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Nutrition-itsu

The art of eating for performance and health

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Introduction

In today's mixed-martial arts scene, it's common to find fighters who train hard, do everything right in the gym and the club, but still have trouble with energy and look like they haven't worked out for the past couple of years because of their beer gut.

For these guys, the likely culprit is their nutrition.

What I'm presenting in this manual is a **way of life** – not a diet or something to do to get to a specific goal then forget about – it is a way of eating that will support not only your performance and body composition, but also your health for the long-term.

If you're eating well, you'll be recovering faster, you'll be less prone to injury, you'll have more energy, more muscle, and you'll lean and muscular, which will drastically improve your confidence, both in and out of the cage. It's really a no-brainer whether or not following the guidelines that I'm about to outline is worth it.

But when talking with fighters about nutrition, I often hear wimpy little excuses, often coming from guys who could literally tear my head off. There's a bit of a disconnect, but often guys will be monsters in the gym but babies in the kitchen.

So to begin this section, I'm going to teach you a new martial art, which I call:

Nutrition-itsu

nutrition-itsu is a powerful art, but like all others, it takes discipline, practice, and patience. You will be learning 5 Katas that will allow you to build a strong body, lose excess body fat, maximize your energy, and optimize your health.

So don't expect to be a black belt right away. You will have to continually refer to this manual and refine your skills. But the concepts presented are simple, it will simply take much training to become a master.

But before you learn the katas, you need to develop the nutrition-itsu mindset for success. As with any martial art, the key to success is being able to learn the skills so that they happen without you thinking.

Once you have the mindset in place, you will be able to learn the katas and apply them without letting yourself get in the way, which is the first step to mastery.

So without further adieu, I'd like to present the most common excuses that I hear when talking to fighters about nutrition, and present you with the counter that will allow you to take your biggest enemies in the kitchen, and show you just how ridiculous they really are, so that you can finally defeat them and achieve your black belt in nutrition-itsu.

The Mental Counters of nutrition-itsu

Old Mindset: “I know what to eat, I just don’t have the time to do it.”

nutrition-itsu Counter: Is it more about time or laziness? It really doesn’t take that much more time to eat well – you can pop open a can of tuna in about 10 seconds in a pinch. It’s more about being prepared than having more time.

Being prepared is thinking ahead of time what you’re going to eat for the week, making sure you buy the food at the grocery store, then following through with your plan. So to be prepared, simply follow the guidelines in the quick start guide and you’re set.

If you still can’t follow through using the quick start guide, then that just means you’re lazy. I’m not going to sugar coat it here. And if you’re too lazy to eat well even though everything is laid out for you in the quick start guide, then I have trouble seeing how you’re going to be successful in MMA since you know just how important nutrition is to success, and you’re still not willing to utilize its power. It’s like learning another martial art – nutrition is just another weapon in your arsenal.

BOTTOM-LINE: Make nutrition a priority by making the time to eat well and planning ahead.

Old Mindset: “My problem is chips – I just can’t stop eating chips.”

nutrition-itsu Counter: If you can’t get over an addiction to chips, I really have trouble seeing how you will be able to overcome an opponent who wants to tear your arm off your body. If you’re serious about fighting, then you’ve got to get as serious in the kitchen as you are in the gym. Guys like Randy Couture can fight in their 40’s because they know how to take care of their bodies. Nutrition is a key to health and performance, in both the short and long-term.

It’s like when you’re rolling with someone and they have you trapped in a bad position like the mount. Do you just give up and accept punches in the face, or do you fight and do everything in your power to get out?

If you’re going to be successful, you fight. If you want to lose, you give up. It’s your choice.

Same thing goes the next time the bag of chips is staring you in the face. Sure, you want them, and I know as well as you do how good they taste. But if you can’t exert your willpower in this low-pressure situation, doing so when everything’s at stake will be much more difficult. Just think of it as training – every time you don’t eat something you know will sabotage your body, energy, or health, you’re getting stronger.

BOTTOM-LINE: Train your willpower muscle by avoiding those foods that will sabotage you.

Old Mindset: “I can’t afford to eat well.”

nutrition-itsu Counter: A lot of times, this comes from guys who are taking a bunch of different supplements, going out to bars and getting hammered, and buying new Affliction t-shirts every month. Coming from these guys, this excuse is simply a load of crap.

If your priority is to be a better fighter, drop the supplements which are full of hype and not much else, tone down your partying, and focus on what’s going to make you look good in the cage, not at the after-party. Who do you think gets more attention, the guy who KO’d his opponent in the first round, or the guy wearing the Affliction tee (knowing that 80% of the guys at the after party will be rocking Affliction tees)?

What I’ll bet is that when you implement the skills presented in this manual, you’ll actually be spending less than you are right now.

If you’d really like to know, just set out a budget for the next 30 days, say, \$250. Now every time you eat, whether it’s buying groceries or eating out, use cash from the \$250. Subtract whatever you have left at the end of the 30 days, and that’s your current monthly budget.

Now set out \$250 again and adhere to the guidelines in this manual. I’m almost certain that you’ll be spending less by eating well, because crap foods like cookies, chips and pop actually make you hungrier and consume more than whole foods like veggies, fresh meat, and water.

Plus, I’ll bet you can assess your financial situation and free up some money to devote to your nutrition. Just look at where you’re wasting money, such as booze, and spend a little less on booze and more on food.

BOTTOM-LINE: Eating well is worth it because it gives you confidence, energy, and recovery, and is essential in being a complete mixed-martial artist.

The Sumo Diet

The Sumo Diet is designed to pack on lots and lots of fat mass in a short period of time. It is designed to optimize fat storage, minimize energy expenditure, and make the scale spin around and around until it explodes.



So what exactly is the sumo plan? Here it is:

1. Skip breakfast.
2. Eat two large meals per day.
3. Ensure large amounts of carbohydrates (especially sugar and starches) are eaten with each meal.
4. Sleep for at least four hours after each meal.

The plan when executed to perfection also includes some nice bonuses such as having your intestines massaged by a pretty Japanese girl as you fall asleep, but we'll leave that one out as most won't be able to make that happen.

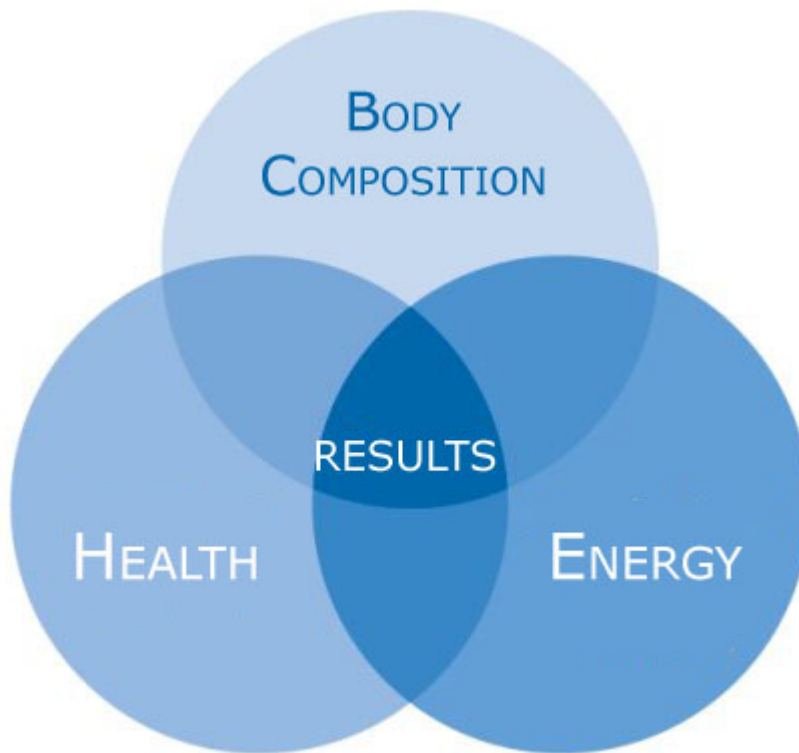
Unfortunately, many fighters are on a similar plan. Which begs me to ask the question, if you want to eat for maximum performance, why are you eating like a sumo wrestler?

If you are eating in any way similar to the Sumo Diet, this little piece was meant to open your eyes a little bit. So what do you do? That leads us to the Katas of nutrition-itsu...

The 6 Katas of nutrition-itsu

Eating the nutrition-itsu way means having endless fuel to allow your muscles, heart, lungs, and vascular system to work at peak performance. It means having the proper amounts of nutrients for repair of worked muscles, as well as creating stronger tendons, bones, and ligaments. It also means eating to stay healthy both short and long term.

So when talking about MMA Performance, you have to consider body composition and health in addition to energy. If you're not healthy, your performance will suffer because you won't be able to train because of illness or injury. If you're carrying around too much fat, your body is not as efficient as it could be for your weight. So the 6 Katas will not only improve your energy and performance, but also your health and body composition, giving you total results.



Here are the 6 Katas that will satisfy the 3 factors of performance and allow you to achieve your black belt in nutrition-itsu:

1. Eat a variety of natural foods.
2. Eat less, more often.
3. Eat complete meals.
4. For a fast metabolism – eat slow.
5. Be an 'A' student.
6. Choose supplements for success.

Now, you will learn the details of each Kata to achieve your black belt.

Kata #1 - Eat a Variety of Natural Foods

Today's grocery stores are filled with processed foods like Oreos, Lay's potato chips, crackers, breads, pop, juices, and frozen dinners. So at first glance, Pillar #1 seems very simple, but our modern society and all its inventiveness have blurred the lines between a natural food and unnatural food product.

Even in your local 'Sport Performance' supplement shop, you'll find hundreds of different substances claiming to turn you into the Hulk in 2 weeks or less. The reality of the matter is that if you want true results, the next time you go grocery shopping, imagine that you're living in an era 10,000 years ago, and you can only eat the foods that were available then. That means unprocessed fruits, vegetables, meat, nuts, seeds, and legumes.



This is where you want to shop for top performance.

Eating natural and whole foods is the only way to eat for long-term performance and health. Only recently have things such as Oreos, Pogos, cereals such as Trix and Shreddies, and microwaveable meals been invented. Thus, our digestive systems, which have evolved over tens of thousands of years, are not equipped to process this crap and they contribute nothing to your goals.

They'll not only make you fat, they'll also consume your energy, as it will take energy to process and get rid of the toxins or useless ingredients found in processed foods, leaving less energy for you to train with.

But many foods sit in a grey area, for example, whole-grain bread. Some people say it's good for you, some people say it's the work of the devil.

What I've done is created a simple system for you to use to help you figure out what food is classified as natural, and what is an unnatural food product.

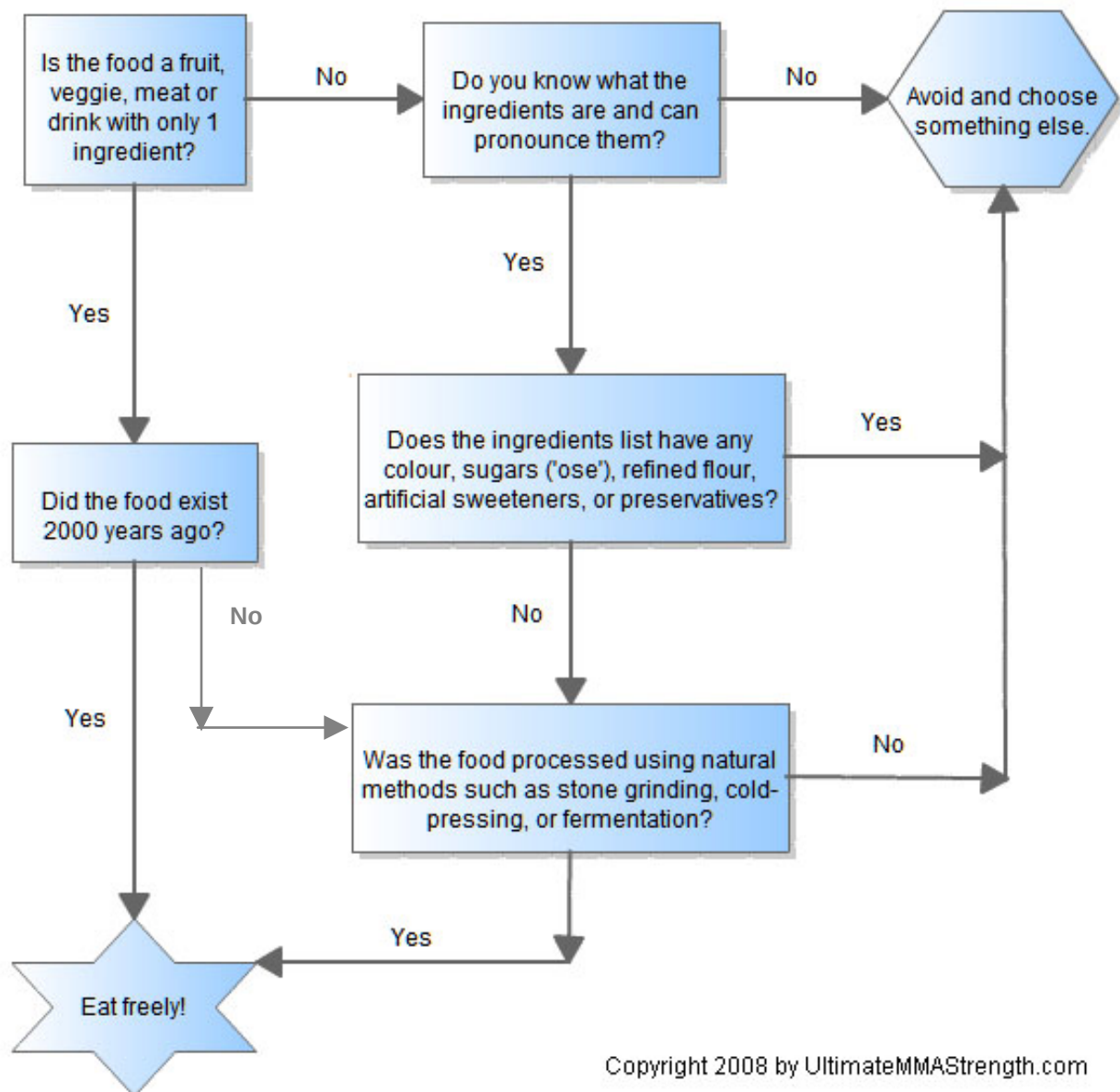
Natural food has stood the test of time (hundreds of thousands of years) in supporting our bodies, whereas the recent food inventions like Cheese Whiz haven't. So choose natural foods for your Warrior quest.

How to Choose Natural Foods Flowchart

The following flowchart will help you determine what a natural food is and what isn't. To learn more about the details, please refer to the background information in chapter _____. But for now, to master this Kata, simply use this chart.

Print this off and take it with you to the grocery store to help you so that you can choose the foods that are best for you.

Nutrition-itsu Natural Food Flowchart

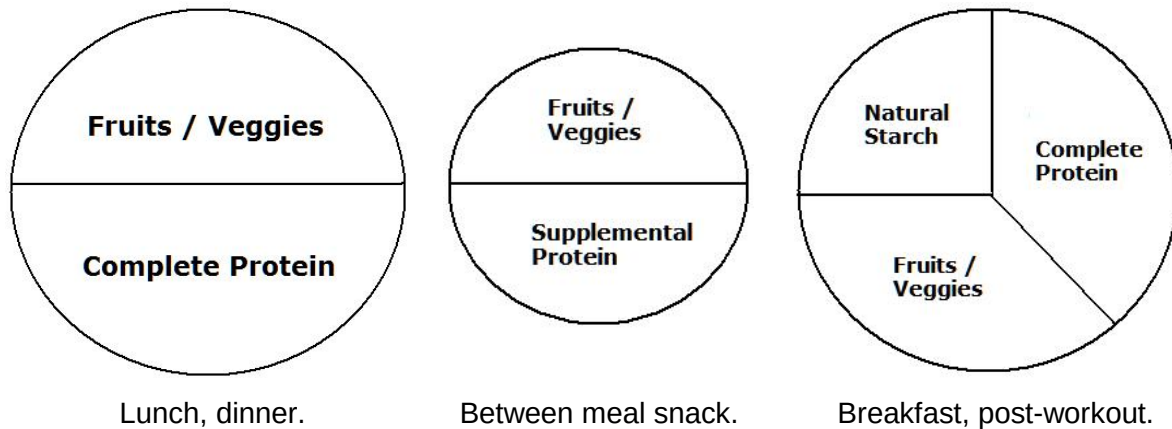


The enemy has many tricks up their sleeve, so the following chart will further help you choose the foods that will optimize your health, energy, and body.

Instead of...		Have	Because...
Fruit juice like Tropicana	➡	Fresh squeezed juice, water	Juice is pasteurized, destroying vitamins and minerals, leaving you with sugar water
'Whole-grain' bread	➡	Sourdough and sprouted grain bread without any added sugar or chemicals in the ingredients	Most whole-grain breads have added sugar and preservatives, so you can't trust the label; sourdough and sprouted grain breads are naturally made
Flavoured Yogurts (especially avoid 'no-fat' yogurt)	➡	Plain whole-fat yogurt (preferably organic)	Flavoured yogurts have added sugars and poor-quality, leftover fruit that can't be sold in stores
Salted, roasted nuts (almonds, peanuts, cashews, etc)	➡	Raw nuts (unroasted, unsalted)	The salt is refined and the roasting ruins some of the natural oils in the nuts
Brown sugar	➡	Rapadura, stevia	Brown sugar is refined sugar with a bit of molasses added for colour
Regular honey (liquid looks clear and consistent)	➡	Raw honey (cloudy and harder, possibly solid)	Regular honey is pasteurized, destroying natural enzymes and minerals in the raw honey
Any salt that is pure white including sea salt	➡	Celtic sea salt or any off-white or coloured salt	Salt gets its colour from minerals such as magnesium, removing the colour removes the minerals
Vegetable oil for cooking	➡	Extra virgin olive oil for med-low temp, extra virgin coconut oil for high temp	Vegetable oil is cheap, chemically processed and goes bad when heated and used for cooking, contributing to inflammation
Store-bought salad dressings	➡	Homemade dressings based on olive oil	Dressings from the store are made with cheap, unnaturally produced oils
Milk	➡	Raw milk if available	Conventional milk has been processed making it more difficult for many people to digest causing bloating and digestive irritation
Margarine	➡	Organic, cultured butter	Margarine is basically plastic, avoid like the plague

Kata #2 - Eat Complete Meals

When forming a plan of attack for your meals, nutrition-itsu, like MMA, requires a balanced attack. So, complete meals look like this:



Choose a Protein: Complete vs. Incomplete

As I'm sure you already know, protein is vital for cellular repair and proper biochemical functions. Protein also takes more energy for your body to digest than fats or carbohydrates, thus contributing to increasing your metabolism. It's simple logic, to build muscle you need to eat muscle!

Two different types of protein in foods exist: complete proteins and supplemental proteins. Complete proteins contain every amino acid and should form the bulk of your protein intake in a day.

Supplemental proteins are used to add some more protein to your diet and balance each meal, but should not be considered a significant source of protein for an athlete like yourself.

Complete Proteins

- Chicken
- Beef
- Lamb
- Fish
- Pork
- Eggs
- Whey protein powders
- Milk protein powders

Supplemental Proteins

- Nuts
- Beans
- Yogurt
- Cottage cheese
- Milk
- Cheese

So every time you eat, you have something from this chart. At your major meals (breakfast, lunch, and dinner), make sure you have something from the complete protein list. In between major meals, you can have something from either list, not just the supplemental protein list. Doing so will ensure that you ingest enough protein to help your body build and maintain muscle and strength.

With respect to how many grams of protein to eat per day, this will depend on your individual metabolism. Some people can maintain their ideal body fat percentage (< 10%) and strength on as little as 0.5 grams of protein per pound of body weight. Don't get too caught up in trying to get massive amounts of protein in all the time. It's not all about protein ingestion – absorption is also key, and will be maximized by learning the 6 Katas.

However for those who need to gain muscle, look to eat around 1 gram per pound, so if you're 185 lbs, eat 185 grams of protein a day. That would mean an average of 30 grams of protein at each of 6 meals.

Choose a Fruit and/or Vegetable

Now the other half of the plate is composed of fruits and vegetables. If athletes in all sports ate a lot more fruits and vegetables, their performance would go up and injuries would go down. Not to mention all of the long-term health benefits that occur when you eat fruits and vegetables in abundance.

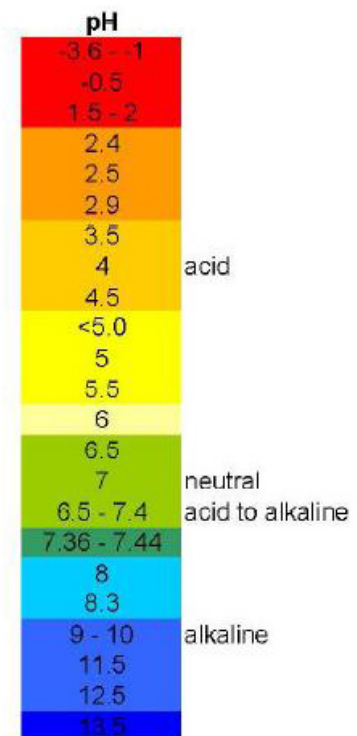
With respect to performance, fruits and vegetables do a couple of things:

1. Alkalize the body.
2. Destroy free radicals.

When you train hard, your body produces a lot of acid, which makes it difficult for your cells to function, since they work optimally in a slightly alkaline state of about 7.4. Your body then has to use its own natural buffers, such as calcium, magnesium, and potassium to buffer the acid created from intense training, since it has to maintain as close to 7.4 as possible.

If you have an abundance of fruits and veggies in your diet, they will help to provide lots of natural buffering substances to combat the acid from training. This will allow you to train harder and longer at a higher level.

The other thing that happens when you train is your body produces free radicals, which are substances that can destroy cells such as muscle, tendons, and ligaments. Fruits and veggies have thousands of anti-oxidants in them that work synergistically together, neutralizing the effects of free radicals.



Health-wise there is no question about the effectiveness of eating lots of fresh produce, so we won't even go into it. **Just think – can you improve as a mixed-martial artist more when you're sick with a cold or healthy and full of energy?**

If you're looking to drop body fat, ensure that you eat more vegetables than fruits, and stick to lower sugar fruits such as berries, pears, and apples, as opposed to grapes and bananas.

NOTE: potatoes and corn are often considered veggies, but for your purposes, classify them under the 'Natural Starch' category.

To Carb or Not to Carb

Now you may have noticed that starchy carbs – such as oats, rice, pasta, bread, and potatoes – are only recommended as a part of breakfast and post-workout meals. The fact is that if you're looking to drop body fat, you need to limit your starchy carb intake. Carbs are too abundant in our modern diets and they are causing nasty things such as obesity, diabetes, poor energy levels, and Budweiser bellies!

Notice that the plate has 'Natural Starch', so **the first thing you have to do is make sure you get sugar and refined carbs (white pasta, white bread, etc) out of your diet!** Natural starchy carbs include rice, whole-wheat pasta, whole-grain bread, potatoes, and oats. If you've learned Kata #1, then you know exactly what to eat and avoid.

Now, to find out how well your body handles carbohydrates, do the following test, recommended by world-famous strength coach Charles Poliquin: eat a high carb breakfast such as pancakes with maple syrup, then notice in the hour following the meal.

1. High energy – you handle carbs well and you can eat quality, unrefined carbohydrates at each meal (breakfast, lunch, dinner, snacks, and post-workout) such as brown rice, oats, quinoa, whole-wheat pasta, sweet potatoes, Ryvita crackers, sprouted grain bread, etc.
2. Medium energy – you handle carbs moderately well and can probably eat them for breakfast, and after training only, but you can experiment at lunch and dinner. If you're trying to lose fat, it would probably be a good idea to limit your carb intake to breakfast and after training only.
3. Low energy – you don't handle carbs well, and it would be best to avoid sugars and eat starchy carbs only after training.

Result	Likely characteristics	What this means
Bouncing off ceiling (high energy)	• Naturally lean • Trouble putting on weight	Eat good carbs with every meal such as brown rice, brown pasta, oats, quinoa, sugarless bread.
Feel 'normal' (medium energy)	• Neither overly skinny or fat • Can put on weight or lose weight fairly easily	Eat good carbs at breakfast and after training, skip the carbs at lunch if you don't train in the morning.
Sluggish (low energy)	• Gain fat easily, especially around the abdomen	Eat good carbs only after training!

You likely fall into the medium energy category, so basically just avoid starchy carbs at lunch. You still need to follow the previous pillars, so boxed breakfast cereals are best avoided in favour of natural starchy carbs such as oatmeal and quinoa.

Kata #3 - Eat Less, More Often

The rule here is this: eat right when you wake up, and every 3 hours after that.

Eating less, more often is all about controlling your insulin levels. You want to control your insulin levels because insulin is the fat storage hormone, if you have high levels of insulin, you have high levels of fat storage. Your cells will also become more resistant to insulin, thus you'll need more insulin to get the same effect, causing more fat storage, and more resistance, and the cycle continues until you're fat and you don't know what to do!

When you eat less often, your blood sugar levels have bigger peaks and valleys, causing your insulin to follow suit. Since insulin is the fat storage hormone, when your insulin peaks, it puts your body into a fat storage mode.

The typical plan of eating by most guys goes like this:

7am – Eat a bagel with a coffee.

Noon – Have lunch at work of a sub or sandwich and a pop or juice.

6pm – Eat a big dinner with a meat, some veggies, and a load of rice or pasta.

Unfortunately, eating like this will wreak havoc on the 3 factors of performance.

When you first wake up in the morning, your body needs quality foods to break the overnight fast, hence the name 'breakfast'. A bagel or toast will simply give you a quick boost of energy from the carb load, but that energy will quickly fade. You don't tend to feel it too much in the morning because you're usually well rested and you slam a coffee whose caffeine keeps you going strong until lunch.

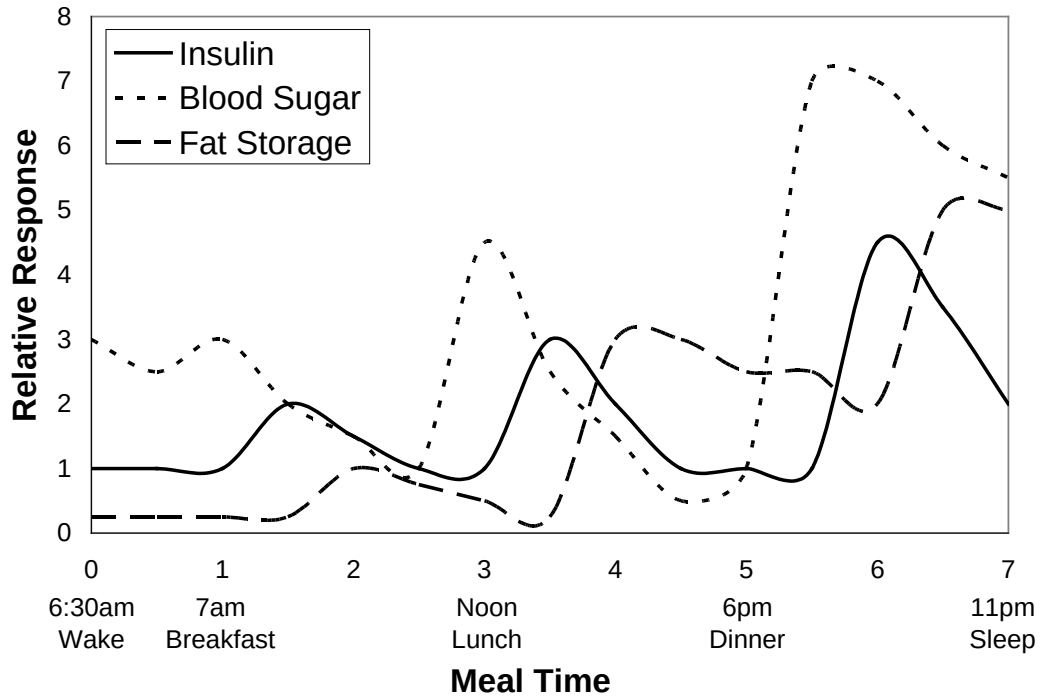
The typical lunch of a sandwich isn't horrible, but it can be vastly improved. However, by dinner, you're generally starving, so you wolf the meal down, which usually has a big carb portion as well, then you might hit training. Or you'll wait for dinner until after training, which will see you eating a huge meal right before bed. Not good for performance!

The effects on your blood sugar and fat storage can be seen in the first graph on the next page.

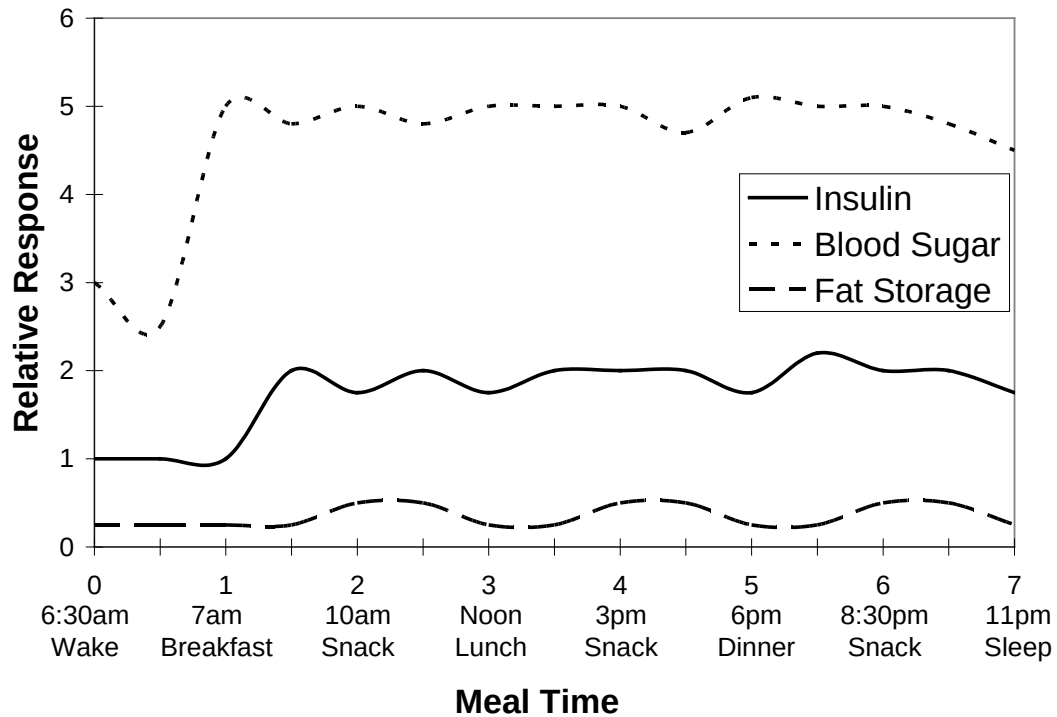
In contrast, by eating less, more often, you balance out your blood sugar, which in turn balances your insulin levels and keeps your body away from fat storage. Your energy levels are more consistent. The typical 3pm drop in energy where you feel like you can't keep your eyes open will be avoided, which might help you keep your job, which is needed to pay for training!

Check the second graph to see how eating less more often effects your body. In order to make this pillar work, you need to be prepared with the proper foods and tools to allow you to quickly have everything you need. We'll get into all of the planning and preparation later. For now, just make sure you understand the basis for this pillar.

Physiological Responses to Eating 3 Meals



Physiological Responses to Eating 6 Meals



Kata #4 – Master the Art of Breathing

In nutrition-itsu, think of your metabolism as a fire. You want a raging hot fire so that you can burn your body fat and be lean and mean.

So when you're trying to get a fire going, one thing that you don't do is put too much wood on, because it will smother the fire.

Following Kata #3 – Eat Less, More Often will help you to put the right amount of wood on the fire throughout the day.



Now what's the other thing that you do to get a fire going?

That's right – you fan it or breathe on it to give it more oxygen. Fire needs 2 things to get going: fuel and oxygen.

So to get your metabolic fire going, you have to give it the proper fuel (Kata #2 – Eat Complete Meals), in the proper amounts (Kata #3), and learn Kata #4. Every energy producing cellular process within your body requires oxygen at some point, so if you're not breathing, your digestion is being limited by the lack of oxygen.

This Kata is so simple, yet will provide you with enormous benefits:

- Elimination of problems such as gas, bloating, indigestion, and acid reflux
- Decreased amount of food needed, allowing you to achieve/maintain a single-digit body fat % and save money on food
- Increased metabolic rate helping you stay lean

The best thing of all is that mastering breathing while you're eating will give you all of these benefits for free.

The 5 Steps to Mastering the Art of Breathing

1. When you're eating, put your fork/spoon down in between bites and chew and swallow completely before taking the next bite.
2. Consciously chew and eat slower. Try timing yourself, and add just 4-5 minutes to your typical eating time. It's not a lot but will make a big difference.
3. Avoid watching TV while you eat because you'll mindlessly shovel food in while engaged in the television.
4. Make it a point to eat with others and talk while you're eating; talk about training or anything that you enjoy.
5. Breathe into the belly with deep breaths regularly during the meal.

Kata #5 – Be an ‘A’ Student

With respect to nutrition-itsu, you don’t have to perfect. But to progress and improve, you need to be an ‘A’ student, which means achieving at least a mark of 80%.

The **80/20 principle** is for those who want to maintain their current body composition level, health, and energy. Let’s say you eat 5 times a day, that makes 35 meals a week. 80% of 35 is 28, which means that 28 of the 35 meals follow your plan, while 7 of the meals can stray from the plan. Now this isn’t a ticket to go wild and out of control, but it allows you to prepare for upcoming events, like a birthday party where you’ll likely have cake, or a couple of beers with buddies on the weekend, and not feel guilty or feel like you’ve wasted all of your previous efforts.

Use the **90/10 principle** to make progress towards a goal. This could be a change in body composition, energy, or improvement in health. Stick to your plan 90% of the time, and plan to break the rules 10% of the time.

For example, if you normally eat 5 times a day, that’s 35 meals a week. 90% of 35 is about 31. So that means you have 4 meals where you can stray from your plan and still make progress towards your goals.

Knowing this, you can then plan ahead and figure out that when you go out for dinner with buddies, you’re going to have dessert; on the weekend, you’ll have a couple of drinks, and you’ll have one or two freebies for things that just happen.

Now, when you stray from the plan, you can simply see it as part of the 10%, and move on with confidence that you can still achieve your goal. Refer to the following table to see how to be an ‘A’ student.

	# Weekly Meals	# Meals on Plan	# Meals off Plan
5 meals/day 80/20	35	28	7
5 meals/day 90/10	35	31	4
6 meals/day 80/20	42	34	8
6 meals/day 90/10	42	38	4
7 meals/day 80/20	49	39	10
7 meals/day 90/10	49	44	5

Tracking your Progress

You know that with respect to training, writing down what you are doing is the best way to ensure that you are making progress towards your goals by getting stronger.

However, it would be a royal pain in the ass to have to write down everything you are eating, all the time to make sure you are on track.

That's why I've included the Adherence Tracking Log, developed by Dr. John Berardi, to monitor your progress.

All you have to do is place a check or an 'x' in each box, where each meal was supposed to go. Since you should be eating about six times per day (every 3 hours), each day includes six boxes for you to mark.

So you're wondering what determines if a check or 'x' gets marked in? Just ask yourself these questions for each meal:

1. Did I eat natural food?
2. Did I eat protein?
3. Did I eat a fruit and/or vegetable?
4. Did I eat starchy carbs? If so, was it the proper timing, based on my goals?
5. Was it 3 hours or less since I last eat?
6. Did I take my time and breathe while I ate, or did I eat in a rush?

If you answered 'yes' to each of the questions, then you get a check.

If you answered 'no' to ANY of the questions, mark an 'x'.

Tracking requires you to be brutally honest with yourself. There's absolutely no point in cheating here, because if you do, you're just wasting your time and you'll never know exactly what it is you're doing wrong if you're not getting the results you want.

Here are some common x's:

- Drinking booze (even 1 beer or glass of wine)
- Drinking juice or Gatorade
- Eating anything that has sugar in the ingredients, things that end in 'ose'
- Missing a meal, or having 4+ hours since the last time you ate
- Not eating a protein with your meal
- Not eating a fruit/vegetable with your meal
- Eating a main meal in 9 minutes or less
- Eating a snack meal in 5 minutes or less

So print off the Adherence Tracking Log and work with it for at least 4 weeks or until you've mastered the Katas.

It's also a good idea to come back to it in the future just to see how you're doing.

Adherence Tracking Log

Goal: _____ adherence = Success!

_____ meals/day x 7 = _____ meals/week x 0.1 = _____ 'missed' meals allowed per week

Week 1	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	# misses
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Week 2	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	# misses
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Week 3	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	# misses
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Week 4	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	# misses
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Adapted from Dr. John Berardi's article 'Tailor Made Nutrition, Part II' on www.t-nation.com.

Kata #6 – Supplements for Success

Supplements are exactly what their name implies – something to add to an already sound nutritional plan. So before you go out and add supplements into your diet, work on achieving success in building the foundation of your nutrition plan by achieving 90% success in following the first 5 Katas.

Once you're there, then it is time to add these important supplements into the mix for ultimate performance.

Fish Oil

Fish oil is the first supplement I list here because it is important not only to training performance, but also long-term health. The benefits of fish oil are many, but the most important to fighters are:

- Decreased inflammation and joint pain
- Accelerated fat loss
- Improved cognitive function

Because of the nature of mixed-martial arts training, your joints take a severe beating. Taking fish oil can calm the pain by reducing inflammation, helping speed recovery between training sessions, thus allowing you to train more often and more effectively.

Aim for at least 2 g (2,000 mg) of EPA + DHA daily, split between 3 meals.

For most brands of fish oil, this would be 2 capsules, taken 3 times daily with meals. I prefer the liquid and take 4 – 6 teaspoons spread over the day, always with meals.

However, you may want to experiment with taking up to 10 capsules a day for a week and see how that affects your performance. Depending on your diet, you may need more than 6 capsules per day.

Training Drink

You want to be drinking more than just water during training. Research has shown that ingesting carbs during training helps provide energy and decrease cortisol, helping speed recovery. Research has also shown that taking in carbs + protein during training does the same but better. The optimal ratio to take in during training is approximately 2:1 carbs to protein.

So how do you do this?

An easy way is to pick-up a 10 pound container of Prolab's N-Large² or Mass Factor by EAS. Now you might be thinking, "Why the hell would I want to take a weight gainer?" Well, you are right in thinking that, but the weight gainer just happens to contain a near-perfect ratio of carbs:protein. The only thing to remember is you don't follow the recommended serving size on the bottle, which is 4 scoops!

Instead refer to the following table to determine how much you should take, based on your weight class and goals.

Weight Class	Goal	# of scoops in 500 mL water
Lightweight	Maintain muscle/lose fat/lose weight	1/2
	Gain muscle/lose fat/maintain weight	1
Welterweight	Maintain muscle/lose fat/lose weight	1/2
	Gain muscle/lose fat/maintain weight	1
Middleweight	Maintain muscle/lose fat/lose weight	3/4
	Gain muscle/lose fat/maintain weight	1 1/4
Light Heavyweight	Maintain muscle/lose fat/lose weight	1
	Gain muscle/lose fat/maintain weight	1 1/2
Heavyweight	Maintain muscle/lose fat/lose weight	1
	Gain muscle/lose fat/maintain weight	1 1/2

Recovery Drink

The research surrounding post-workout nutrition is fairly extensive. Fortunately, the same things you need during training for optimal energy levels and recovery are what you need post-workout.

Weight Class	Goal	# of scoops in 500 mL water
Lightweight	Maintain muscle/lose fat/lose weight	3/4
	Gain muscle/lose fat/maintain weight	1 1/2
Welterweight	Maintain muscle/lose fat/lose weight	1
	Gain muscle/lose fat/maintain weight	1 3/4
Middleweight	Maintain muscle/lose fat/lose weight	1 1/2
	Gain muscle/lose fat/maintain weight	2
Light Heavyweight	Maintain muscle/lose fat/lose weight	1 1/2
	Gain muscle/lose fat/maintain weight	2
Heavyweight	Maintain muscle/lose fat/lose weight	2
	Gain muscle/lose fat/maintain weight	2

For the recovery drink, I actually prefer to blend up a banana, some berries, and add a scoop of whey protein isolate. This just tastes a whole lot better, and will give you some additional nutrients in the form of vitamins, minerals, and anti-oxidants, which are crucial for recovery.

Food for Thought

By applying all of the information that you've already gone through, you'll be well on your way to maximum performance, optimal health, and a ripped and muscular body.

But if you're one of those people who likes more information because understanding 'why' helps you do the 'what', then this section is for you.

With respect to how to choose a natural food, the flowchart presented is all you need to follow to navigate the confusion. But here's all the background info behind the flowchart.

Step #1 – Look at the ingredients

Natural Foods

First of all, **if a food doesn't have a package**, it doesn't have an ingredients list, so it's probably natural. That goes for all raw and unpreserved fruits, vegetables, and meats.

If it does have an ingredients list, and there is **only one ingredient**, then it's also probably natural. Now, because some veggies come packaged, such as baby carrots, they are required by law to have an ingredients list, which would look like this: "Ingredients: Carrots".

If the food existed 2000 years ago, it's probably natural. The exceptions would be white flour and white rice – both products were processed thousands of years ago, however they were not mass produced or a regular part of the diet, thus our bodies have not adapted to handle these refined foods.

With respect to drinks, the same rules apply. You can drink water, teas, fresh squeezed juices, and coffee, but once you add things like sugar, pasteurization, and colour, the beverage becomes a drink product.

All fruit juices are pasteurized, thus the vitamins and anti-oxidants, which are heat sensitive are destroyed. Thus, fruit juice is basically fruit-flavoured sugar water.

Unnatural Foods

Now that you know how to find natural foods, you're pretty much set. Just go around and find the foods that meet the preceding criteria and enjoy! Unnatural foods are a little trickier. Here's what to look for to spot them:

- a) Ingredients that you have no idea what they are. Do you know what calcium sulfate or sodium phosphate does? If not, stay away. Even foods that have added vitamins (which are synthetic) are processed foods.
- b) Ingredients that you have difficulty pronouncing. **If you can't make the words come out of your mouth, don't put it into your mouth.**
- c) Colour. Natural food doesn't need colour. Unnatural food needs colour to make it look like natural food. Nice try, we spotted ya.



- d) Have any ingredients ending in 'ose'. Any 'ose' ending ingredient means that refined sugar is an ingredient. Refined sugar is stripped of all nutritional value, thus when added to foods it can take a natural food and turn it into an unnatural food. Especially avoid anything with glucose-fructose, also known as high-fructose corn-syrup, as it has been implicated in promoting diabetes and obesity, and it does nothing for your energy levels and performance.
- e) Salt. Regular table salt is refined sugar's close cousin, as it has been stripped of its natural nutritional value. Stay away from both and your health will thank you. Instead, look for Celtic Sea Salt, or other unrefined salts. You'll notice them because they have colour, either grey, pink, or brown. The colour is the minerals contained in the salt before they've been stripped away.
- f) Enriched or unbleached flour. These names are thrown in to fool you into thinking that these flours are good for you. Just think of them as 'white flour' and do what you'd normally do – toss it out or put it back on the shelf.
- g) Artificial sweeteners such as Splenda (sucralose), Nutrasweet (aspartame), or Sweet'n Low (saccharin). The jury is still out on sucralose, but new evidence is showing that it is not as safe as once thought. So for now, get away from these fake, chemical sugar products.
- h) Preservatives, such as BHA, BHT, nitrates, nitrites, phosphates, and sulfites. These are all man-made chemical compounds that are detrimental to your health, contributing to little problems such as cancer.
- i) If a food first came into existence after the 1700's, it's probably a food product, not a natural food, regardless of what's on the ingredients list.

The preceding steps will help you determine unnatural vs. natural foods in 95% of all cases. To get the remaining 5%, follow the next step.

Step #2 – Understand the different methods of food processing.

Natural Foods

Foods that have been mechanically processed, using techniques that have been around for thousands of years, are still natural foods. Not all processing is bad. The most common forms include:

Expeller/cold pressed oils. Examples include Extra virgin olive and coconut oils. What this means is that the oil is mechanically squeezed out of the olives at a cold temperature, so that none of the nutrients are broken down and the oil doesn't go rancid. Buy these oils in dark or opaque containers, because light can cause the oils to go rancid.

Steel cut or stone-ground grains. Examples include oats (steel cut, Irish, Scotch) and whole-grain flours. These products are just cut with knives or ground with grinding stones before they get to your kitchen.

The fewer steps of processing, the better. That's why fruits, vegetables, and butcher cut meats are good for you; there's basically only one step between how they grow and your gut.

Just think of it this way – if something needs to be cooked, peeled, or processed, it's best to do it yourself. If you can't make it in your kitchen, then it's might be a good idea to keep it out of your system.

Unnatural Foods

Many foods in our grocery stores seem to be foods that have nourished the human race for centuries, yet they are very different now than they were then.

However, in the process, three things might occur that can decrease the nutritional value of the food you eat:

- 1) The destruction of nutrients such as heat sensitive vitamins, or oxidized fats.
- 2) The removal of components that add increase a food's nutrient value, such as the bran from rice.
- 3) 'Predigestion' of a food which causes it to break down faster in your digestive system, e.g. quick oats vs. steel cut oats.

When the food industry was in its infancy and standards were not set for proper food handling and safety, many people got sick from bacteria infected foods, thus some of these techniques were developed to save lives.

But now, with proper sanitation standards and regulations in place, the processing of our foods only serves to decrease their nutritional value. Now let's look at the most common forms of processing.

However, many of the processing techniques have nothing at all to do with safety. Many of the techniques, such as the chemical extraction of oil from olives instead of mechanical pressing, are employed merely to save money and increase the bottom line.

Also, in earlier days, the refining of grains such as wheat to produce white flour was a difficult and time-consuming process, thus, **only the wealthy could afford the refined products**, adding to their prestige. Once techniques were developed to mass produce the refined product, it was as if BMWs were on sale for 75% off; white flour quickly replaced the 'dirty' brown flour in most kitchens.

Pasteurization is most commonly associated with milk products, but the technique is also used for all packaged fruit juices. Basically, pasteurization involves heating the liquid up to a certain degree to destroy micro-organisms.

This is a good thing if only harmful substances, such as E. coli and mold were destroyed. Unfortunately, good substances, such as enzymes, beneficial bacteria, and micronutrients are destroyed as well.

In Canada, raw, unpasteurized milk is illegal. The only raw dairy product that is available is raw milk cheese. In the United States, some states like California allow the sale of raw milk in stores, while others only allow farm sales, while others still ban its sale completely. Check www.realmilk.com to see if it's available in your state.

Homogenization is also common with milk products. Milk is homogenized after it has been forced through a filter using high pressure, which causes the fat cells in the milk to be broken down into smaller particles, stopping the fat from separating and clumping. Thus, the milk has the same consistency throughout.

The problem with homogenization is that some of molecules that would normally be digested in the stomach pass through without complete digestion, backing up your small intestine.

Most milk on the shelves is homogenized, but you can find non-homogenized products such as yogurt and whole milk.

Chemically extracted oils are oils to avoid, as the oil has been dissolved in a chemical solution, then separated from the solution to create your oil. Most have also been deodorized to hide the stink from the extraction chemicals and the oils that often go rancid. Common oils include regular 'light' olive oil, canola oil, vegetable oil, and soybean oil.

Baking or roasting occurs with products such as bread, pasta, nuts, among others. In Step 1, you learned, "If it can be cooked, peeled, or processed, it's best to do it yourself." Just think of the steps involved to make pasta: the wheat is harvested, ground into flour, mixed with other ingredients, forced into certain shapes through an extrusion process, then baked at a really high temperature and packaged. Definitely not a natural food.

Food preservation techniques are a little bit of a grey area. Simple canning, like that of tuna and sardines is an excellent method of keeping the food from spoiling. However, when they add in flavours, or the fish is soaked in soybean oil, it becomes more of a food product as opposed to canned fish in water.

Jarred items preserved in vinegar are a product of industrialization – previous to using vinegar, **fermentation** was used, which utilized friendly bacteria to keep the food from rotting. The beneficial side effect of this process was that the bacteria themselves were healthy to eat, and when they were eaten, they helped produce other beneficial substances in the digestive system.

So if you can find fermented items, eat them up. Foods like sauerkraut, pickles, and ketchup all used to be fermented, until industrialization created faster, cheaper, and *unhealthier* methods of production. Most health food stores can help you find what you're looking for.

Remember, following the first step by looking at the ingredients will tell you if a food is natural or unnatural in 95% of all cases, the rest of the information is provided for you to fully understand the state of food in today's society. So go back right now and read Step #1 completely through again to further entrench the concepts into your mind.

All About Organic

The organic food industry is growing rapidly and many people ask me if it's worth it or not. This section will tell you everything you need to know and if organics are worth your hard earned money.

First of all, you need to know a couple of quick definitions:

Organic – food that is raised without the use of hormones, antibiotics, and pesticides

Grass-fed – animals that are raised on a natural diet of grass

Pasture-fed – animals that are raised on pasture where they eat whatever is available to them, including grass, wild-flowers, bugs, and more

Free-range – animals are allowed to roam in an open area to feed; this term is sometimes misused by the industry and not reliable

Free-run – animals are enclosed in a barn, but not in individual cages

The question that everybody wonders is, “Are organic foods worth the extra cost?” The answer - sometimes. If you're like most people, your first focus is on eating according to the 5 pillars that I've outlined. You can forget about organic food, since your main priority will be to start eating more natural foods.

Now if you're eating crap, then eating organic crap (boxed cereals) isn't going to do anything for your health or performance.

Then, if you want, **make the transition to organic foods slowly**. Start with dairy products, then meats that have a higher fat content, such as a ribeye steak, lamb chops, chicken with the skin. Hormones, anti-biotics, and toxins such as ingested pesticides on feed used for conventional animal farming are stored in the fat of the animal. Thus, when you choose fattier meats, choose organic to minimize your exposure to these toxins.



If you do make the switch, you'll be benefiting your health by decreasing your exposure to hormones, antibiotics, and pesticides. You'll also be benefiting the environment from a decrease in the use of fossil-fuel based fertilizers and chemicals. The nutrient content of organic foods is also higher, as shown by the following studies:

- Researchers at UC Davis in California showed that organically grown tomatoes contained 97% more kaempferol and 79% more quercetin (two potent flavanoids) in a 10 year study compared to conventionally grown tomatoes ([link](#))
- Beef raised on grass (free range) compared to beef raised on grains (conventional feed) contained much higher omega-3 fatty acids; more importantly, the free range beef had omega-3:omega-6 ratios of 1:2 while the conventional beef ratios were over 1:15 – the closer to a 1:1 omega-3:omega-6 ratio, the better for your health ([link](#))
- Organically raised chickens had 38% more omega-3's and 65% less abdominal fat than conventionally raised chickens (Castellini, C. Mugnai, C and Bosco, A. Dal. 2002. Effect of organic production on broiler carcass and meat quality, *Meat Science*, 60, 219-225)
- A study done by researchers in the UK showed that organic milk contained 68% more omega-3's and had an omega-3:omega-6 ratio closer to 1:1 than conventional milk (Ellis, K.A. et al. 2006. Comparing the fatty acid composition of organic and conventional milk. *Journal of Dairy Science*, 89:1938-1950)
- Organic wines produced contained 45% more resveratrol (the major antioxidant in wine) than wines made from conventional methods (Micelli, A. et al. 2003. Polyphenols, resveratrol, antioxidant activity, and ochratoxin A contamination in red table wines, Controlled Denomination of Origin (COD) wines and wines obtained from organic farming. *Journal of Wine Research*, Vol. 14, Number 2-3)

The Environmental Working Group has also published a study of the pesticide loads on various crops. **Start with those fruits and veggies you eat the most, then the ones at the top of the list.** You can see the whole list at www.foodnews.org. The 10 fruits and veggies with the highest pesticide loads are:

Food	Score (Higher is worse)
Peaches	100
Apples	96
Sweet bell peppers	86
Celery	85
Nectarines	84
Strawberries	83
Cherries	75
Lettuce	69
Grapes – Imported	68
Pears	65

Organic Foods not worth the Money

Some organic foods simply aren't worth it. Most of these products don't meet the criteria of a natural food, so they get thrown out as well. Foods like breakfast cereals, which are highly processed, cookies, and chips, do not provide value for your hard-earned dollar, because even though they're organic, they aren't foods that will support your health or performance.

Local Foods

Local foods on the other hand are definitely worth it, and worth spending the extra time, effort, and money (often local is cheaper) to obtain.

Keeping money in your community by supporting your local farmers helps your local economy.

The decreased distance from farm to table minimizes the use of fossil fuels, decreasing the environmental impact of your food choices.

Sure, eating local food won't make the difference between winning and losing a fight, but like I said, this is a way of life, and

Because of the interest in local foods, farmers markets are beginning to spring-up in cities everywhere, as are programs called Community Shared Agriculture (CSA).

CSAs involve signing up for a subscription, where you purchase a farm's seasonal produce every week, so you get what's fresh and in season. These subscriptions are generally cheaper than purchasing items separately, and you'll be provided with a wide variety of vegetables, and some fruit. The programs are definitely worth investigating.

When buying meat, you can also search for local farms in your area, and make a bulk order and share it between a group of people. This is the cheapest way to get high quality meat, as organic and grass-fed meats are very expensive in grocery stores.

To simplify matters, use the following guidelines to make the best food choices possible.

For buying fruits and veggies, the best are:

1. Local , organic
2. Local, non-organic
3. Imported, organic
4. Imported, organic, from another country
5. Imported, non-organic, from another country

When buying meats, the top choices are:

1. Local, organic, grass/pasture-fed
2. Local, grass/pasture-fed (non-organic)
3. Local, organic (not pasture-fed)
4. Imported, pasture-fed
5. Local, conventional
6. Imported, conventional

Meal Plan Template

Evening Training Session

Meal Time	Example Meal
Breakfast	Oatmeal + 1 tbsp all natural peanut butter + banana + protein powder + cinnamon <i>- adding the protein powder in helps you get a complete serving of protein in this meal</i>
Snack #1	An apple and a handful of unroasted, unsalted nuts <i>- any fruit will do, even dried fruit like apple rings or apricots, just be sure there's no added sugar</i>
Lunch	A big green salad with a can of tuna, olive oil, salt and pepper <i>- avoiding bread (even whole-wheat) will go a long way towards you getting ripped; you'll also avoid the typical 2pm slump</i>
Snack #2	Protein smoothie with 2% milk, mixed berries, nuts/nut butter, ground flax powder <i>- most snacks are interchangeable, just be sure to follow Kata #2</i>
Dinner	Whole-wheat pasta and tomato sauce with lean ground beef, peppers, mushrooms, and onions <i>- if you really need to lose fat, you'll do it more effectively avoiding pasta for dinner unless it's after training</i>
TRAINING	Workout and post-workout drinks <i>- a MUST!</i>
Snack #3	Peanut butter and banana on whole-grain bread <i>- since it's after training, the bread and banana will go towards replacing the carbs you used during your training session, otherwise you'll want to avoid most carbs before bed</i>

Meal Plan Template

Afternoon Training Session

Meal Time	Example Meals
Breakfast	2 eggs + sliced tomatoes + cucumbers + sea salt and pepper <i>- can't go wrong with eggs in the morning, just be sure to at least get omega-3 eggs</i>
Snack #1	Plain yogurt with some berries and nuts sprinkled on top (or nutty granola recipe) <i>- organic dairy is a good idea, if you have access to it, get whole, organic, unhomogenized plain yogurt</i>
TRAINING	Workout and post-workout drinks
Lunch	¼ chicken dinner from Swiss Chalet or grocery store with side salad <i>- make sure you eat out infrequently, and when you do, just stick with the Katas and you're good to go</i>
Snack #2	Veggie sticks and some cheese <i>- hummus also makes a good dip for veggies</i>
Dinner	Steak and sweet potato with steamed broccoli <i>- if you eat potatoes, eat sweet potatoes since they'll at least give you some more vitamins than regular white potatoes</i>
Snack #3	Cottage cheese + sugar-free apple sauce <i>- cottage cheese is great before bed; also try it with a tbsp of all-natural peanut butter and tsp of jam</i>

Power Omelette

Have this omelette in the morning and you'll be sure to have massive amounts of energy for the rest of the day. To get ready quicker, chop the veggies the night before and then you just have to toss 'em in! Serve with a slice or two of whole-grain toast.

Ingredients

- 2 x-large omega-3 eggs
- ½ pepper
- ½ tomato
- ¼ onion
- 1 cm slice cheese, grated
- 1 tbsp olive oil



Directions

1. Heat the frying pan on medium with the olive oil.
2. Saute the onion and pepper for 3 minutes.
3. Beat the eggs and add them to the pan.
4. Spread the tomato and cheese evenly on top of the wet eggs.
5. Cover and remove when ready (about 5 minutes)

Nutty Granola

This makes the perfect match with plain yogurt to give it a little bit of sweetness and crunch, which makes it easier to transition to from sweetened yogurt. Be careful though and don't overeat, as it can be very addictive!

Ingredients

- 1 cup honey
- 1/2 cup olive oil
- 1 tbsp cinnamon
- 1 tsp vanilla
- 4 cups large flake oats
- 3/4 cup wheat germ
- 3/4 cup ground flax
- 3/4 cup raisins
- 3/4 cup walnut pieces
- 3/4 cup pecans
- 3/4 cup almonds (chop if desired)
- 3/4 cup pumpkin seeds (or any other nut/seed you wish)



Directions

1. Preheat the oven to 320 F.
2. Bring the honey and olive oil to a slight boil in a pot, then reduce to simmer. Add cinnamon and vanilla once simmering.
3. Mix the rest of the ingredients together in a large bowl.
4. Add the liquid to the bowl and mix thoroughly.
5. Grease a baking sheet and spread the granola evenly. Do not pack too firmly.
6. Bake for 25 - 30 minutes, depending on desired crunchiness.
7. Chop while still warm so that it breaks up easier once it is cooled.
8. Store in airtight containers in the pantry and add to yogurt, cottage cheese, or pour milk over it for a great homemade cereal. Also makes a great traveling snack.

Greek Salad

My favourite salad. Easy to do, and tastes great. Make sure to get your veggies in at every meal!

Ingredients

Onion
Tomato
Cucumber
Feta cheese
1 tbsp olive oil
Salt
Pepper



Directions

1. Cube the vegetables and toss in a bowl.
2. Chop the feta and sprinkle on top.
3. Add the olive oil, sprinkle with salt and pepper.

Hearty Chili

This is a great way to cook a bunch of healthy food fast and have lots stored away so you can just grab and go when in a rush. It also freezes well, so you can double up the recipe and throw some in yogurt containers in the freezer for future consumption.

Ingredients

- 1-1.5 lbs lean ground beef
- 4 cloves of garlic
- 1 large onion
- 1 can diced tomatoes
- 1 can crushed tomatoes
- 1 can mixed beans (medley)
- 1 zucchini
- 1 large carrot
- 1-2 peppers (colours)
- handful of almonds
- 4-6 bay leaves
- Italian seasoning
- Fresh ground pepper
- Hot sauce (Frank's)



Directions

1. Brown the ground beef, onion and 2 cloves of garlic in a skillet.
2. While the beef is browning, chop up the remaining veggies and toss in a large pot with the tomatoes. Bring to a slight bubble.
3. Rinse the beans off in a colander and toss in the large pot.
4. Once the beef is browned, drain it then toss it in the large pot.
5. Add the bay leaves and almonds.
6. Simmer the pot for at least 30 minutes. Once the carrots are soft, it is ready! The more you simmer the thicker it will get.
7. Add spices and hot sauce to taste and enjoy!

Teriyaki Sauce

This is my favourite sauce for stir-frys and marinating chicken breasts, salmon, and beef. Make a bunch of this and throw it in the fridge so you can get at it any time. Try it in a chicken stir-fry with garlic, onions, broccoli, and red peppers. Other good stir-fry veggies include zucchini and eggplant.

Ingredients

- 1 tbsp freshly grated ginger
- 3 garlic cloves, mashed
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp honey
- $\frac{1}{2}$ cup soy sauce



Directions

1. Whisk all the ingredients together in a bowl and if not using all right away, store in the fridge.

Power Smoothie

This is the most powerful smoothie when you need a quick meal and want to make sure you have all of your nutritional bases covered. Blend this one up and enjoy! It's so good, you have to make sure you don't abuse it and eat these for every meal. Instead, have them once in a while for a treat or in a pinch.

Ingredients

- 1 cup 1-2% milk
- 1 scoop protein
- Handful of walnuts or pecans
- 1 tbsp ground flax
- 1 banana
- 1 cup frozen mixed berries
- Sprinkle of cinnamon

Directions

1. Throw everything into a blender and enjoy!



Guacamole

You need to be eating avocado to get its healthy fat into your diet. Avocado slices with a little salt are nice, but try this out for a tasty change. Try to eat 2-3 avocados a week.

Ingredients

1 avocado
½ tomato
Squeeze lemon juice
Salt
Pepper



Directions

1. Scoop out all of the avocado meat into a bowl. Mash it with a fork.
2. Dice the tomato and add it to the avocado.
3. Sprinkle with lemon juice, salt, and pepper, mix, and enjoy.

Other Nutrition Ideas

I've provided a few tasty ideas here to get started. Sooner or later, you're going to need much more than this. That is why I'm recommending you take the time to further investigate other resources for recipes and food ideas.

A few of my recommended resources are:

- **Gourmet Nutrition** book— check it out at www.johnberardi.com; JB is a performance nutrition specialist and has tons of great resources such as articles, recipes and products for you to check out to bring your nutrition to a new level.
- **Nourishing Traditions** book – this is a must for anyone really looking to learn about the history of nutrition and why today's society is getting fat and riddled with disease. Includes lots of recipes and LOTS of info.
- **recipes.com, cooks.com, etc.** – You can find any recipe you want on the web. Just make sure they follow the Katas.

The best bet is to stick to something simple that works, like the simple plan included in this manual. Once you've got healthy habits down permanently, then move on to trying new recipes and ideas.

Other little tidbits of info:

- If you feel like a **snack at night**, your best bet is to have some cottage cheese, all-natural peanut butter, and a little bit of quality jam. Nothing beats the slow digesting casein protein in the cottage cheese to help rebuild your muscles.
- Get away from packaged foods and **stick to the outside** of the grocery store – just think, the longer a food lasts on the shelf, the worse it is for your health and performance.
- Don't drink alcohol on an empty stomach – make sure there is some fat and protein in your gut to help stave off gut rot and a vicious hangover.
- If you need a quick dinner, get a roasted chicken from the grocery store, and a bag of salad, it is pretty cheap, tastes good, and is healthy.
- Pick some good fast food restaurants in a pinch, or **make better choices** at the ones you already go to. Sure, the healthier stuff usually costs you more, and you get what you pay for. That \$3.99 extra value meal isn't designed for optimal MMA performance!

Conclusion

Mastering the art of nutrition-itsu is like mastering any other martial art – it takes commitment, time, effort, discipline, and practice.

Don't expect to be perfect right away. Letting go of your old habits will take time. Just be patient with yourself and continually refer back to this book.

You'll come across lots of fads in the nutrition and supplement industry, but these fads come and go.

The Katas that you've learned form the foundation of every good diet. Unless you've mastered the Katas, you're wasting your time, money, and energy trying the latest fad diet and hyped up supplement.

So above all else, memorize the Katas and continually practice them:

1. Eat a variety of natural foods.
2. Eat complete meals.
3. Eat less, more often.
4. Master the art of breathing.
5. Be an 'A' student.
6. Choose supplements for success.

6 basic rules if followed will give you abundant energy, optimal health, and a lean, resilient body.

I wish you the best of luck on your journey and would love to hear your comments and feedback on this book and the results you've attained.

Just find me on [Facebook](#) and let me know what's up.

Keep training and EATING smart,

A stylized, handwritten signature in black ink, appearing to read 'Eric Wong'.

Eric Wong, BSc, CSCS