



THE FEMALE WRESTLER'S GUIDE TO

WEIGHT MASTERY

BY KATHERINE SHAI



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DISCLAIMER

This guide is for educational purposes only. It is not intended to replace medical advice, diagnosis, or treatment. Every athlete is different, and weight management strategies should be tailored to individual needs, health status, and training goals. Always consult with a qualified healthcare provider, registered dietitian, or sports nutrition professional before making significant changes to your diet, hydration, or weight-cutting routine.

The authors, contributors, and publishers of this guide are not liable for any injuries, health issues, or outcomes resulting from the use or misuse of the information provided.

INTRODUCTION

Hi there 🖐️

My name is Katherine Shai, and I am passionate about helping athletes navigate the challenges of wrestling, including one of the toughest aspects—safe weight management. As a 7x National Team Member, 2x Olympic Team alternate, and World University Champion for Team USA, I've experienced firsthand how proper nutrition, hydration, and mindset impact performance on the mat.

Through years of training and competing, I saw the lack of guidance on safe weight cutting for female wrestlers. This inspired me to create a science-backed, practical guide to help wrestlers, coaches, and parents manage weight effectively without sacrificing strength or well-being.

Wrestling is more than making weight—it's about fueling performance and competing at your best. I hope this guide helps you stay strong, healthy, and confident in your journey. Wrestle tough! ⚡

- Coach Shai



Foundations

WHY THIS GUIDE EXISTS

You deserve to compete at your best—without harming your body.

Too often, female wrestlers are left to figure out weight cutting alone, relying on unsafe methods passed down from others.

This guide is different. It's not about shrinking your body—it's about fueling performance. Built from science and real athlete experience, it helps you stay strong, sharp, and safe.

Women's bodies respond differently to cuts.

CUTTING WEIGHT IS MORE COMPLEX DUE TO

- Hormonal shifts
- Increased sensitivity to under-fueling and dehydration
- Higher risk of energy deficiency & disordered eating

**CRASH CUTS MIGHT DROP WEIGHT FAST
BUT THEY DRAIN YOUR STRENGTH, RAISE YOUR RISK OF
INJURY, AND OPEN THE DOOR TO EATING DISORDERS.**

**A SAFE APPROACH PROTECTS
STRENGTH, HEALTH, AND MENTAL CLARITY.**



Foundations

UNDERSTANDING WRESTLING & WEIGHT

WHY WEIGHT CLASSES EXIST

Weight classes in wrestling exist to ensure fair competition. They create a level playing field by matching athletes against others of similar body mass, minimizing the advantage of size and maximizing the importance of skill, technique, and strategy. This system protects athletes from being consistently overpowered and encourages technical mastery at every size.

⚠️ RISKS OF UNSAFE WEIGHT CUTTING

- **Dehydration:** Even losing just 2-3% of your body's water can reduce strength, speed, and focus. You also risk fainting, kidney damage, and heart strain.
- **Hormonal Disruption:** For girls and women, extreme cutting can cause your period to stop—a red flag that your body is under stress. Over time, this can hurt your bones, your mood, your performance, and your future health.
- **Injury Risk:** When you don't eat enough or fuel properly, your body breaks down muscle and can't repair itself. That's how chronic injuries, like stress fractures or tendinitis, sneak up on you.

Even if you “make weight,” your body may not be ready to compete. Tired, weak, or mentally foggy wrestlers don't win matches. Smart wrestlers fuel to win.

WRESTLING AT YOUR NATURAL WEIGHT CLASS

Your natural weight is the number your body tends to sit at when you're training hard and eating enough to feel good. Wrestling at or near that weight often means:

- You're stronger, faster, and more focused
- You have more fun and recover quicker
- Your body—and brain—thank you later

Cutting weight can work if it's done gradually, with a plan. Too often, cuts are rushed, extreme, or fueled by pressure, not strategy. If you're asking, “Should I cut to the next class down?”, ask instead: **Will this help me wrestle better, or just weigh less?**

Foundations

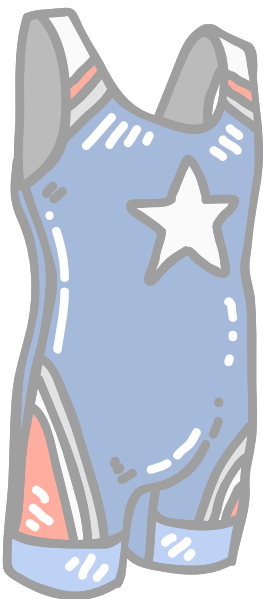
FUELING VS CUTTING: WHAT’S THE DIFFERENCE?

FUELING

Fueling is about giving your body the energy it needs to train hard, recover, build strength, and stay healthy. It’s your everyday foundation—whether you’re gaining, maintaining, or adjusting weight.

CUTTING

Cutting is a temporary, strategic adjustment to hit a lower weight for a specific competition. Cutting is not starvation. It’s not punishment. It’s a planned, controlled shift in water and food intake over a few days leading up to weigh-in.



	FUELING	CUTTING
PURPOSE	Built strength, recover, energy	Make weight for competition
TIMEFRAME	Long-term, consistent	Short-term, 3-7 days max
HOW IT FEELS	Full, fueled, energized	Temporary lightness + focus
RISK IF MISMANAGED	Under-recovered, energy dips	Hormone damage, strength loss, burnout

FUEL UP TO PERFORM. CUT TO WEIGH IN.
EMPTY TANKS DON’T WIN RACES.

Foundations

TRAINING-WEEK FUELING ESSENTIALS

When you eat matters just as much as what you eat. Strong training weeks are built on steady, everyday fueling—not last-minute fixes. Hit the targets below and you'll start every practice recovered, hydrated, and ready to wrestle hard.

PRE PRACTICE (1–3 HOURS OUT):

Light meal with carbs + a little protein for energy.

Example: Rice & chicken, oatmeal with protein powder, banana & peanut butter.

POST PRACTICE (WITHIN 0–60 MINUTES):

Rebuild muscle, refill energy (20–30 g protein + fast carbs)

Example: Grilled chicken + sweet potato; Greek yogurt + berries + granola

THROUGHOUT THE DAY

Eat every 3–4 hrs to prevent energy dips, cravings & muscle breakdown; sip water and electrolytes steadily—don't chug gallons at night.

MACRO	WHY IT MATTERS	TARGET & SOURCES
PROTEIN	Builds strength, speeds recovery, supports immunity	20–30 g each meal • chicken, lean beef, eggs, Greek yogurt, tofu, protein shake
CARBS	Power training, refill energy for recovery	30–40 g complex carbs — oats, rice, fruit *Extra around practice to boost performance
FATS	Steady hormones & energy	(10–15 g) healthy fat in meals (away from practice) — avocado, olive oil, peanut butter
HYDRATION	Fuels focus & performance	2–3 L (70–100 oz) water daily + electrolytes on high-sweat day

Fuel Plan: Practice-Day

SAMPLE PRACTICE-DAY MEAL PLAN

7:00 AM — WAKE-UP

8–12 oz water + 1 slice sprouted-grain toast with 2 scrambled eggs.
Light protein + carbs without loading sodium.

10:00 AM — MID MORNING SNACK

$\frac{3}{4}$ cup plain Greek yogurt (20 g protein) + 1 cup mixed berries + 1 Tbsp honey.
Balanced macro hit; low fat keeps digestion easy.

1:00 PM — LUNCH

Burrito bowl: $\frac{3}{4}$ cup rice (34 g carbs), 4 oz grilled chicken (25 g protein), salsa, lime juice. Carbs + lean protein; minimal fat before practice.

3:30 PM — PRE PRACTICE (90 MIN BEFORE)

1 large banana + 1 Tbsp peanut butter + 1 plain rice cake. Fast-digesting carbs (banana, rice cake) + just a dab of fat/protein.

5:30 PM — POST PRACTICE REFUEL (WITHIN 60 MIN)

1 scoop whey + 8 oz low-fat chocolate milk ($\approx$ 28 g protein, 40 g fast carbs).
Liquids absorb quickly and kick-start recovery.

6:30 PM — DINNER

Sip water steadily (target total 2–3 L); add an electrolyte packet if practice was extra sweaty. Avoid a big bedtime chug.

Fuel Plan: 48-Hour Pre-Weigh-In

PRE-WEIGH-IN FUELING STRATEGY (48 HRS OUT)

48-24 HRS OUT

- Lean protein + ultra-low-fiber carbs → grilled chicken, eggs, white rice, rice cakes. Sip water; skip salt, dairy, veggies, fruit skin, and added sugar.

24 HRS OUT

- Eat bland, light meals (cream of rice, turkey, white toast, rice cakes). Reduce fluids to ~75% to flush water; avoid heavy, greasy, high-fiber foods.

NIGHT BEFORE

- 2-3 eggs + white toast or plain white rice. Tiny electrolyte sips (¼ packet in water). Optional: 1 Tbsp peanut butter for overnight fuel.

POST-WEIGH-IN REHYDRATION & ENERGY PLAN

0-30 MINUTES AFTER WEIGH-IN

- 16 oz sports drink or 2 cups water + 2 Tbsp sugar + pinch salt. Quick carbs: applesauce pouch, rice cakes, pretzels.

30-60 MINUTES AFTER WEIGH-IN

- Drink 16 oz electrolytes/water, add light protein (Greek yogurt, whey shake, turkey) and potassium (banana, honey + rice cakes if staying ultra low-fiber).

1-3 HOURS AFTER WEIGH-IN:

- Eat a full meal (chicken, rice, avocado, cooked veggies). Sip fluids steadily without overloading.

COMPETITION DAY NUTRITION & FOCUS

30-60 MINUTES BEFORE MATCH:

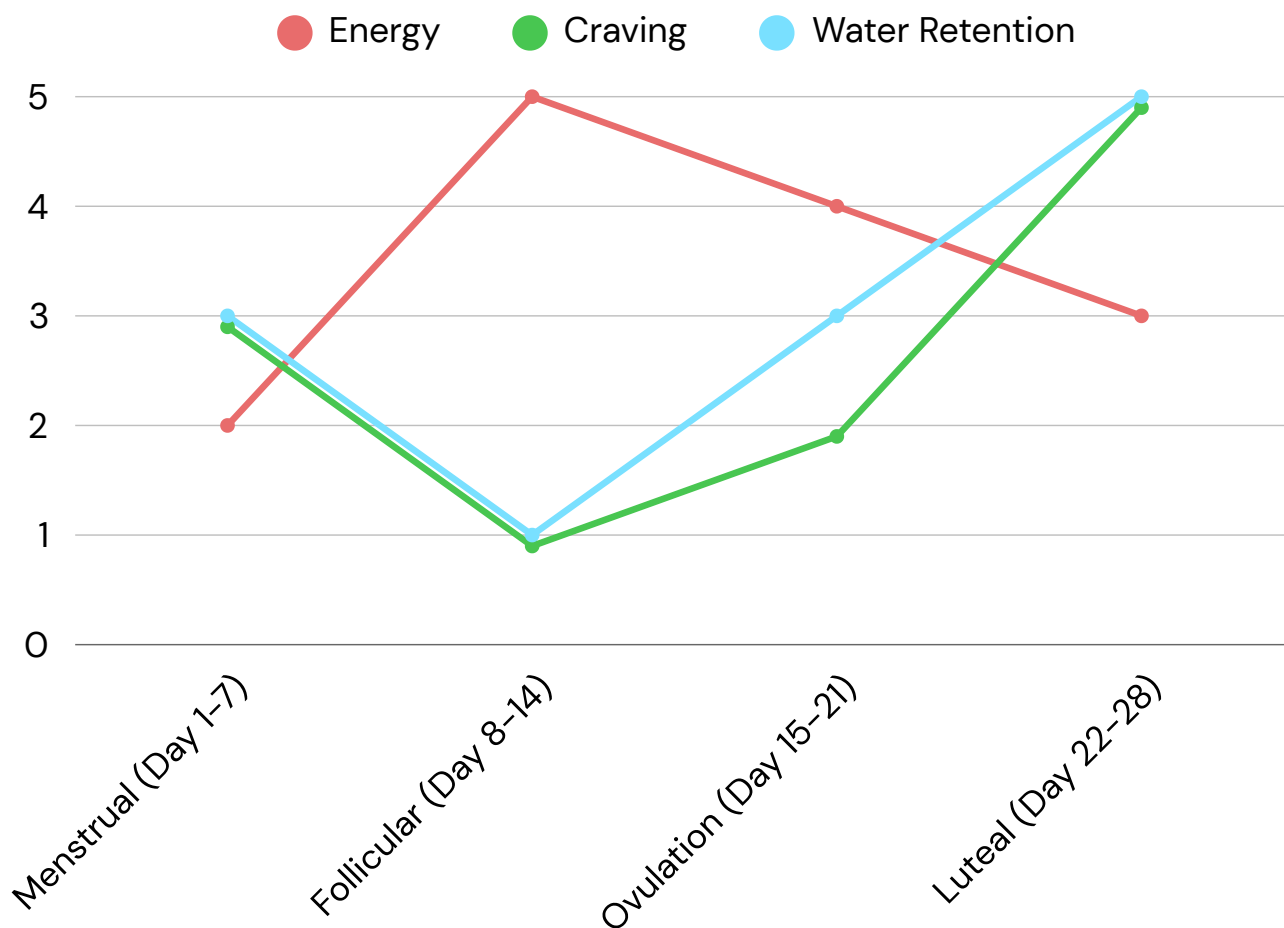
- Quick sugars (banana, honey, granola bar, rice cake) for fast energy. Sip water or electrolytes. Avoid carbonation, big meals, and caffeine.

Know Your Body

HOW YOUR CYCLE IMPACTS WEIGHT & PERFORMANCE

Your menstrual cycle affects more than mood—it changes how your body holds water, burns fat, builds muscle, and handles stress. A smart weight plan works with those changes, not against them.

Each month, your hormones (estrogen and progesterone) rise and fall in four main phases. These shifts affect energy, cravings, recovery, and how your body responds to cuts. By understanding where you are in your cycle, you can fuel smarter, adjust weight more effectively, and feel stronger on the mat.



Train & Fuel by Phase

CYCLE-SYNCD WEIGHT ADJUSTMENT

Your body naturally shifts how it handles weight across your cycle. You’ll still be training, cutting, and making weight—sometimes at the best time, sometimes at the toughest. By adjusting your fueling, hydration, and recovery to match each phase, you can cut smarter, protect your strength, and stay in control.

QUICK-REFERENCE: CYCLE SYNC CHEAT SHEET

PHASE	BODY SHIFTS	FUEL FOCUS	TRAINING FOCUS
MENSTRUAL (DAYS1-5)	Low estrogen & progesterone = fatigue, mild bloating, iron loss	2-3 L water + electrolytes. Iron-rich foods + easy carbs.	Minimize extra training. Low estrogen means slower recovery and higher injury risk.
FOLLICULAR (DAYS 6-13)	Estrogen rising = peak energy, fast recovery	Normal fluids/salt. Clean carbs + lean protein.	Practices feel easier and recovery faster. Fuel smart to support higher intensity.
OVULATION (DAYS 15-21)	Estrogen peak = power & speed spike; slight water bump	Steady 2-3 L water. Quick digest carbs.	Sharpen technique, speed without over-focusing on weight.
LUTEAL (DAYS15-28)	High progesterone = cravings, water retention, slower recovery	2-3 L water + electrolytes. Potassium-rich, balanced meals.	Expect energy swings. Prioritize recovery when needed.

Train & Fuel by Phase

MENSTRUAL PHASE (DAYS 1–5)

Low estrogen and progesterone cause fatigue, bloating, and higher calorie needs, making weight loss harder. Hydrating well, eating nutrient-dense foods, and focusing on recovery help maintain energy and prevent burnout. Don't panic if the scale edges up.



MINDSET

Rest and fuel are strength. My body is working for me.

HYDRATION

Drink 2–3 liters with electrolytes; lower salt on Days 4–5 to flush water gently.

NUTRITION

Prioritize iron-rich foods (like beef, spinach, lentils) and easy carbs (rice, bananas) to support energy. Aim for 2–3 servings daily, and pair plant-based iron with vitamin C to boost absorption.

For more protein and carb ideas to support this phase, see pages 26–29.

STRATEGY

Track your cycle, expect 1–3 lbs of temporary water weight, and stay steady with your plan—don't overcorrect.

TRAINING

Minimize extra training—low estrogen means slower recovery and higher injury risk.

Use your cycle to guide how you fuel, recover, and prep—not how hard you push.

RED FLAG

If you lose your period (off birth control), refuel, and get support.

Train & Fuel by Phase

FOLLICULAR PHASE (DAYS 6–14)

Rising estrogen boosts energy, strength, and fat burning, making this the best time to handle harder training and cut weight more effectively. Your body recovers faster, uses carbs better, and builds endurance easily—fuel it right to stay strong.



MINDSET

I feel strong and focused. My habits build my edge.

HYDRATION

Drink 2–3 liters daily; maintain normal salt intake to stay hydrated during heavy training weeks.

NUTRITION

Prioritize clean carbs (rice, oats, potatoes) and lean protein (chicken, eggs, tofu) to fuel energy and muscle repair. *For more food ideas to match your training, see pages 26–29.*

STRATEGY

Plan strength work and tougher practices during this phase, and fuel consistently to protect your energy and muscle.

TRAINING

Expect practices to feel easier and recovery faster—use smart fueling to support higher intensity.

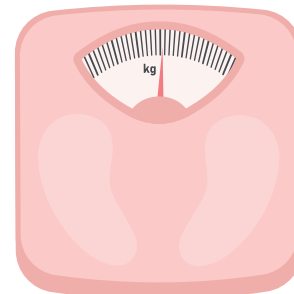
RED FLAG

If fatigue hits early despite fueling, your cut is too aggressive.

Train & Fuel by Phase

OVULATION PHASE (DAYS 15-21)

Estrogen peaks during ovulation, boosting strength, speed, and confidence. You'll likely feel explosive during practices—but minor water retention is common too. Trust your training and fueling instead of chasing the scale.



MINDSET

My confidence is earned. I fuel and recover like a champ.

HYDRATION

Stay consistent with 2–3 liters daily; no need for major salt cuts—hydration supports strength.

NUTRITION

Focus on familiar, easy-to-digest foods (rice, fruit, oats) to keep energy high without bloating.

TRAINING

Take advantage of peak power—sharpen technique, speed, and confidence without over-focusing on weight.

STRATEGY

Ignore small water weight bumps; trust your body, keep fueling, and focus on performance.

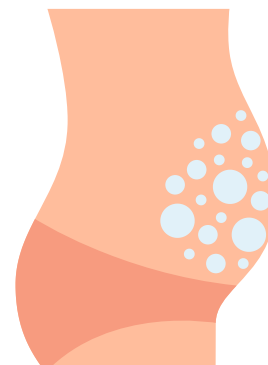
RED FLAG

If digestion feels heavy, focus on low-fiber foods.

Train & Fuel by Phase

LUTEAL PHASE (DAYS 22–28)

Rising progesterone can cause cravings, fatigue, and bloating, often making the scale jump by 2–5 pounds. This is the hardest phase for cutting, so focus on stabilizing energy, managing water shifts, and staying consistent—not slashing calories.



MINDSET

Cravings are normal. I fuel with purpose, not emotion.

HYDRATION

Drink 2–3 liters daily with steady electrolytes; don't restrict water—it helps reduce bloating over time.

NUTRITION

Focus on steady, balanced meals every 3–4 hours with potassium-rich foods (sweet potatoes, bananas, coconut water) to manage water retention. *See page 29 for potassium-rich food ideas to support this phase.*

STRATEGY

Plan smaller, frequent meals to control cravings, manage mood, and keep energy stable.

TRAINING

Expect energy swings; stay consistent with movement, but prioritize recovery when needed.

RED FLAG

Big cravings or energy crashes mean you're under-fueled.

Protect Your Health

Wrestling demands toughness—but toughness isn't starving yourself, ignoring injuries, or losing your period. Real strength is knowing when your body needs more fuel, more rest, and more care. When female athletes underfuel, overtrain, or ignore recovery, they risk health issues that don't just affect performance—they affect growth, bone health, hormones, and long-term well-being.

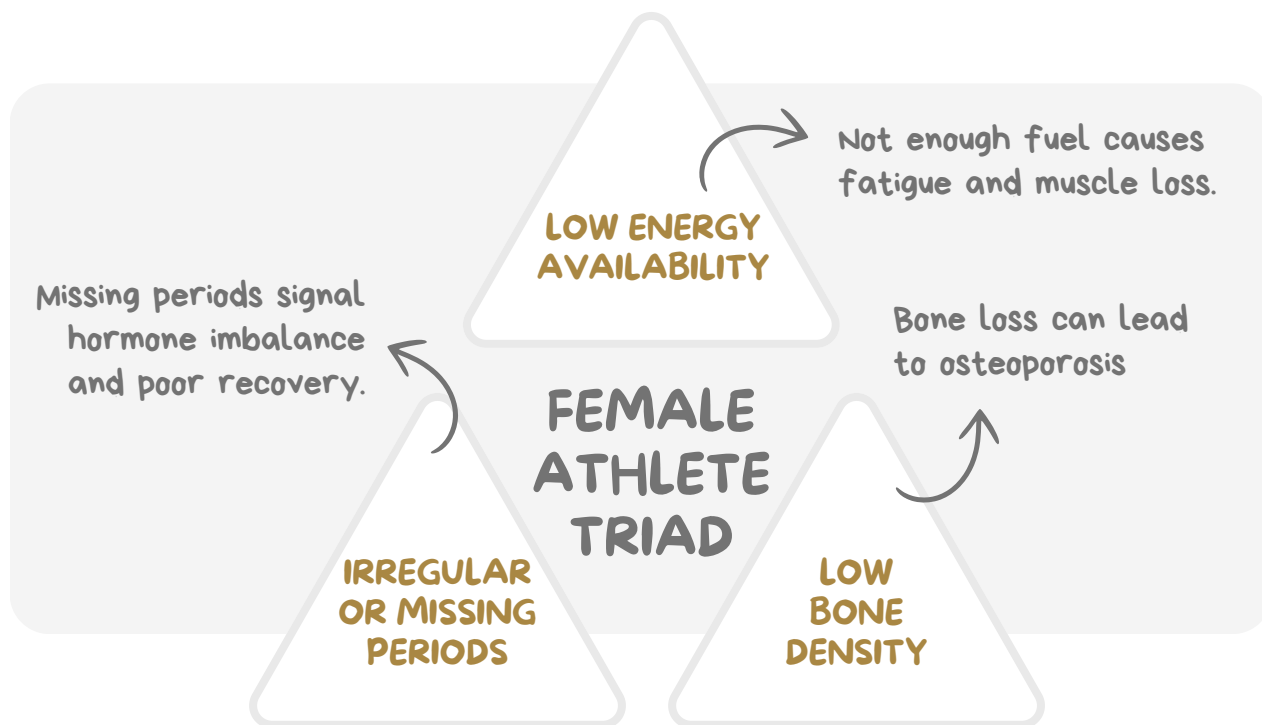
HEALTH RISKS FOR FEMALE WRESTLERS

THE FEMALE ATHLETE TRIAD

*A dangerous pattern common in female wrestlers who **under-fuel**:*

- **Low Energy Availability** (not eating enough for training)
- **Menstrual Dysfunction** (irregular/missing periods)
- **Low Bone Density** (weakened bones and injury risk)

You don't have to have all three at once to be at risk. Even one of these issues is a warning sign that your body needs help—not harder workouts or stricter diets.



Protect Your Health

FUEL FOR THE LONG GAME

LONG-TERM PLAYBOOK

Under-fueling causes muscle loss, stress fractures, slow recovery, weakened immunity, mood swings, brain fog, and missed periods. Protect yourself by fueling year-round, staying within 5% of your weight class, and weighing in weekly to track trends. Take a 6-8 week “no-cut” break each year, and jot down quick notes on sleep, energy, and your cycle so you can fix problems before become setbacks.

SEASON	FUEL FOCUS	TRAINING FOCUS
OFF-SEASON	Rebuild: larger meals, whole foods, limit sugary drinks	Light lifts, cardio, skill reps, more sleep
PRE-SEASON (8-12 WKS OUT)	Gradually clean up meals, drop soda/candy, resume weekly weigh-ins	Conditioning & strength ramp-up
IN-SEASON	Consistent meals, safe controlled cuts only	Peak intensity + nightly recovery (stretch, hydrate, sleep)

RED FLAGS YOUR SHOULD NEVER IGNORE

If these pop up, tell a coach or parent. Early help beats long-term damage.

- Always feeling cold, tired, dizzy, or injured
- Trouble recovering between practices
- Frequent stress fractures or slow-healing injuries
- Mood swings, irritability, or trouble focusing
- Feeling panicked about food, weight, or missing workouts
- Rapid weight loss or obsession with the scale

MINDSET

Build a career, not a season. Protect your body and cycle.

Sustainable Weight Management

FIND YOUR NATURAL WEIGHT CLASS

Your best weight class is one you can maintain while feeling focused, powerful, and energized — not drained or injured. Trust how your body feels.

THE FORMULA

- Walking weight (normal, hydrated weight): _____ lbs
- Target competition weight: _____ lbs
- Total weight to cut: _____ lbs*

If this exceeds 5% of your walking weight, adjust timeline or reconsider your weight class.

EXAMPLE: Walking weight = 140lbs / Target: 133lbs / Total cut = 7lbs $\rightarrow (7 \div 140) \times 100 = 5\%$

Current Weight: Get to know your weight at key times throughout the day.

- **Morning (before eating):** Shows how much weight you lost overnight.
- **Before / after practice:** Shows how much you lose during training.
- **Before bed:** Sets your baseline to track overnight changes.

For tracking, use the Food & Energy Journal (p. 24) and Cycle Tracker (p. 25).

WEEK	GOAL WEIGHT	% CHANGE
CURRENT	140	-
WEEK 1	137.9	1.5%
WEEK 2	135.8	3%
WEEK 3	133.8	4.5%
WEEK 4	133	5%

MINDSET

The right weight lets me train harder & recover faster.

BIGGER GOALS TAKE LONGER

If you're cutting more or changing body composition, plan a longer timeline with coaching support. You're not behind — you're on your own path.

Match-Day Fueling Strategy

NIGHT BEFORE

Fuel up with carbs and protein to fill energy stores and stay hydrated.

- Carbs (rice, potatoes), protein (chicken, fish), veggies, water — avoid salt.

MATCH MORNING (2–3 HOURS BEFORE WEIGH-IN)

If your weight is on target and you feel good, a small sip of water is fine.

- 2–4 oz water — no heavy meals or snacks.

POST-WEIGH-IN (0–30 MIN AFTER)

Fast carbs + fluids to restore hydration and energy.

- Sports drink, banana, applesauce, protein shake, electrolyte mix.

POST-WEIGH-IN MEAL (30–90 MIN AFTER)

Full recovery meal with carbs + protein once digestion settles.

- *Rice bowl and chicken, turkey sandwich, protein shake + granola bar.*

DURING MATCH DAY

Keep fueling steady and light to avoid bloating or energy dips.

- Simple carbs — bananas, applesauce, low-fiber bars, small sips of fluids.

TIP

Practice match-day meals during training weeks!

Use page 26–29 charts to plan your protein, carbs, and fats.

Mindset & Support

Winning in wrestling isn't just about who trains harder. It's about who stays calm under pressure, recovers with purpose, fuels with confidence, and shows up fully—every match, every season. Your mindset is a tool, just like your body. You have to train it, protect it, and feed it the right messages.

MINDSET TOOLS FOR FEMALE WRESTLERS

CONTROL WHAT YOU CAN

You can't control your opponent or every tough practice—but you can control your attitude, effort, hydration, recovery, and self-talk. Cortisol, your body's stress hormone, rises with anxiety, overtraining, or crash cutting. It causes water retention, slower recovery, and junk cravings. Staying calm and well-rested keeps cortisol low—so you feel light and ready.

WHAT IF I WAKE UP OVERWEIGHT?

Don't panic. Stress raises cortisol, which holds water. Layer up and do 20–30 minutes of light movement (jogging, jump rope, biking) to sweat steadily. Sip water, but don't chug. If weight still won't drop, move up a class if allowed. Compete strong, not drained. Next time, taper earlier to avoid last-minute stress.

SEPARATE SELF-WORTH FROM THE SCALE

Your weight is a number—not your value, your skill, or your identity. You are not less for being heavier. You are not more for being lighter. Strong wrestlers measure growth in discipline, not digits.

RED FLAGS TO WATCH FOR

If you notice these signs popping up consistently, reach out for support:

- Feeling panicked around food, practice, or weigh-ins
- Tying self-worth to wins, losses, or weight
- Always feeling exhausted, irritable, or disconnected from teammates
- Hiding injuries or illnesses to avoid missing practice
- Isolating yourself from friends, family, or team events

Getting help isn't weakness. It's elite level self-respect.

Mindset & Support

SIMPLE MINDSET TRAINING PRACTICES

JOURNALING FOR CONFIDENCE

After every match, practice, or weigh-in, write down:

- 1 thing you did well
- 1 thing you learned
- 1 thing you'll focus on tomorrow

DAILY AFFIRMATIONS

Choose a few power statements to repeat before training, matches, or weigh-ins:

- "I am more than a number."
- "My strength grows from discipline, not panic."
- "I trust my training and I trust my body."

VISUALIZATION TECHNIQUE (5-MINUTE RESET)

1. Close your eyes and picture yourself walking onto the mat calm and strong.
2. Visualize your breathing steady, your stance solid, your mind sharp.
3. See yourself finishing a hard match proud, regardless of the score.

Practice this visualization 2–3 times a week—it strengthens your mental "muscle" the same way drilling builds physical skill.

MINDSET

A strong mindset is trained and rebuilt every season

1

THING YOU
DID WELL

1

THING YOU
LEARNED

1

THING TO
FOCUS ON

JOURNALING FOR CONFIDENCE

1

DAILY
AFFIRMATION

AFFIRMATION

5 MIN

VISUALIZATION
SESSION

VISUALIZE

Smart 5-Day Weight Cut

WHY IT WORKS

Water and salt loading trains your body to flush. Cutting both with low-fiber carbs keeps it going. If in luteal phase, see potassium loading (page 23) for advice.

DAY	WATER	SODIUM	CARBS/FIBER	PROTEIN
5 DAYS OUT	Body weight in oz (140 lb → 140 oz)	■■■■ 3,000 MG/DAY	■■■■ 100-150 G/DAY	■■■■ 25-35 G/MEAL
4 DAYS OUT	Body weight in oz (140 lb → 140 oz)	□ ■ ■ ■ 2,000 MG/DAY	■■■■ 100-150 G/DAY	■■■■ 25-35 G/MEAL
3 DAYS OUT	0.8 oz / lb (140 lb → 110 oz)	□ □ ■ ■ 1,000 MG/DAY	□ ■ ■ ■ 75-100 G/DAY	□ ■ ■ ■ 20-30 G/MEAL
↓ LOW RESIDUE FOOD (AVOID RAW VEG, BEANS, DAIRY, SEEDS, SKINS, AND WHOLE GRAINS) ↓				
2 DAYS OUT	0.5 oz / lb (140 lb → 70 oz)	□ □ □ ■ <800 MG/DAY	□ □ ■ ■ 50-75 G/DAY	□ □ ■ ■ 15-20 G/MEAL
1 DAY OUT	0.3 oz / lb (140 lb → 40 oz)	□ □ □ □ NONE	□ □ □ ■ <50 G/DAY	□ □ □ ■ 0-10 G/MEAL
WEIGH-IN	Sip only if needed	□ □ □ □ NONE	□ □ □ □ NONE	□ □ □ □ NONE

LOW-RESIDUE: EAT THIS, NOT THAT

- Simple foods that don't leave much in your gut. Eat white rice, eggs, white bread, broth. Avoid anything with seeds, skins, or whole grains.

See charts to build your meals: protein (p. 26), carbs (p. 27), and fats (p. 28).

FLUSH FLUID, REDUCE BLOAT, AND STAY CALM BEFORE WEIGH-IN

Potassium Loading (Luteal Phase)

WHY IT MATTERS

During the luteal phase (Days 22–28), your body holds 2–5 lbs of extra water. Potassium-rich foods help you flush naturally and feel lighter. Use this alongside your 5-day cut if you're in luteal phase.

HOW TO USE IT

Start this phase 2–3 days before weigh-ins if you're in luteal phase and feeling that extra “water weight.” This isn't a hardcore cut—it's a gentle shift using foods that work with your physiology.

✓ DO:

- Prioritize high-potassium, low-sodium foods
- Stay hydrated (water + coconut water = your best combo)
- Eat easy-to-digest meals that won't add belly bulk
- Rest more—your body is working harder this week

✗ AVOID:

- Salty snacks, processed sauces, chips
- Fizzy drinks or carbonation
- Raw veggies or high-fiber foods that bulk your gut

QUICK PLAN

- 2 Days Out: 2 bananas, applesauce, coconut water, cut salt
- 1 Day Out: Eggs + rice cakes, repeat potassium foods, no veggies
- Weigh-In Day: Sip coconut water, light stretch, stay calm

See a full list of potassium rich foods on page 29.

Weekly Food & Energy Journal

Copy the format each day, then review the week to spot patterns between what you eat, how much you hydrate, and how you perform.

Sunday

Breakfast: 2 scrambled eggs, 1 banana, water

Lunch: Turkey sandwich on wheat bread, applesauce, water

Dinner: Chicken stir-fry with rice, small salad

Water: About 90 oz

Energy: 7/10

Notes: Felt light but tired after training. Evening salty cravings.

Monday

Breakfast: Oatmeal with peanut butter and banana

Lunch: Leftover stir-fry + coconut water

Dinner: Grilled salmon, mashed sweet potatoes, cooked spinach

Water: About 100 oz

Energy: 8/10

Notes: Good energy all day. Bloating in the evening. Too much salt?

Tuesday

Breakfast: Hard-boiled eggs, toast, banana

Lunch: Chicken and mashed potatoes

Dinner: Eggs, applesauce, soft green beans

Water: About 85 oz

Energy: 6/10

Notes: Felt flat in practice. Need more carbs before afternoon sessions.

Monthly Cycle Tracker

Use this sample as your guide. Track daily to see how hormone shifts line up with weight changes and practice performance.

April 2

Phase: Period started (Day 1 – menstrual)

Weight: 131.2 waking, 132.0 before bed

Notes: Period started mid-morning. Cramps on and off.

Felt tired during practice, but movement felt good once I got going.

April 3

Phase: Menstrual (Day 2)

Weight: 130.7 waking

Notes: Slept better. Cramps faded. Still a little low energy.

Weight Tracking Worksheet

Track your weight each morning. Review the week—if the drop is steeper than 1.5% of body weight, ease up on the cut.

Day	Goal Weight	Actual Weight	Energy Level	Notes
Day 1	140			
Day 2	139.7			
Day 3	139.4			
Day 4	139.1			
Day 5	138.8			
Day 6	138.5			
Day 7	137.9			



Protein Options

GOAL: 20-30G PER MEAL

PROTEIN SOURCE	PORTION	GRAMS	MEAL IDEA
CHICKEN BREAST	4 oz	25 g	With rice, steamed veggies, soy sauce
GROUND TURKEY	4 oz	26 g	Brown with taco seasoning for burrito bowl
GREEK YOGURT (0-2%)	1 ½ cups	24 g	Top with fruit & honey
BEEF (93%)	4 oz	26 g	Inside pita with spinach & hummus
TURKEY BREAST	5 oz	25 g	Deli meat with avocado & lettuce
SALMON FILLET	4 oz	25 g	With mixed-greens salad and vinaigrette
CANNED SARDINES	1 tin	22 g	Mash with mustard, spread on crackers
PORK TENDERLOIN	4 oz	24 g	With sweet potato & green beans
BISON STEAK	4 oz	26 g	Serve with quinoa and sautéed peppers
SHRIMP, COOKED	4 oz (≈ 12)	23 g	With frozen veggies & teriyaki sauce
COTTAGE CHEESE	1 cup	27 g	Mix with pineapple chunks
EGGS	4 large	24 g	Scramble with spinach & salsa in a wrap
LIQUID EGG WHITES	1 cup	26 g	Cook with diced veggies
WHEY PROTEIN	1 scoop	24 g	Shake with almond milk + banana

Carb Options

GOAL: 30-40G PER MEAL

CARB SOURCE	PORTION	GRAMS	MEAL IDEA
BROWN/WHITE RICE	¾ cup	34 g	Top with chicken & veggies
QUINOA	1 cup	39 g	Toss with black beans, corn & salsa
ROLLED OATS (DRY)	⅔ cup	36 g	Overnight oats + protein powder + berries
SWEET POTATO	1 (6 oz)	30 g	Split, add Greek yogurt & cinnamon
RUSSET POTATO	1 (6 oz)	37 g	Load with cottage cheese & chives
WHOLE GRAIN WRAP	1 wrap	35 g	Fill with turkey, spinach, mustard
SPROUTED BREAD	2 slices	30 g	Make avocado-egg toast
FARRO	1 cup	38 g	Mix with arugula, feta & olive-oil drizzle
WHOLE WHEAT PASTA	1 cup	37 g	Quick marinara + lean ground turkey
COUSCOUS	1 cup	37 g	Add grilled shrimp + lemon-herb dressing
LENTILS	1 cup	40 g	Simmer with tomatoes for a 10-min stew
BLACK BEANS	1 cup	30 g	Toss into a burrito bowl with salsa
BANANA	1	31 g	Pair with 2 Tbsp peanut butter
RICE CAKES, PLAIN	3 cakes	33 g	Top with almond butter & honey



Fat Options

GOAL: 10-15G PER MEAL

FAT SOURCE	PORTION	GRAMS	MEAL IDEA
PEANUT BUTTER	1 ½ Tbsp	12 g	Spread on banana or rice cakes
ALMOND BUTTER	1 ½ Tbsp	12 g	Swirl into oatmeal or a protein shake
AVOCADO	½ med.	10 g	Mash on toast or mix into tuna
OLIVE OIL	1 Tbsp	14 g	Drizzle over salads, rice, or veggies
MIXED NUTS	¼ cup	15 g	Grab-and-go snack or salad topper
WALNUTS	¾ oz	14 g	Stir into Greek-yogurt parfait
ALMONDS	1 oz (≈ 22)	30 g	Pair with fruit for a quick mini-meal
CHIA SEEDS	3 Tbsp	12 g	Blend into smoothie or overnight oats
GROUND FLAXSEED	2 Tbsp	10 g	Sprinkle on yogurt or cereal
PUMPKIN SEEDS	3 Tbsp	13 g	Toss onto salad or trail mix
TAHINI	1 ½ Tbsp	12 g	Whisk with lemon for a 60-sec dressing
CHEDDAR/MOZZARELLA	1 ½ oz	15 g	Melt on eggs or turkey wrap
70% DARK CHOCOLATE	1 oz	12 g	Square with post-dinner fruit
KALAMATA OLIVES	2 oz (≈ 20)	10 g	Add to grain bowl or snack with cheese

Potassium Options

Liquid potassium sources deliver fast, fiber-free electrolytes without the bulk.

POTASSIUM SOURCE	PORTION	MG	NOTES
SALT SUB “NOSALT”	¼ tsp	650 mg	In water for potassium boost, no bulk
POTASSIUM CITRATE	¼ tsp	448 mg	In water for potassium boost, no bulk
LMNT ELECTROLYTES	1 packet	200 mg	Sugar-free, easy to sip
PEDIALYTE CLASSIC	12 oz	280 mg	Rapid post-weigh-in rehydrator
COCONUT WATER	1 cup	600 mg	Natural electrolyte drink
PRUNE JUICE	1 cup	700 mg	Highest potassium juice. Watch sugar.
V8 (LOW-SODIUM)	1 cup	900 mg	Savory option
TOMATO JUICE	1 cup	530 mg	Good pre-practice carb + potassium hit
ORANGE JUICE	1 cup	496 mg	Fast carbs + Vit C; gentle on most guts
RIPE BANANA	1 med	422 mg	Limit to 1 if strict low-residue
CANTALOUPE	1 cup	427 mg	Hydrating fruit; no seeds or tough skins
NONFAT GREEK YOGURT	1 cup	330 mg	Adds 20g protein to post weigh-in
COOKED SALMON	3 oz	417 mg	Lean protein + omega-3s
PEELED WHITE POTATO	1 med baked	620 mg	Carb reload with minimal fiber

Glossary of Terms

TERM	DEFINITION
COMPLEX CARBS	Slow-digesting carbs (oats, brown rice) for steady energy.
CORTISOL	Stress hormone. High levels hold water, slow recovery.
CYCLE TRACKING	Logging menstrual phases (menstrual, follicular, luteal) to adjust training and cutting.
ELECTROLYTES	Sodium, potassium, magnesium regulates nerves, muscles, hydration.
GLYCOGEN	Stored carbs in muscles/liver—binds ~3g of water per gram.
GLYCOGEN TAPER	Short-term carb drop to shed water—less harsh than crash diets.
LOW-RESIDUE FOODS	Soft, low-fiber choices with (white rice, eggs, bananas, plain yogurt). Safer than crash diets because carbs are replenished.
MACRO	Short for macronutrient—protein, carbs, or fat. Key to weight control.
POTASSIUM LOADING	Eating potassium-rich foods to encourage natural flushing. Especially useful in luteal phase to combat hormonal bloat.
FEMALE ATHLETE TRIAD / RED-S	Chronic low calories harms hormones and bone health. Warning sign to avoid overly aggressive, prolonged cuts.
SODIUM TAPERING	Step-down reduction in added salt (normal → light → none).

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