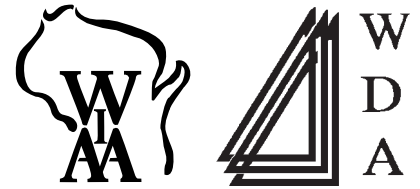
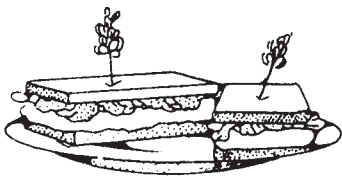


WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT



Five Minute Meals

Ideas for preparing quick, high-carbohydrate meals.



Sandwiches:

Lean roast beef, ham,
Turkey, chicken
Mozzarella cheese

To make a balanced meal, add
fruit, a vegetable salad, milk,
and frozen yogurt.

Meals using leftovers:

Meal #1

Chili on a baked potato
Hard roll with margarine
Fruit
Milk
Pudding

Meal #2

Leftover cold meat on a bun
Lettuce salad with dressing
Canned fruit in light syrup
Milk
Gingersnaps

Meals From Scratch

Meal #1

Omelet with vegetables
Bagel
Fruit
Juice

Meal #2

Grilled cheese sandwich
Tomato soup with crackers
Fruit
Milk

Meal #3

Lowfat cottage cheese with
canned fruit in light syrup
Bread or dinner roll
Tomato or V-8 juice
Pudding made with lowfat milk

Meal #4

Refried beans & cheese in a flour
tortilla
Salsa, tomatoes & lettuce
Fruit
Lowfat chocolate milk

