

DEFINE THE FIGHT NUTRITION

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Lesson 1: "Don't bite off more than you can chew!"

Breakfast Options

(utilize your plates for all portion sizes or cups for measuring serving sizes for shakes, bowls etc.)

OPTION 1: SHAKE

Almond Milk

P-Kirkland Brand has 10g of protein vs. 1g in Diamond Breeze (see image)

F-1 tbsp pure almond butter 7g protein

(from a natural grocery store or sub. chia seeds or fat option see list)

C-1/2 cup blueberries

(from a natural grocery store or sub. chia seeds or fat option see list)

OPTION 2: OATMEAL

P-Can add whey protein to oatmeal or utilize peanut butter which would suffice as both the protein & fat source

F-Peanut Butter or seeds (see fat source list) 16g fat / 7g protein

C-Oatmeal or Steel Cut Oats ½ cup

OPTION 3: YOGURT (preferably Greek yogurt or plant based) just add nuts or seeds

P-Yogurt is the protein source

F-Roasted unsalted almonds ¼ cup

C-the fruit in the yogurt is the carb source

OPTION 4: SCRAMBLED EGGS (females one yolk, males 2 yolks)

P-Egg whites

F-Egg yolk

C-vegetables

Lunch & Dinner Options

(utilize plates for all, please take pictures of your food)

OPTION 1: ROMAINE LETTUCE CHICKEN WRAP (see image)

P-Chicken Tenderloins (dice and fry in avocado, olive or MCT oil, Mrs. Dash not salt...additional seasonings can be added watch the sodium)

F-Avocado (NOT the whole thing 😊) see portion size

C-All vegetables, can add salsa as condiment

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OPTION 2: ROTISSERIE CHICKEN SALAD OR DICED CHICKEN TENDERLOIN

P-Chicken (portion size)

F-Avocado or a serving size of ranch

C-All vegetables acceptable (see food list on free foods)

OPTION 3: SALMON & STEAMED VEGETABLES

P/F- Wild Salmon (both protein & fat source)

C- Choose 1 Steamed Vegetable, Brown Rice or Quinoa

OPTION 4: ZOODLE SPAGHETTI

P-Ground Turkey Burger or Bison Burger

F-Cheese (is both a fat and protein)

C-Zucchini Noodles or Chickpea Noodle Substitute /Sauce

OPTION 5: BISON BURGER OR HAMBURGER

P-1 Patty

F-Avocado or Cheese

C-Lettuce, Tomato or Sweet Fries

OPTION 6: TURKEY TACOS

P-Ground Turkey Burger (look for under 200mg sodium seasoning)

F-Cheese or Avocado

C-Lettuce, Tomato, Salsa (use a romaine lettuce leaf or a multigrain soft shell wrap)

OPTION 7: STUFFED ASPARAGUS CHICKEN BREAST

P-Chicken Breast slice in the middle to put asparagus in the middle and close chicken (bake or use a George foreman grill)

F-Oil, Cheese or Sauce of desire on top

C-Asparagus

OPTION 8: WILD SHRIMP STIR FRY

P-Shrimp stir fry in recommended oils (olive, avocado or MCT..avoid soy sauce)

F-Oil (olive, avocado or MCT..avoid soy sauce)

C-Broccoli, Zucchini, Mushrooms (Mrs. Dash seasoning, Cayenne, Cumin)

AM & PM Snack Options

OPTION 1

P- String Cheese 1

F- Peanut Butter 1 tbsp.

C- ½-1 Apple

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Cont'd Snacks

OPTION 2

P- Hard boiled egg (egg white)

F- Yolk is the fat

C- Celery or Carrots

OPTION 3: YOGURT (preferably Greek yogurt or plant based) just add nuts or seeds

P-Yogurt is the protein source

F-Roasted unsalted almonds ¼ cup

C-the fruit in the yogurt is the carb source or granola

OPTION 4:

P- Hemp Seeds

F- Almond Butter

C- Strawberries

(Pour almond butter on top of fruit and sprinkle hemp seed on top, eat right away or freeze)

OPTION 5:

P- Tuna mix w/ salsa

F- Avocado

C- Multigrain Chips (check sodium)

OPTION 6:

P- Cottage Cheese

F- Chia Seeds

C- Vegetable or Fruit

OPTION 7:

P- Hemp seed

F- Hummus

C- Celery

****Make sure to prep your food as soon as you purchase it. Chop vegetables, plan on which meat you will be using in the next 2-3 days, be prepared!!!! ****

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MENU BREAKDOWN / SAMPLE

(Choose from the breakfast / lunch & dinner / snack options for each day)

This is what your day should look like for a daily meal plan, you do not have to limit yourself to the options, however; utilize the PFC guide on which foods you can use to substitute for another.

Breakfast: OPTION 1: SHAKE

Almond Milk

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F-1 tbsp pure almond butter 7g protein

(from a natural grocery store or sub. chia seeds or fat option see list)

C-1/2 cup blueberries

(from a natural grocery store or sub. chia seeds or fat option see list)

AM Snack: OPTION 2

P- Hard-boiled egg (egg white)

F- Yolk is the fat

C- Celery or Carrots

Lunch: OPTION 4: ZOODLE SPAGHETTI

P-Ground Turkey Burger or Bison Burger

F-Cheese (is both a fat and protein)

C-Zucchini Noodles or Chickpea Noodle Substitute /Sauce

PM Snack: OPTION 1

P- String Cheese 1

F- Peanut Butter 1 tbsp.

C- 1/2-1 Apple

Supper: OPTION 8: WILD SHRIMP STIR FRY

P-Shrimp stir fry in recommended oils (olive, avocado or MCT..avoid soy sauce)

F-Oil (olive, avocado or MCT..avoid soy sauce)

C-Broccoli, Zucchini, Mushrooms (Mrs. Dash seasoning, Cayenne, Cumin)

Consume at least 8 ounces of water during every meal & snack