

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
Subject: Does Eating More Protein Mean More Muscle?
Date: March 18, 2019 at 11:39 AM
To: lanny@wrestlingusa.com



Cutting edge information on Sports Nutrition.

[View this email in your browser](#)



Eat 2 Win
Nutrition



Popular Sports Nutrition News This Week

- [Does Eating More Protein Mean More Muscle?](#)
- [What Is an Acceptable Amount of Weight to Lose Per Week?](#)
- [What are Signs of Dehydration in Athletes?](#)
- [How Much Fluid Should I Drink Before A Game?](#)
- [On-Demand Webinar: Managing the Grind for Championship Wrestling Performance](#)



[Free Live Webinar]
Protein Use, Timing, and Supplementation for Athletes
Wednesday March 27th
12pm or 7pm CST
[Register Here](#)

Sports Dietitian Team Services

Would You Like a Sports Dietitian for Your Team?
[Contact Us to Schedule a Free Consultation Session](#)
[Learn More](#)



Your Athletes Will Improve Their...

Eating Habits | Energy | Weight | Strength | Focus | Recovery | Endurance

MYSPORTS



Eat 2 Win



D I E T I T I A N



Nutrition App



[Apple](#) | [Google Play](#)

eat2win.online

Develop a Year-Round Sports Nutrition Program with **Eat2Win: Premium**

Empowering Dietitians, Athletic Trainers, Strength and Conditioning Specialists, Coaches, Personal Trainers, Health Coaches or Administrators for Wellness, Fitness or Sports Performance Centers



Out-of-Season

Pre-Season

In-Season

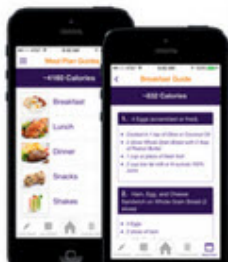
Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits &Vegetables
1	Sleep & Muscle Recovery

Sample Game Plan

[Learn More](#)

Request to Join our [Private Facebook Group](#)

We discuss all things related to our Eat 2 Win Nutrition App



Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian



Copyright © 2019 NWCA, All rights reserved.

You were added to the list by the NWCA as a High School Wrestling Coach.

Our mailing address is:

NWCA
330 Hostetter Road
Manheim, PA 17545

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

