



**SHANGHAI UNIVERSITY SPORTS RESEARCH CENTER**  
**COLLEGE OF PHYSICAL EDUCATION**  
**“ HOUSE OF POWER “**  
**“ MEN’S FUEL “**

Eating for the pahlevani competition :

\* as an athlete and zurkhaneh pahlevan your body needs to be well fed and watered so that you can perform your best. the following suggestions outline what to eat before, during, and after a zurkhaneh/pahlevani tournament.

\* THE NIGHT BEFORE THE COMPETITION : A couple of hours before bedtime drink 18-20 ounces of water or sports drink, and eat both protein and carbohydrate snacks with low glycemic indexes. for example, spread peanut butter on some graham crackers, make a small tuna sandwich, or mix up an envelope of carnation instant breakfast with skim milk.

\* Match day/Event day : 4-5 hours before the event, eat a high carbohydrate , moderate protein , and moderate fat snack , like orange juice and a bagel with jam, or cereal and skim milk with a banana , or 100% fruit juice and skim milk.

\* 1-2 hours before the competition : eat a high carbohydrate , low protein and low fat food like nonfat yogurt, banana, or 100% fruit juice.

\* from weigh-in to match/event : drink 8-12 ounces of a sports drink.

\* between matches/ or events : eat high glycemic index foods like dry cereal, bagels, raisins, grapes..

\* after the match/event : the first 15 minutes after exercise are the most important to begin replacing carbohydrates and rebuilding sugar stores. beware of eating empty calories and high fat from foods and liquids like donuts, candy, and soda because they don't contain the protein, carbohydrates, and other vitamins needed to help your recover.

Attention to all pahlevanan and zurkhaneh athletes: please follow the three " R's " of muscle recovery :

\* Re-hydrate your muscles with water.

\* Replenish your muscles with liquid with carbohydrates like 100% fruit juice or high-carb sports drink.

\*Repair your muscles by continuing to drink high-carb beverages and eat high-carb protein and

fat foods for next two hours to "FEED " your muscle tissue.

HOUSE OF POWER NUTRITION :

ATTENTION ALL ZURKHANEH ATHLETES...

\* good nutrition is just as important before the event as after the event to ensure good muscle recovery and to lessen tiredness and injury during the session.

\* stay hydrate by drinking enough water throughout the day remembering that thirst is not the first sign of dehydration.

\* always read labels and drink 100% real fruit juices instead of fruit juice mixes.

\* drink water instead of SODA , because carbonation and caffeine promote dehydration.

\* health bars, power bars, are much better for you to eat than candy bars.

\* if you are in hurry and don't have time to eat before PRACTICE or a COMPETITION , there are many liquid meal supplements available..Ensure, and boost. never skip a meal !

\* the first 15 minutes after a competition or practice , drink water , pineapple juice or even a sports drink and eat either oranges or bananas to help your muscles recuperate faster and to energize you and fight off fatigue.

\*\*\* 10 REFUELLING MEALS FOR ZURKHANEH ATHLETES DURING TRAINING SEASONS :

Man fuel 1 : Salmon and Noodles

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Man fuel 2 : Tuna and egg salad

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Man fuel 3: Grilled steak sandwich

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Man fuel 4 : the ultimate Ahi Fillet salad

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Man fuel 5 : Beef burgers

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Man fuel 6 :skirt steaks with

Deconstructed Guacamole

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Man fuel 7 :Mediterranean Grilled Tuna Steaks  
and Sicilian-Style potato salad

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Man fuel 8: Peach Chicken sandwich

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Man fuel 9: Lamb burgers with Broccoli

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Man fuel 10 : salmon salad with avocado.  
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please note that all the above meals are tested by khashayar sarrafi during the season training and I personally recommended to all pahlevani athletes to refueling their body...

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