

The Warrior Meal Plans

By Steve Preston MSed

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About Steve Preston

Steve Preston, M.Sc., is a Strength and Conditioning coach in Virginia, author of *Ultimate Wrestling Strength*, a contributing author to *Wrestling USA* magazine, and a 16 year Physical Education Specialist with Virginia Beach City Public Schools.

Steve has worked along side some of the best trainers, coaches and strength athletes in the world over a 30 year period. He continues to study the latest training, supplementation, and nutrition research that will help wrestlers and mixed martial artists improve their strength, speed, power and conditioning on the mat or in the ring.

Steve's websites include:

www.UltimateWrestlingStrength.com - A complete year-round training system for wrestlers of all ages. Preseason, In-season and Offseason programs for youth through college wrestlers. This is the number 1 rated program for wrestlers in the world.

www.UltimateWrestlingPower.com - This program is a body weight only program for wrestlers and teams to use. It can be done anywhere with minimal equipment. It's designed to increase strength and power as well as function on the wrestling mat.

www.WrestlingPerformanceKit.com - Everything a wrestler, coach or parent needs to get started on the right path with wrestling training and nutrition. Comes with a training guide of workouts, a cookbook, meal plans and more.

www.WrestlingConfidence.com - A complete mental toughness training course for wrestlers to develop mental strength for wrestling. This program is with Brian Cain, former mental training coach to George "Rush" St. Pierre.

www.WrestlingPerformance.com - Steve's private membership site with hundreds of articles, workouts, meal plans, interviews, videos that can't be seen anywhere else. Plus, Steve will answer all your questions regarding workouts and nutrition in the members-only forum.

www.WorkoutsforWrestlers.com - This is a collection of 12 specialization workouts for wrestlers. Each workout is designed to improve a particular aspect of your wrestling in 4 weeks. There are workouts for grip strength, foot speed, take down speed, take down defense and much more.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for education purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy athletes who have passed all physicals related to sports and activities.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise and training programs pose some inherent risks. The author, editor and publisher recommend that all readers who embark on this program know their physical limitations. Before practicing the exercises and program in this book, be sure your equipment is properly secured, maintained and in working order.

Don't lift heavy weights if you are alone, without sufficient spotting, inexperienced, tired or injured. Be sure to learn proper form on all exercises with the support of a qualified trainer or coach. Always ask for instruction and assistance when lifting. Always warm up prior to each workout and each exercise within your workout.

Consult your physician before starting any exercise or nutrition program. If you are taking any medications, you must consult your physician prior to beginning any exercise program, including any of the workouts in the Workouts for Wrestlers program. If you experience dizziness, shortness of breath, or lightheadedness stop exercising immediately, and consult a physician.

No training program is complete without a quality, supportive nutrition program. Following a training program with no regard for your nutrition is like keeping your car washed, waxed and clean but forgetting to check the oil.

Nutrition is the hard part because it takes even more discipline. Proper nutrition is thinking about each meal, each day. But it's worth it. If you want to make more progress in your strength and lean muscle you can't neglect your nutrition.

I've made this really simple for you. You first decide whether you want to gain muscular body weight or shed fat and not gain body weight. Once you know what you want, you simply follow one of the 2 provided meal plans:

1. The Muscle Gaining Meal Plan
2. The Fat Shredding Meal Plan

That's it. Nothing complicated here. You just follow the meal plans to the best of your ability, and the rest will follow. There aren't calorie restrictions either. These foods are the nutritionally-dense foods that allow you to eat until you are satisfied and still reach your goals.

If you follow the Muscle Gaining Meal Plan you eat the same foods but adjust food intake according to your appetite. When you are training hard, your body will "ask" for more food as you need it. The result is that you will start packing on some lean, strong, appealing muscle along with your enhanced wrestling performance.

If you follow the Fat Shredding Meal Plan you have some variety in your meal choices. Again, you can eat until you are content. After a few days on these meal plans your body will level off and create an appetite level that allows you to eat until full while dropping body fat. When you follow the Warrior training system with the Fat Shredding Meal Plan you will drop body fat like crazy.

Muscle Gaining Meal Plan

Meal 1: Shake

Almond Milk - 1-1.5 cups

Frozen Berries - 1 cup

Banana - 1/2-1 whole

Peanut Butter - 1-3 tbsp

Fresh Baby Spinach - 1 cup

Whey Protein - 1 scoop

* Add all of the above ingredients to blender. Blend for 60 seconds. Enjoy.

Meal 2:

Oatmeal - 1 cup

Whey Protein - 1 scoop

Meal 3:

3-4 slices of Turkey, Ham or Chicken Breast deli Meat

2 slices whole wheat bread

Almonds - 8-12

2 cups low-fat milk

Post-Workout:

Carbohydrate Powder - 2 scoops

Whey Protein - 1 scoop

Creatine - 1 scoop

Meal 4:

4-8 oz of lean red meat, chicken, fish

Brown Rice, Potatoes, or Pasta

Green Vegetable

Side Salad

Evening Snack:

Chocolate Milk - 1.5 cups

Fat Shredding Meal Plan

Pre-Breakfast Supplements

- 4 cups of water
- 1-2 grams of vitamin C

Breakfast

Beverages: Water, Green Tea or Coffee

Sample Meal Options:

- Blender Drink: 1 scoop whey, 1.5 cups almond milk, frozen berries, 1 tbsp natural peanut butter, 1/2 banana, 1 cup spinach
- Eggs with vegetables and 1 piece of fruit
- Almond Butter Sandwich with fruit

Morning Snack

Beverages: Water, Green Tea or Coffee

Sample Snack Options:

- 1/2 serving of Blender Drink from above
- Fruit and raw nuts or nut butter
- Vegetables and Hummus

Lunch

Beverages: Water or Green Tea

Sample Meal Options:

- High quality lean meat with vegetables and 1 piece of fruit
- High quality lean meat or beans with Giant Green Salad and 1 piece of fruit
- Almond butter sandwich, small green salad, and 1 piece of fruit
- Vegan chili or beans, rice, avocado and salsa and 1 piece of fruit

Afternoon Snack

Beverages: Water or Green Tea

Sample Snack Options:

- Fruit and raw nuts or nut butter
- Vegetables and Hummus
- 1/2 Serving of Blender Drink from above

Dinner

Beverages: Water

Sample Meal Options:

- High quality lean meat with vegetables and 1 piece of fruit
- High quality lean meat or beans with Giant Green Salad and 1 piece of fruit
- Vegan chili or beans, rice, avocado and salsa and 1 piece of fruit

Evening Snack

Beverages: Water

Sample Snack Options:

- 1/2 serving of Blender Drink
- Fruit and small portion of nut butter

Grocery List

- Red apple
- Bananas
- Raspberries
- Pineapple
- Blueberries
- Broccoli
- Red, Green and Orange Peppers
- Baby Spinach
- Baby Carrots
- Sliced Mushrooms
- Tomato
- Avocado
- Grapefruit
- Oranges
- Cherries
- Watermelon
- Almond Milk
- Hemp Milk
- Dates
- Almond Butter
- Casher Butter
- Black Beans
- Kidney Beans
- Hummus
- Organic, free-roam eggs
- Chicken
- Grass-fed steak
- Grass-fed beef

* This is a good grocery list if you're following the Fat Shredder Meal Plan.