

Wrestler's Diet (adapted from OHSU chemical reaction diet)

- No substitutions!! Also no margarine, butter, or mayonnaise, catsup
- Fluids - 8oz 3 times daily (unless otherwise stated are water, die soda, tea, or coffee w/o additives)
- Only salt lightly if any at all (salt makes you retain water). Pepper is good.
- Mustard can be used for dipping

Day 1

Breakfast

1 slice of wheat toast
2 tbs. Peanut butter
½ cup grapefruit juice

Lunch

4 oz. Drained tuna packed in water
1 slice of wheat bread

Dinner

4 oz. chicken breast	1 small apple
1 cup peas or green beans	4 oz. Yogurt

Day 2

Breakfast

1 slice of wheat toast
1 hard boiled egg
1 banana

Lunch

1 cup cottage cheese
6 saltine crackers

Dinner

4 oz. Hamburger (no bun)	1 banana
1 cup broccoli	½ cup vanilla ice cream
½ cup carrots (raw)	

Day 3

Breakfast

1 oz. cheddar cheese (1 slice)
6 saltine crackers
1 small apple

Lunch

1 hard boiled egg
1 slice of wheat toast

Dinner

½ cup carrots (raw)	1 cup cantaloupe
1 cup cauliflower	4 oz. yogurt
4 oz. drained tuna packed in water	