

UFC Trainer: Build Strength

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 (Strength, level 1, workout day)**Breakfast**

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

Lunch

2 servings starches/grains
2 servings protein
Vegetables

Dinner

3 servings protein
Vegetables

Snacks (strength, lifting day)

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

Template (Strength, level 1, non-workout day)**Breakfast**

1 serving dairy
1 serving fruit
1-2 servings protein

Lunch

2 servings protein
Veggies

Dinner

3 servings protein
Veggies

Snacks (strength, non-lifting day)

1-2 serving fruit
1 serving dairy
1 nuts or healthy fat
3 servings starches/grains
Unlimited veggies

Meal Template (Strength, level 2, workout day)

Breakfast

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

Lunch

2 servings starches/grains
2 servings protein
Vegetables

Dinner

3 servings protein
Vegetables

Snacks (strength, lifting day)

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

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

Breakfast

1 serving dairy
1 serving fruit

2 servings protein

Lunch

3 servings protein
Veggies

Dinner

3 servings protein
Veggies

Snacks (strength, non-lifting day)

1-2 serving fruit
1 serving dairy
1 nuts or healthy fat
2 servings starches/grains
1 serving protein
Unlimited veggies

Meal Template (Strength, level 3, workout day)

Breakfast

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

Lunch

3 servings starches/grains
2 servings protein
Vegetables

Dinner

3 servings protein
1 serving starches/grains
Vegetables

Snacks (strength, lifting day)

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

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

Breakfast

1 serving dairy
1 serving fruit
2 servings protein

Lunch

3 servings protein

Veggies

Dinner

3 servings protein

Veggies

Snacks (strength, non-lifting day)

2 serving fruit

1 serving dairy

1 nuts or healthy fat

2 servings starches/grains

Unlimited veggies

BUILD STRENGTH sample weekDay 1 (workout day)**Breakfast**

Oatmeal

[Spinach and cheese omelet](#)

Banana

Lunch

[Tuna Salad Sandwich](#)

Dinner

[Chicken Burritos](#)

Side salad

Snacks

1 cup cherries

1-2 scoops protein powder

1 hardboiled egg

1 cup of milk

1 handful of almonds

Unlimited Vegetables

Day 2 (non workout day)**Breakfast**

[Banana and Berries vanilla protein smoothie](#)

Lunch

Chicken salad with apples, arugula, baby spinach, walnuts, cucumbers, and mint

Dinner

Grass-fed burger with sautéed peppers, onions, and mushrooms

Side salad

Snacks

1 cup strawberries
½ cup cottage cheese
1 handful of almonds
Unlimited veggies

Day 3 (workout day)

Breakfast

Whole grain cereal
2 slices of toast
1 cup of milk
1 scoop protein powder

Lunch

Wild salmon with mango peach salsa and ½ avocado
2 sweet potatoes

Dinner

Beef stir fry over onions, peppers, kale, spinach, mushrooms, and jalapenos

Snacks

4 strips of turkey jerky
2 sticks of cheese
1 cup of blueberries

Day 4 (non-workout day)

Breakfast

Egg and cheese sandwich (2 eggs scrambled, 1 slice of cheese, 1 English muffin)

Lunch

Tuna Steak marinated in wasabi, soy sauce (1 tbsp) and rice vinegar (2 tbsp)
Mixed greens salad with broccoli and bell peppers

Dinner

Turkey chili (3 servings lean turkey, diced tomatoes, black beans, corn, dried chili mix, ground flaxseed, ¼ cup water)

Snacks

1 cup berries
1 cup yogurt
1 tablespoon peanut butter
1 slices bread
Unlimited veggies

Day 5 (workout day)

Breakfast

Protein strawberry pancakes (1 scoop protein powder, 1 egg, 1 cup milk, ½ cup oats, 1 tsp. salt, 1 tsp baking powder, ¼ cup chocolate chips: Blend and the pour on griddle. Slice 1 cup strawberries and top)
1 link of chicken sausage

Lunch

Tuna melt (1 can tuna, 2 slices sprouted grain bread, 1 slice of cheese, 1 tsp cayenne pepper, tomato, lettuce, chopped celery)
Side salad

Dinner

2 grilled chicken breasts
½ avocado
½ cup pasta
Grilled asparagus and zucchini

Snacks (strength, lifting day)

1 Apple
1 cup ice cream
1 tbsp almond butter
Unlimited Vegetables

Day 6 (non-workout day)**Breakfast**

3 strips bacon
1 hardboiled egg
1 cup of mixed berries

Lunch

Steak sandwich (6 oz of sirloin steak, 2 slices of multi-grain bread, lettuce, spouts, tomato, peppers)

Dinner

Spaghetti and meatballs (9 oz of lean ground beef, ½ cup whole wheat pasta, ½ cup tomato sauce)
Side salad

Snacks Banana

Greek yogurt
Almonds
Unlimited veggies

Day 7 (non-workout day)**Breakfast**

1 bagel
3 oz of smoked salmon
1 tbsp cream cheese
Grapefruit

Lunch

Shrimp pita pocket (3-6 oz shrimp, 1 pita, lettuce, tomato, 1 oz feta cheese, 1 tbsp Italian dressing)
Side salad

Dinner

Grilled chicken and steak skewers (seasoned as preferred) mixed with bell peppers and onions

Snacks (strength, non-lifting day)

¼ cup dried fruit
1 oz of cheese
1 hardboiled egg
Crackers
Unlimited veggies

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: ½ 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