



# Iowa City West Trojan Wrestling



## Meal Alternatives

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Page 1 of 2

## 1800 Calorie/Day Moderate Cut

### Wakeup Pre-Workout and Post AM Workout

On average these two meals added together should equal 20 g of Protein ; 90 g CHO; and 10 g Fat and add up to approximately 550 calories. The suggestions here are nearly identical to the 1500 cal/day diet. To get the extra 50 calories, another piece of fruit is your best alternative. Also remember, you can really give yourself a lot better feeling and attitude with ongoing complete hydration at all times. Drink a lot of water.

#### 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.



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Page 2 of 2

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### Pre and Post Practice Meals

Again, the goal here is optimizing fueling to practice so the bulk of calories between these two meals should be around an hour before practice. These two meals will provide on average 700 calories broken down into 40 g of Protein, 100 g of CHO, and 15 g of Fat. Here are three suggestions for before practice. Again, the post-practice snack should be fruit, eggs, lean meats, etc... to fulfill the calorie and nutrient requirements.

#### Pre and Post Practice Meals

1. Sub Sandwich (4 slices of lean meat, lettuce, tomato, and tbsp of mayo) and an apple  
480 calories      35 g Protein      50 g CHO      14 g Fat
2. Two bagels with 2 tbsp of Peanut Butter  
600 calories      24 g Protein      82 g CHO      14 g Fat
3. 2 Slices of cheese pizza (normal not thick crust)  
580 calories      30 g Protein      72 g CHO      18 g Fat

### Evening Dinner

Dinner will provide another 550 calories with 65 g of Protein, 60 g of CHO, and 10 g of Fat. Any of the dinner Choices for the 1500 cal/day dinner can be augmented with another serving of vegetables or dinner roll and no/very little butter. A couple other options are given:

#### Evening Dinner Choices

1. 8 oz lean Sirloin Steak or a lean 8 oz pork Chop (cut off all visible Fat and 1 cup of cooked carrots)  
520 calories      67 Protein      16 CHO      18 g Fat
2. 10 oz of lean roasted white turkey breast and a dinner roll  
550 calories      80 g Protein      35 CHO      10 Fat