Shaler Area Wrestling Association
2409 E Springwood Drive, Glenshaw, PA 15116
https://www.shalerareawrestling.com
shalerareawrestlingassoc@gmail.com

Breakfast

- Carbs
  - Oats
  - Low sugar, whole grain cereal (think Cheerios, Rice Krispies, Special K)
  - Whole wheat bread/muffins/bagels
  - Bananas/berries
  - Waffles/pancakes
  - Kodiak cake premix breakfast muffins/oats
  - Orange juice/fruit juice
- Fats
  - Peanut butter/almond butter
  - Cream cheese
  - Nuts (peanuts, almonds, cashews)
  - Whole eggs
  - Bacon
- Protein
  - Yogurt/cottage cheese
  - Protein shake/powder
  - Sausage
  - Protein bar

Lunch

- Carbs
  - Whole wheat wraps
  - Whole wheat bread/muffins
  - Noodles
  - Rice (brown or white)
  - Popcorn / PopCorner chips
  - Banana
- Fats
  - Cheese
  - Whole eggs
  - Nuts (peanuts, almonds, cashews)
- Protein
  - Lunch meat (turkey, chicken, ham)
  - Chicken breast
  - Ground turkey
  - Sausage
- Vegetables
  - Broccoli/cauliflower
  - Green beans
  - Bell pepper
  - Cucumber

Dinner

- Carbs
  - Rice
  - Whole wheat bread/wraps
  - Noodles
- Fats
  - Cheese
  - Whole eggs

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    - Bacon
- Protein
    - Chicken breast
    - Ground turkey/beef
    - Sausage
    - Lunch meat (turkey, chicken, ham)
- Vegetables
    - Broccoli/cauliflower
    - Green beans
    - Bell pepper

Snack

- Carbs
    - Cucumber
    - Bell pepper
    - Carrots
    - Banana/berries
    - Popcorn / cleaner chips (PopCorners, whole grain chips, pretzels)
- Fats
    - Cream cheese
    - Honey
    - Peanut butter/almond butter
- Protein
    - Protein bar/shake/powder
    - Yogurt/cottage cheese
    - Beef/chicken jerky