

# UFC PERFORMANCE INSTITUTE

## Fight Week Meal Plan

Day 3 (Wednesday)

### 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 Fluid Recommendation (Gallons)**

2.5

**Total Fluid Recommendation (Liters)**

9.4

Meal 1		Food - low fiber, carb, sodium		Supplements		
Servings	Description	Dose	Function	Name		
1.5	2 Eggs	1 pill	Gut Health	Thorne FloraSport		
1.0	1/2 Avocado					
	1/4 c Trifecta Inspired Sauce	2 pills	Gut Health	Thorne Basic 2/d Nutrients		

Meal 2		Food - low fiber, carb, sodium		Supplements		
Servings	Description	Dose	Function	Name		
1.5	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		
1.5	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	-	-	-		
		-	-	-		