



# Iowa City West Trojan Wrestling



## Meal Alternatives

Todd McKinley MD  
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## 2200 Calorie/Day Low Maintenance Diet

### Wakeup Pre-Workout and Post AM Workout

The AM meals will now provide 700 calories. 40 g will be Protein, 110 grams CHO, and 10 g of Fat. Now that you have made your weight, the taste really comes back up. I personally think the hot cereals with 1% milk are a great alternative. For some reason, they really stick with you a long time during the day.

Again, whether you take a bigger meal before your AM workout or after is personal preference. If a bigger meal is necessary to ensure your morning workout is strong, take the food right when you wake up. If you can get a good workout with a couple of pieces of fruit and slice of bread, you will burn more pure Fat if you take your bigger meal after the AM workout.

Once again, use fruits, vegetables, or egg whites to supplement the remaining calories, Protein, CHO, or Fats in the second meal.

### Here are some suggestions for the larger of the two meals:

1. 2 cups of Oatmeal with a banana and 1 tsp of sugar, 1 cup of 1% milk.

550 calories      20 g Protein      87 CHO      7 g Fat

2. Six 5" pancakes (not grilled in butter, you have to use a nonstick spray) and 2 tbsp syrup. 2 eggs (again no butter, non stick spray). You could cut down on the Fat with this suggestion if you ate just the egg whites:

Whole eggs:

600 calories      24 g Protein      81 g CHO      22 g Fat

Egg whites:

480 calories      22 g Protein      80 g CHO      12 g Fat



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### Pre and Post Practice Meals

Now that you have made weight, you should NEVER have to go to practice hungry. You may still feel a bit hungry, but there is plenty of energy available now in these meals to ensure your practice intensity is at its peak. These two meals now provide 700 calories with 40 g of Protein, 90 g of CHO, and 20 g of Fat. Once you have made weight, your bodies desire to burn Fat as energy is increased. The percent of fat calories is increased in the maintenance diet.

As previously stated, the bulk of the calories from these two meals should be before practice. Now, however, I would recommend that in the post-practice meal, a concentrated Protein source be taken. This is a good time for egg whites, skim or 1% cottage cheese, or lean meats.

The Pre Practice Meal can be any of the suggestions for the 1800 cal/day diet. The bagels with Peanut Butter or two pieces of Pizza are good because they get a bit of fat back into the diet (they also taste good). Also, you could add a bit more mayo to your Sub Sandwich if you want.

### Here are a couple of other suggestions:

1. ¼ pound Hamburger (90% lean, this eliminates McDonalds) on a Bun with tomato, lettuce, and ketchup  

510 calories	32 g Protein	44 g CHO	24 g Fat
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2. Tuna Salad Sandwich (6 oz of Tuna mixed with 2 tbsp of Mayo) with Tomato and lettuce.  

620 calories	68g Protein	30 g CHO	24 g Fat
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### Evening Dinner

The Dinner will come in around 800 calories with 65 g of Protein, 60 g CHO and 35 g of Fat. Now the taste comes back into the diet as you need more fat calories. Again, as previously stated, once you get down to weight, and you are in top physical condition, your body prefers to burn a higher percentage of fat for energy. The Protein requirements remain high also to maintain your muscle mass.

Now, go back to some of the foods you really like. You should be able to read a food label and figure out if some of your favorite meals stay within these criteria. That being said, do not sacrifice nutrition for desire during the season. Your primary goal is eating for performance. You cannot lose sight of this. Eating is probably your biggest “Habit”. If you start falling back into off-season habits, things can quickly spiral out of control.

### Here are some suggestions:

1. Spaghetti and meat sauce (2 cups cooked spaghetti with one cup of tomato sauce with 4 oz of lean ground beef:

685 calories      38g Protein      82 CHO      23 g Fat

2. 8 oz of lean roast ham with a cup of cooked noodles and a cup of corn

815 calories      72 g Protein      67 CHO      26 g Fat