

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
Subject: What Food Should Wrestlers Focus on Before a Practice or Match?
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Cutting edge information on Sports Nutrition.

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Eat 2 Win
Nutrition



Popular Sports Nutrition News This Week

- [What Food Should Wrestlers Focus on Before a Practice or Match?](#)
- [How does Protein Impact an Athlete's Bone Health?](#)
- [How to Grocery Shop like a BOSS and Save Money and Time?](#)
- [What are 3 Simple Hacks to Become a Healthier Cook Today?](#)
- [What Secrets do the Supplement Companies not Want You to Know?](#)

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Challenges

Weeks

Theme



Out-of-Season

Pre-Season

In-Season

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





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