


THE WRESTLER'S COOKBOOK

The logo is a circular emblem with a red border. Inside the circle, a silver fork, knife, and spoon are arranged diagonally across a white plate. Below the plate, a pair of black wrestling boots with yellow laces is visible. The text 'THE WRESTLER'S' is arched over the top of the circle, and 'COOKBOOK' is arched along the bottom. The letters are white with a thick red outline.

*Recipes &
Nutritional Information for
Hard to Feed Athletes*