

High Calorie MMA Diet Plan		
Time	Meal	Ingredients
7:00	Smoothie	Spinach, Kale, 2 bananas, 1/3 of a carrot, protein powder
10:30	Peanut Butter on Toast	Peanut butter, wholegrain toast
12:00	Giant Salad Bowl	1 avocado, kale, cheese, 1 egg chopped up, lettuce, olive oil
15:00	Protein Shake	30g protein powder, 10g MCT oil, 5g cacao powder
1 hr. pre-training	1 banana, 1 espresso	
during training	DIY Sports Drink	500ml water, 20-30g maltodextrin, pinch of salt
post-training	Post Training Shake	50g protein powder, 5g creatine, 15g flaxseed powder. Eat banana seperately
Evening Meal	Steak, sweet potatoe fries	
Evening Snack	Handful of pecans	

High Calorie MMA Diet Plan - on a budget

Time	Meal	Ingredients
7:00	Smoothie	Spinach, Kale, 2 bananas, 1/3 of a carrot, protein powder
10:30	Peanut Butter on Toast	Peanut butter, wholegrain toast
12:00	Overnight Oats	100g oats, 15g peanut butter, 15g honey, 15g organic blueberry powder, 5g chia seeds, handful gojis
15:00	Protein Shake	30g protein powder, 10g MCT oil, 5g cacao powder
1 hr. pre-training	1 banana, 1 espresso	
during training	DIY Sports Drink	500ml water, 20-30g maltodextrin, pinch of salt
post-training	Post Training Shake	50g protein powder, 5g creatine, 15g flaxseed powder. Eat banana seperately
Evening Meal	Spring green fried rice & eggs*	3 eggs (beaten), 1 tbsp veg. oil, garlic, rice, soy sauce
Evening Snack	3 Oatcakes or Rice cakes	

*recipe here - <https://www.bbcgoodfood.com/recipes/spring-green-fried-rice-eggs>