. Sub sandwich (4 slices of lean meat, lettuce, tomato) and an apple (no mayo)

380 calories	35 g Protein	50 g CHO	5 g Fat
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4. Lunchmeat sandwich with no condiments (2 slices bread and 4 slices of meat) and a cup of raw baby carrots and a tomato

325 calories	29 g Protein	43 g CHO	4 g Fat
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Page 3 of 3

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Evening Dinner

This is a good time to get Protein and less CHO. The mainstay here are lean meats and vegetables. Alternatively a bread source could be taken for the CHO. The meal should equal 65 g of Protein, 30 g CHO; and 5 g Fat on average coming out to roughly 450 calories. The best lean meats that truly avoid fats are completely skinned chicken breasts, white fish (note that Trout, Salmon, Sea Bass are healthy but also loaded with Fat, they will come into play once you are on a maintenance diet), and white tuna in water. Alternatively, skim or 1% cottage cheese is an outstanding source of Protein that is a complete Protein. Look at the food chart and get creative with whatever vegetable you like.

Evening Dinner Choices

- 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
- 12 oz whitefish grilled or baked (Flounder, Cod, Roughy, Walleye) with a cup of broccoli cooked. One plain dinner roll .
445 calories 74 g Protein 26 g CHO 4 g Fat
- 6 ounces of white tuna meat (in water) sandwich with a tomato
435 calories 65 g Protein 31 g CHO 4 g Fat