**SAMPLE MENUS FOR WRESTLERS**

**Breakfast**

Blender Drink

Banana, 1..................... 100

Milk, 1 cup 2%.............. 120

Peanut Butter, 1t........... 95

Toast, 1 slice............................. 70

Jam, 1t...................................... 15

Calories.................................... 400

**Lunch**

Hamburger on Bun

Bun............................... 120

Grnd. Beef, 2 oz........... 120

Catsup, 1T.................... 20

French Fries.............................. 220

Milk, 1 cup 2%.......................... 120

Oatmeal Raisin Cookies(2)

(2 1/2" diameter)....................... 120

Calories.................................... 760

**Dinner**

Roast Pork, 3 oz........................ 220

Baked Potato............................ 100

Broccoli, 1 stalk ........................ 20

Margarine, 2t............................. 70

Bread, 1 slice............................ 70

Sliced peaches, 1 cup............... 130

Milk, 1 cup 2%.......................... 120

Calories.................................... 730
**Total Calories.......................... 1890**

**Breakfast**

Grapefruit Juice, 6 oz................ 75

Unsweetened Cereal,

1 cup......................................... 110

Banana, 1 medium.................... 100

Milk, 1 cup 2%.......................... 120

Toast, 1 slice............................. 70

Margarine, 1t............................. 35

Jam, 1t...................................... 15

Calories.................................... 525

**Lunch**

Chicken Salad Sandwich

Bread, 2 slices.............. 140

Chicken Breast, 2 oz..... 120

Lo Cal Dressing, 1T....... 30

Milk, 1 cup 2%.......................... 120

Apple, 1 medium....................... 80

Calories.................................... 490

**Dinner**

Chili, 2 cups.............................. 600

Saltine Crackers, 12.................. 160

Milk, 1 cup 2%.......................... 120

Carrot and Celery Sticks............ 10

Calories.................................... 890
**Total Calories.......................... 1945**

**Breakfast**

Apple Juice, 6 oz...................... 90

Oatmeal, 1 cup......................... 145

Raisins, 1T................................ 30

Milk, 1 cup 2%.......................... 120

Toast, 1 slice............................. 70

Margarine.................................. 35

Calories.................................... 490

**Lunch**

"Sloppy Joe"

Hamburger Filling, 2 oz............. 200

Bun........................................... 140

Carrot and Celery Sticks............ 10

Milk, 1 cup 2%.......................... 120

Chocolate Chip Cookie

1 small...................................... 50

Calories.................................... 520

**Dinner**

Turkey Tacos

Taco Shells, 3............... 210

Picante Sauce, 2 oz...... 30

American Cheese,

4 oz. shredded.............. 220

Ground Turkey, 4 oz...... 310

Lettuce, Onion,

Tomato, etc................... 10

Milk, 1 cup 2%.......................... 120

Calories.................................... 900

**Total Calories...........................1910**

**Breakfast**

Orange Juice 6 oz. 80

English Muffin 140

Peanut Butter, 1T 90

Banana, 1 medium 100

Milk, 1 cup 2% 120

Calories 530

**Lunch**

Cheese Pizza, 2 slices.............. 400

Milk, 1 cup 2%.......................... 120

Apple, 1 medium....................... 80

Calories 600

**Dinner**

Chicken and Noodles,

1 cup......................................... 300

Cooked Carrots, 1/2 cup............ 25

Lettuce Salad............................ 10

Dressing, 1T.............................. 60

Milk, 1 cup 2%.......................... 120

Calories.................................... 515

**Total Calories 1645**

**Breakfast**

French Toast,

2 slices..................................... 300

Syrup, 2 oz................................ 200

Strawberries, 4 oz.,

unsweetened............................. 25

Milk, 1 cup 2%...........................120

Calories.................................... 645

**Lunch**

Turkey Sandwich

Bread, 2 slices.......................... 140

Turkey Breast, 3 oz................... 105

Lettuce, Tomato Slices............... 5

Lo-cal Mayonnaise, 1T............... 30

Milk, 1 cup 2%.......................... 120

Calories.................................... 400

**Dinner**

Beef Stew, 2 cups..................... 400

Dinner Roll, 1............................ 70

Margarine, 1t............................. 35

Applesauce, 4 oz....................... 55

Milk, 1 cup 2%.......................... 120

Lo-cal Pudding, 1 cup................ 130

Vanilla Wafers, 6....................... 100

Calories.................................... 910

**Total Calories.......................... 1955**

**Breakfast**

Cantaloupe, 1/4 60

Egg, poached 75

Toast, 2 slices 140

Margarine, 1t 35

Jam, 2t 30

Milk, 1 cup 2% 120

Calories 460

**Lunch**

Tuna Pocket

Pita Bread, 1................. 120

Tuna, 3 oz.................... 100

Lo-cal Mayonnaise, 2T.. 60

Lettuce, tomato slices... 5

Pretzels, 1 oz............................ 110

Milk, 1 cup 2%.......................... 120

Calories.................................... 515

**Dinner**

Broiled Turkey Breast,

3 oz........................................... 130

Wild Rice Pilaf, 1 cup................ 270

Spinach Salad........................... 15

Dressing, 1T.............................. 60

Angel Food Cake, 1 slice........... 125

Chocolate Syrup, 2T.................. 75

Milk, 1 cup 2%.......................... 120

Calories.................................... 795

**Total Calories 1770**