

**From:** National Wrestling Coaches Association (NWCA) newsletter@nwca.cc  
**Subject:** How Should Wrestlers Fuel During a Weight Loss Descent?  
**Date:** April 22, 2019 at 7:45 AM  
**To:** lanny@wrestlingusa.com



Cutting edge information on Sports Nutrition.

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**Eat 2 Win**  
**Nutrition**



## Popular Sports Nutrition News This Week

- [How Should Wrestlers Fuel During a Weight Loss Descent?](#)
- [How to Unlock the Power of Phytochemicals in an Athlete's Diet?](#)
- [Do I Need to Consume Protein Powder to Gain Weight?](#)
- [What are the Best Ways to Save Money when Grocery Shopping?](#)
- [What is a Superstarch and How Does it work to Improve an Athlete's Energy Levels During Exercise?](#)

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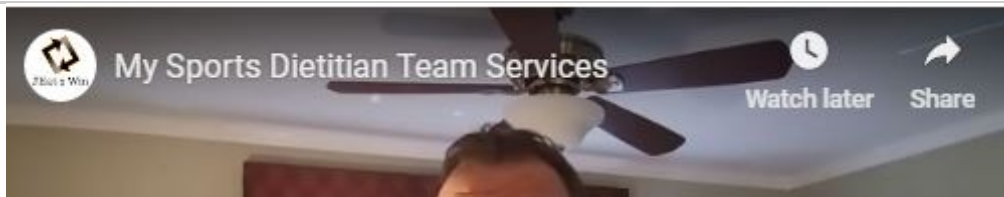
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### Your Wrestlers Will Improve Their...

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

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**Out-of-Season**

**Pre-Season**

| Challenges |                           |
|------------|---------------------------|
| Weeks      | Theme                     |
| 3          | Post-Workout Nutrition    |
| 3          | Importance of Breakfast   |
| 2          | Snacks for Energy         |
| 2          | Strategies for Eating Out |



**In-Season**

|   |                            |
|---|----------------------------|
| 2 | Benefits of Meal Timing    |
| 1 | Hydration for Performance  |
| 1 | Role of Fruits &Vegetables |
| 1 | Sleep & Muscle Recovery    |

## Sample Game Plan

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Thanks,

**Tavis Piattoly MS, RD, LDN**

**My Sports Dietitian**





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