

UFC PERFORMANCE INSTITUTE

Fight Week Meal Plan

Day 4 (Thursday)

Lightweight Athlete

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

Total Fluids to be finished 2 hours before acute weight cut begins (Gallons)

0.5

Total Fluids to be finished 2 hours before acute weight cut begins (Liters)

2.0

Meal 1		Food - low fiber, carb, sod	Supplements		
Servings	Description		Dose	Function	Name
1.5	2 Eggs		1 pill	Gut Health	Thorne FloraSport
0.5	1/2 Avocado				
	-		2 pills	Gut Health	Thorne Basic 2/d Nutrients

Meal 2		Food - low fiber, carb, sod	Supplements		
Servings	Description		Dose	Function	Name
1.0	2oz Trifecta Protein		-	-	-
0.5	1/2 Avocado				
	-		-	-	-

Pre-Cut			Supplements		
Servings	Description		Dose	Function	Name
1.0	UCAN Bar		-	-	-

Intra-Cut			Dose	Function	Name
(1-2 chews)	Honey Stinger Chews (as needed)		-	-	-

Meal 3		Food - low fiber, carb, sod	Supplements		
Servings	Description		Dose	Function	Name
	-		-	-	-
	-				
	-		-	-	-

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