

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
Subject: Maintain Energy Levels for an Entire Wrestling Tournament?
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Cutting edge information on Sports Nutrition.

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Eat 2 Win
Nutrition



Popular Sports Nutrition News This Week

- [How Can a Wrestler Maintain their Energy Levels for an Entire Wrestling Tournament?](#)
- [How to Choose a Shaker Bottle for my Protein Supplement?](#)
- [What are the Top 3 Post-Workout Tips from a Sports Dietitian?](#)
- [Should an Athlete Consume any Type of Fats in their Diets?](#)
- [Top 10 Tips to Decrease Inflammation and Enhance Immunity in the Athlete](#)



PROTEIN!

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

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Out-of-Season

Pre-Season

In-Season

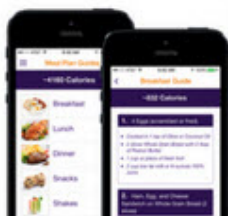
Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits & Vegetables
1	Sleep & Muscle Recovery

Sample Game Plan

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





Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian



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