

UFC Trainer: BUILD ENDURANCE

The following 30-day diet templates were created and inspired by UFC Personal Trainer. Each diet plan is catered to one of three goals: Build strength, Build Endurance, Cut Weight. Within those three goals, there are three levels of difficulty, which relates to the intensity of your workout. Choose the diet plan that best aligns with your goal and your level of training experience. For each plan, follow the guidelines below and use the meal template to create your own perfect eating strategy for 30 days. If you need help selecting food options, the shopping list offers a variety of options for each day.

Guidelines

Each day of eating is separated into four components: Breakfast, Lunch, Dinner, and Snacks. At a minimum, you will eat three meals per day. The snacks are a free allotment of foods that you can either ADD to any meal, or consume SEPARATELY at any point during the day. (Note: If you're not hungry, you don't need to eat the snacks. Only eat to the point of satisfaction to prevent overeating) Whether you prefer 3, 4, or 5 meals per day, you can create your ideal diet plan based on your food quota.

Meal Template (Endurance, level 1, workout day)**Breakfast**

2 servings of starches/grains
1-2 servings of protein
1 serving dairy
1 serving fruit

Lunch

1 serving starches/grains
2 servings protein
Vegetables

Dinner

2 servings protein
Vegetables
1 serving starches/grains

Snacks

1 serving of fruit of your choice
1 servings of protein
1 serving nuts/fat/dairy
1 serving starches/grains
Unlimited Vegetables

Template (Endurance, level 1, non-workout day)

Breakfast

1 serving dairy
1 serving fruit
1 serving protein
1 serving starch

Lunch

2 servings protein
1 serving starch
Veggies

Dinner

2 servings protein
Veggies
1 serving starch

Snacks

1 serving fruit
1 serving nuts/healthy fats
1 serving protein
1 serving starches/grains
Unlimited veggies

Meal Template (Endurance, level 2, workout day)

Breakfast

3 servings of starches/grains
1-2 servings of protein
1 serving dairy
1 serving fruit

Lunch

2 serving starches/grains
2 servings protein
Vegetables

Dinner

2 servings protein
Vegetables
2 serving starches/grains

Snacks

2 serving of fruit of your choice
2 servings of protein
1 serving nuts/fat/dairy
1 serving starches/grains
Unlimited Vegetables

Template (Endurance, level 2, non-workout day)

Breakfast

1 serving fruit
2 serving protein
1 serving starch

Lunch

2 servings protein
2 serving starch
Veggies

Dinner

3 servings protein
Veggies

Snacks

1 serving fruit
1 serving nuts/healthy fats
1 serving protein
2 serving starches/grains
Unlimited veggies

Meal Template (Endurance, level 3, workout day)

Breakfast

3 servings of starches/grains
2 servings of protein
1 serving fruit

Lunch

3 serving starches/grains
3 servings protein
Vegetables

Dinner

2 servings protein
Vegetables
2 serving starches/grains

Snacks

2 serving of fruit of your choice
1 servings of protein
1 serving nuts/fat/dairy
1 serving starches/grains
Unlimited Vegetables

Template (Endurance, level 3, non-workout day)

Breakfast

1 serving dairy

1 serving fruit
1 serving protein
1 serving starch

Lunch

3 servings protein
1 serving starch
Veggies

Dinner

2 servings protein
Veggies
2 serving starch

Snacks

1 serving fruit
1 serving nuts/healthy fats
2 serving protein
1 serving starches/grains
Unlimited veggies

Sample Week of Eating: Build Endurance

Day 1 (workout)

Breakfast

Protein-infused oatmeal (oats, 1 scoop protein powder, 1 cup berries)
Milk (dairy or almond)

Lunch

Turkey quesadillas with zucchini and jack cheese

Dinner

Shrimp and chicken spring rolls rapped in steamed rice paper
Side of sweet potatoes, roasted peppers, and steamed broccoli

Snacks

Turkey sandwich with avocado, tomato, and mixed greens
Apple

Day 2 (non-workout)

Breakfast

Cottage cheese
Granola
Banana

Lunch

Shirataki noodles with ground turkey, spinach, and mushrooms

Dinner

Roasted halibut with fava beans, yellow squash, and shallot sauce

Snack

Banana

2 tbsp peanut butter

1 stick of cheese

Day 3 (workout)**Breakfast**

Breakfast burrito (scrambled eggs, 1 whole grain tortilla, shredded mozzarella cheese, sliced tomato, onions, peppers, avocado)

Side of sliced melon

Lunch

Soba noodle chicken pad thai with vegetables of choice

Fresh pineapple

Dinner

Grilled calamari and shrimp over sautéed Swiss chard and shallots

Side of brown rice

Snack

Tuna sandwich (canned tuna, high fiber bread, pesto, avocado)

Day 4 (non-workout)**Breakfast**

Protein Berry smoothie (2 scoops protein powder, almond milk, strawberries, blueberries, blackberries, chia seeds, 4 ice cubes)

Lunch

Baked turkey breast, avocado, tomato, and arugula

Apple

Dinner

Chicken and black bean tacos with avocado, tomatoes, and mixed greens

Snack

2 hard boiled eggs

English muffin

Day 5 (workout)**Breakfast**

Super cereal (cereal of choice w/ more than 3g of fiber, topped with flaxseed, and bananas)

2 hardboiled eggs

Lunch

Hamburger (lean ground beef) with lettuce, tomato, onion
Side salad

Dinner

Meatballs (extra lean ground beef, saltine crackers, onion, garlic cloves, tomato sauce)
Garlic roasted mashed potatoes
Grilled peppers, onions

Snack

Greek yogurt
Cantaloupe
Handful of almonds

Day 6 (non-workout)

Breakfast

Oatmeal, cinnamon, raisins
2 links of chicken sausage

Lunch

Chicken spinach parmesan (chicken breast, 1 tbsp olive oil, 1 tbsp parmesan cheese, 1 garlic clove, marinara sauce, spinach)
Side of black beans

Dinner

Cedar plank salmon (seasoned with salt and pepper, drizzled with olive oil)
Side salad with cucumber, artichoke, broccoli, sprouts, tomatoes

Snacks

Chocolate peanut butter smoothie (1 scoop chocolate protein powder, 4 oz milk, 4 oz water, 1 tbsp peanut butter, 4 ice cubes. Blend and serve)

Day 7 (non-workout)

Breakfast

Vegetable-cheese omelet (eggs, broccoli, spinach, onions, olives, cheddar cheese)
1 slice of whole-grain toast topped with berries

Lunch

Chicken fajitas (chicken breast, onion, green and red bell peppers, jalapeno, cilantro, cumin, 1-2 whole wheat tortillas)

Dinner

Grilled steak with chimichurri sauce (tbsp water, 2 tbsp red wine vinegar, 2 minced garlic cloves, salt, crushed red pepper, black pepper, olive oil)
Grilled asparagus, zucchini, and squash

Snack

Banana
1 slice bread

1 tbsp peanut butter

SHOPPING LIST

Protein Sources (serving size = 3 oz)

Fish (all types)
Chicken Breast
Shrimp
Lean ground beef
Canned tuna
Eggs
Lean Turkey
Lean Pork

Dairy (serving size)

Milk (2% fat or less): 1 cup
Cheese: 1 stick or slice
Plain, low-fat yogurt: 6 oz (one single serving of pre-packaged)
Cottage cheese: 6 oz

Starches and Grains (serving size)

Cereal (with 3g of fiber or more): 1 cup
Oatmeal: 1/2 cup
Bread (with 3g of fiber or more): 1 slice
Corn tortillas: 1 tortilla
Flour tortillas (with 3g of fiber or more): 1 tortilla
Pita bread: 1 pita
Potatoes (regular or sweet): 1 medium sized potato (size of fist)
Beans: 1/2 cup
Pasta: 1/2 cup

Nuts and Fats

Almonds, pecans, cashews, pistachios, Brazil nuts, walnuts: a handful (1 oz)
Nut butters (almond, cashew, peanut): 2 tablespoons
Avocado: 1/2
Sour cream: 2 tablespoons

Vegetables (unlimited)

Leafy greens, lettuces, peppers, celery, carrots, cauliflower, cabbage, broccoli, bok choy, cucumber, green beans, kale, leeks, mushrooms, onion, spinach, sprouts, zucchini, asparagus, arugula, artichoke