

## Boxer's Diet Plan

**\*Please note that the diet plan above is a very rough guide\***

**Eat 5-10 portions of fruit & veg on top of the meals outlined below.**

- 2 litres of filtered/spring water per day (consider adding a little lemon juice or baking soda)

**8am**

Whey protein drink in water

High Protein Porridge:

2 cups of porridge oats  
1 cup of ground almonds  
Handful of sesame seeds  
a teaspoon of raw or manuka honey

**or**

Smoothie -

1/2 Avocado  
15g Peanut butter  
1/2 Banana  
Handful of Kale  
5g Spiriluna  
10g Cacao powder  
5g Stevia (optional sweetener)

**10.30am**

2 slices of wheat-free toast with organic peanut butter (no added sugar version)

**or**

2 rice cakes with organic peanut butter  
banana

**or**

Mashed banana mixed with almond butter on toast

**12pm**

Egg salad with goat's cheese, lettuce and as many vegetables as possible  
300ml hemp milk / full fat milk  
2 pieces of high-quality dark chocolate  
1 piece of fruit

**3pm**

Whey protein drink  
Piece of fruit

or

1 tin of sardines

**5pm** – approx 1 hr before training

2 cups of wheat free cereal or porridge oats

with 150-200ml hemp or almond milk and a sliced banana

apple

a handful of nuts and seeds

**20 mins before training**

10g BCAA (optional)

**Post Workout** (within 30 mins)

1 piece of fruit (preferably a banana, as these contain glucose as well as fructose)

Post workout drink:

30g maltodextrin

40g whey protein

4g creatine

500mg Alpha lipoic acid

**Or**

'natural smoothie'

1/2 Avocado

15g Peanut butter

1/2 Banana

Handful of Kale

5g Spiriluna

10g Cacao powder

5g Stevia (optional sweetener)

**Evening Meal** (1 hour after training)

Couscous 70g

Salmon - 100g

Roasted Vegetables

- Pour 125ml water in a pan per 100g of couscous, Bring to the boil. Take off the ring as soon as boiled. Leave to stand for 2 mins. Fluff with fork. Season. Add a little olive oil, balsamic vinegar.
- Salmon – poach in water, with a little butter for approx 15 mins.
- Roasted vegetables – onions, sweet potatoes, carrots. Chop up vegetables, put on a baking tray with oil drizzled on them. Add seasoning e.g. thyme or Chinese five spice. Put in the oven, 180 degrees for 15-20 mins.

**Supper**

350ml of coconut milk (beware that typical cartons contain about 2% coconut milk - tins or dried coconut milk tend to be better sources)

Calories approx – 3200

- For extra calories make an additional protein smoothie:  
40g Hemp seeds/hemp protein powder  
25g dried coconut milk  
1 banana  
Handful of spinach  
20g flaxseed powder/coconut oil  
Blend together – makes 500 to 600 calories

Pecans - are also a great source of extra calories. A 200g bag containing 1,400 calories is pretty easy to get through, especially if you add some goji berries and a fair amount of pink salt

There are many ways to approach nutrition and meal preparation.

Many fighters stick to 5 or 6 small meals per day,

whilst others may practice intermittent fasting or prefer a ketogenic alkaline diet.

Some may consume supplements, whilst other boxers prefer to consume a plant-based whole-foods diet with no supplements at all.

Experiment and see what works for you. General principles remain however:

- Get plenty of fruit and vegetables 5-10 portions per day
- Avoid processed foods like Pot Noodles
- Whole foods are best
- Get plenty of protein - hemp seeds, grass-fed beef, wild fish
- Get plenty of omega 3 - flaxseed and/or fish oil
- Avoid alcohol especially after a fight or training
- Consume anti-inflammatory foods like ginger, turmeric etc
- Don't fry with sunflower oil and oils high in omega 6
- Foods to build healthy gut flora - sauerkraut, kefir, yogurt