

UFC PERFORMANCE INSTITUTE

Fight Week Meal Plan

Day 1-2 (Monday/Tuesday)

Lightweight Athlete

<p>UFCPI Nutrition recommends athletes keep their body as nourished as possible over fight week. The following fluid recommendations (water loading) allows the body to shed non-essential body weight by preparing the body for the acute water loss (weight cut). The fluids recommended are designed to be drank throughout the day</p>	Total Fluid Recommendation (Gallons)	Total Fluid Recommendation (Liters)
	2.0	7.7

Meal 1		Food - low fiber, carb, sodium			Supplements		
Servings	Description	Dose	Function	Name			
2.0	2 Eggs	1 pill	Gut Health	FloraSport			
1.0	1/2 Avocado						
1.0	1/4 c Trifecta Inspired Sauce	2 pills	Gut Health	Basic 2/d Nutrients			

Meal 2		Food - low fiber, carb, sodium			Supplements		
Servings	Description	Dose	Function	Name			
2.0	2oz Trifecta Protein	-	-	-			
1.0	1/2 Avocado						
1.0	1/4 c Trifecta Inspired Sauce	-	-	-			

Pre-Training		Supplements		
Servings	Description	Dose	Function	Name
1.0	UCAN Bar	-	-	-
Post-Training		Supplements		
Servings	Description	Dose	Function	Name
1.0	(optional) Protein Powder	-	-	-

Meal 3		Food - low fiber, carb, sodium			Supplements		
Servings	Description	Dose	Function	Name			
2.0	2oz Trifecta Protein	-	-	-			
1.0	1/2 Avocado						
1.0	1/4 c Trifecta Inspired Sauce	-	-	-			

Snacks		Food - low fiber, carb, sodium			Supplements		
Servings	Description	Dose	Function	Name			
1.0	Brain Armor Packet	-	-	-			
2.0	Trifecta Matcha Nut Butter Balls						
2.0	1 Tbsp Nut Butter	-	-	-			