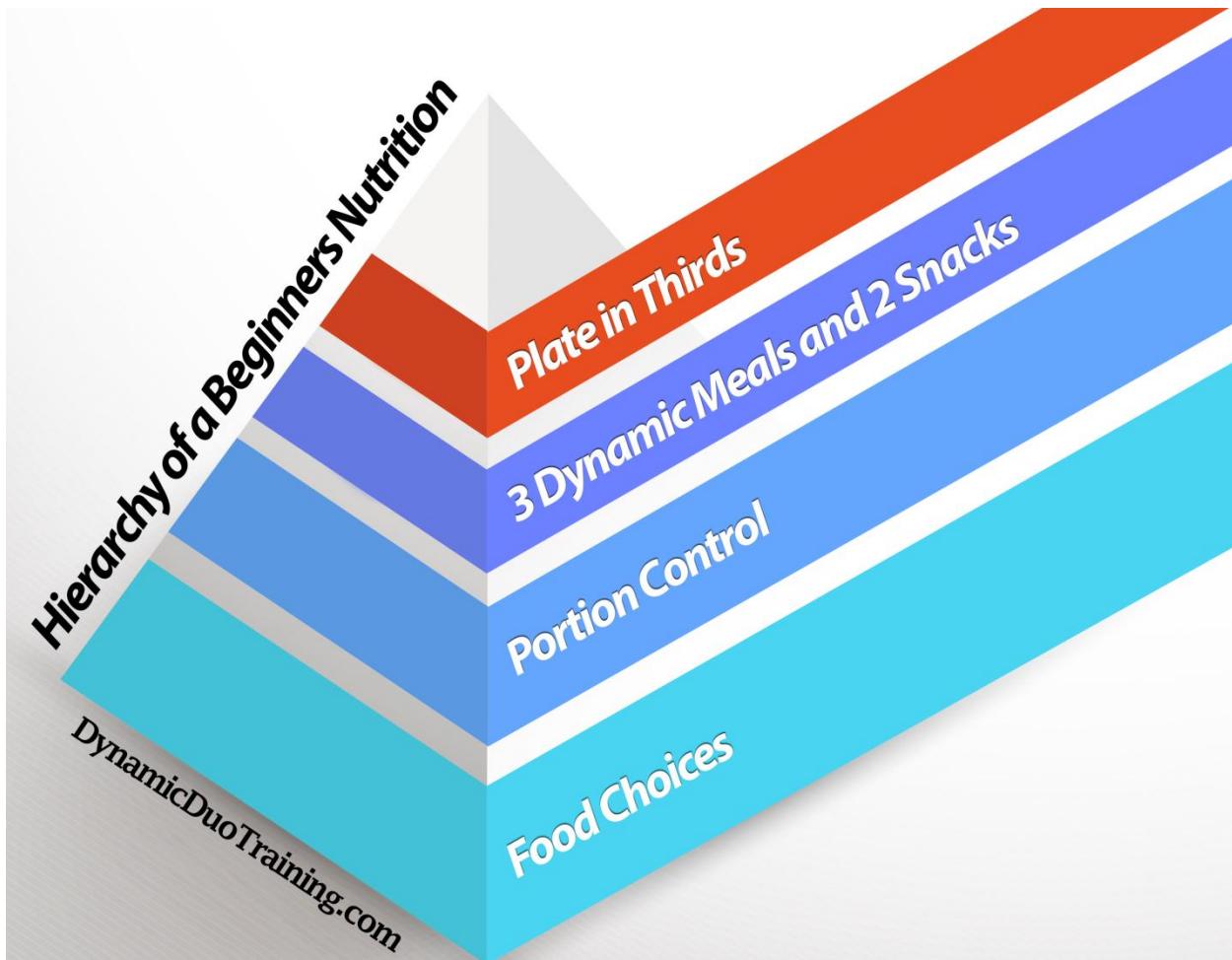


Hierarchy of Nutrition:



CMC Pro Boxing Basic Nutrition Recommendations

Visualize Your Plate in Thirds:



CMC Pro Boxing Basic Nutrition Recommendations

Each Day Aim for:

- ✓ 3 Dynamic Meals
- ✓ 2 Snacks
- ✓ 2-3 servings of fruits and vegetables
- ✓ Approx. 70% of your bodyweight for water consumption (Ex: 200 pounds x .70= 140 ounces)

Here is an example of how you will spread out your meals throughout the day. Just a recommendation:

Dynamic Meal 1/Breakfast: 7:00 am

Snack 1: approx. 10 am

Dynamic Meal 2/Lunch: approx. 1 p.m

Snack 2/Pre Boxing: approx. 4 pm

Boxing Session: approx. 5-6 pm

Dynamic Meal 3/Dinner: Between 7-8 p.m



CMC Pro Boxing Basic Nutrition Recommendations

Portion Control:

Here is the “how much” part of your meal plan. See the following videos to get a better Idea:

- [Portion Sizes Video 1](#) (password: nutrition)
- [Portion Sizes Video 2](#)
- Feel free to send me pictures of your meals for the first week so you can get the hang of portioning your meals out

Protein – The portion of protein for women at primary meals should be the size of your closed fist. For men, it should be the size of 2 closed fists



CMC Pro Boxing Basic Nutrition Recommendations

Carbohydrates – The portion of carbohydrates for women at primary meals should be the size of your open palm. For men, it should be the size of 2 open palms



CMC Pro Boxing Basic Nutrition Recommendations

Fats- The portion of fats for women at primary meals should be 1 thumb sized portion. For men, it should be 2 thumb sized portions. *Important note:* If the portion sizes are slightly bigger than your thumb, don't stress over it



CMC Pro Boxing Basic Nutrition Recommendations

Food Choices and A, B, and C System:

*Dynamic Meals

**For each meal choose 1 source from A, B, and C to complete Plate in thirds and 3 Dynamic Meals.*

Example: A. Chicken

B. Brown Rice

C. Almonds

*Snacks

**For each snack choose 1 source from A and C. Remember to use a closed fist as your protein portion and your thumb length for your fats portion.*

Example: A. Greek Yogurt

C. Almonds

(A) Protein: Chicken, tuna, fish, low fat or fat free milk, egg whites, egg yolks, low fat cheese, low fat cottage cheese, Greek yogurt, ground turkey, turkey slices, ham, lean pork (preferably tenderloin), lean beef (preferably top sirloin, grass fed, flank), protein shakes, protein bars.

(B) Carbohydrates: Brown/White rice, whole wheat cereal, oatmeal, oat bran, whole wheat bread, whole wheat pasta, high fiber tortillas, baked chips, low fat popcorn, potatoes, sweet potatoes, fruits, veggies, whole beans or black beans, brown rice cakes.

(C) Fats: Fish oil caps, all natural peanut butter or almond butter, cheese, nuts, avocado, olive oil, canola oil, coconut oil, MCT's, flax oil, egg yolks, fats from meats (i.e., beef, steak, salmon)

Snacks: Greek yogurt, beef jerky, protein shake or bar, small chicken or turkey breast, small piece fruit, 1 serving of veggies, thumb sized serving of nuts, half a serving of peanut/almond butter

Fruits and Vegetables: I would like you to incorporate 2 servings of veggies into your meals as well as 2 servings of fruits into your meals.

Condiments: Keep to a minimum on hydrogenated oils, high fructose syrups, high fat, sugar alcohols, and high sugar in the ingredients.

FOOD SUBSTITUTIONS:

- Coffee Creamer-----→ Opt for Low fat creamers or 1% milk
- Table Sugar-----→ Opt for Splenda packets
- Eating Out-----→ Limit to once per week for indulgence meal
- Lattes, Mochas & Fraps-----→ Opt for black coffees and add low fat cream & a Splenda
- High Fat Ice Cream -----→ Opt for low fat ice cream
- High Fat Chips-----→ Opt for baked chips or low fat chips
- Candy Bars, Sweets, M & M's, etc-----→ Opt for protein bars & Protein cookies
- Wine and Beer-----→ Limit to once per week for indulgence meal

CMC Pro Boxing Basic Nutrition Recommendations

Kitchen Essentials:

Cooking Skillet, Pots and Pans



CMC Pro Boxing Basic Nutrition Recommendations

Cooking Utensils



CMC Pro Boxing Basic Nutrition Recommendations

Tupperwear



CMC Pro Boxing Basic Nutrition Recommendations

Knife Set and Coffee Pot



CMC Pro Boxing Basic Nutrition Recommendations

Blender



CMC Pro Boxing Basic Nutrition Recommendations

Meal Ideas

Simply take the foods off the food sources list above and use these meal ideas. Be sure to use the recommended portion sizes we recommended above.

Breakfast-

1. Oatmeal with berries & nuts & a scoop of protein powder
2. Eggs with oatmeal & a piece of fruit
3. Whole wheat bread with almond or all natural peanut butter & a scoop of protein powder
4. Whole wheat bagel with fat free cream cheese & eggs
5. Protein shake made with fresh fruit, oatmeal & all natural peanut butter
6. Hard boiled eggs with whole wheat bread, fat free jam & fruit
7. Scrambled eggs, spinach, onion & bell pepper with slice of low-fat cheese in a whole wheat tortilla
8. All bran cereal with eggs or protein powder
9. Whole wheat pancakes with eggs or a protein shake or add protein powder to pancake mix
10. Omelet with fat-free or low-fat cheese, spinach, onions served with oatmeal or whole bread or all bran cereal

CMC Pro Boxing Basic Nutrition Recommendations

11. Low Fat Cottage Cheese with Fresh Berries and oatmeal
12. Greek Yogurt with Almond Butter and Oatmeal
13. Eggs or Egg whites with Whole Wheat English Muffins with Laughing Cow Cream Cheese or Almond Butter
14. Dynamic French Toast (see recipe on blog)
15. Dynamic Pumpkin Pancakes (see recipe on blog)
16. Eggs or egg whites with grilled red potatoes mixed with fresh kale
17. Eggs or egg whites with a side of turkey bacon or Canadian bacon and a baked sweet potato or yam
18. Dynamic Chilaquiles (see recipe on blog)
19. Turkey bacon, low fat cheese, grilled onions and bell peppers with eggs or egg whites
20. Eggs or egg whites with whole wheat toast and a spread of reduced sugar jelly or reduced cream cheese

CMC Pro Boxing Basic Nutrition Recommendations

Lunch & Dinner

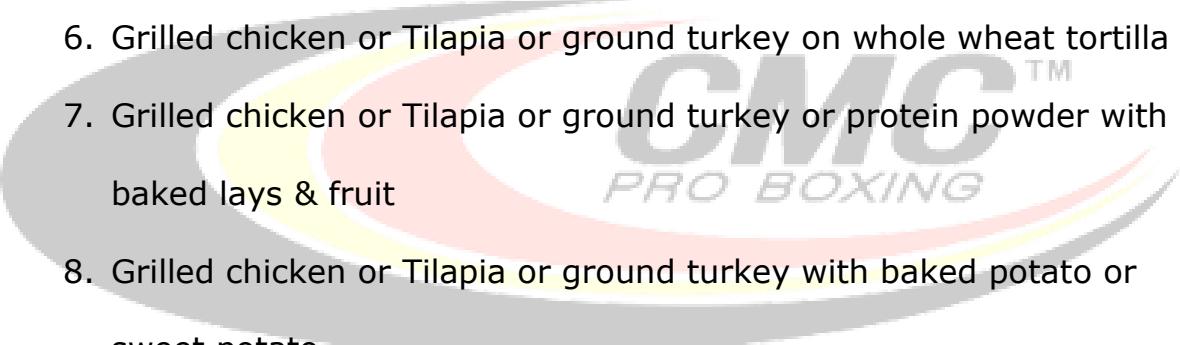
1. Salad greens tossed with olive oil & lemon juice, served with grilled chicken or fish and a small serving of brown rice
2. Grilled or roasted salmon (or choice of fish) brushed with olive oil, mixed veggies & balsamic vinaigrette
3. Sliced grilled chicken breast, red onion, bell pepper all on a serving of brown rice & veggies
4. Chicken or fish tacos wrapped in whole wheat tortilla, low-fat cheese and a serving of black beans
5. Albacore tuna sandwich on whole wheat bread with avocado and veggies
6. Sliced roast turkey or chicken breast with avocado on whole wheat bread or wrap
7. Grilled chicken or fish with grilled or baked sliced sweet potatoes and veggies
8. Chicken & vegetable stir fry with brown rice
9. Turkey or chicken burger, lettuce, tomato & red onion on whole wheat bun
10. Lean ground beef or lean steak with brown rice or sweet potatoes served with veggies

CMC Pro Boxing Basic Nutrition Recommendations

11. Sliced grilled or roasted pork tenderloin with brown rice or whole wheat pasta with veggies or a salad
12. Whole wheat spaghetti with marinara sauce, lean ground turkey meatballs or lean ground beef and a side salad
13. Chopped Flank steak cubes, sliced golden potatoes, mixed veggies and a dash of olive oil
14. Lean ground Bison burger on whole wheat sandwich thin bread, low fat cheese, and a side of veggies (could also add baked sweet potato fries or red potato fries)
15. Shredded chicken breast or grilled tilapia fish tacos wrapped in whole wheat tortillas, low-fat cheese and a serving of black beans
16. Lean ground turkey burgers, romaine lettuce, fresh tomatoes & red onions on a whole wheat bun
17. Lean top sirloin ground beef or lean top sirloin steak cubes with brown rice or roasted sweet potatoes served with veggies
18. Chicken thighs with steamed brown/white rice with a side of grilled veggies or a salad
19. Ahi tuna, lettuce, chopped tomatoes, chopped avocado with a spread of hummus
20. Dynamic Quesadillas- (see recipe on blog)

CMC Pro Boxing Basic Nutrition Recommendations

Pre & Post Boxing Meals

1. Grilled chicken or Tilapia or ground turkey with whole wheat pasta
2. Grilled chicken or Tilapia or ground turkey with black beans
3. Grilled chicken or Tilapia or ground turkey with brown rice
4. Turkey breast sandwich on whole wheat bread
5. Albacore tuna sandwich on whole wheat bread
6. Grilled chicken or Tilapia or ground turkey on whole wheat tortilla
7. Grilled chicken or Tilapia or ground turkey or protein powder with baked lays & fruit
8. Grilled chicken or Tilapia or ground turkey with baked potato or sweet potato
9. Protein powder blended with oatmeal or all bran cereal
10. Egg whites with oatmeal or all bran cereal or whole wheat tortilla
11. Rice Bowl- Grilled chicken, Lean beef, or White fish with egg whites, white rice, and grilled onions, grilled bell peppers, or your choice of veggies
12. Whole wheat pancakes with cooked oatmeal in batter with a side of eggs or egg whites

CMC Pro Boxing Basic Nutrition Recommendations

13. Grilled tilapia or grilled chicken wrapped in Middle Eastern Flat Breads sprinkled with low fat cheese
14. Lean ground turkey burger on sourdough bread, whole wheat buns, or whole wheat sandwich thin bread with low fat cheese
15. Protein shake- whey protein, almond or fat free milk, banana, oats, and a serving of almond or peanut butter (all blended together)
16. Grilled chicken with a side of baked sweet potato or yam topped with a serving of almond butter and Walden farms syrup
17. Burrito bowl- Grilled chicken, grilled tilapia, grilled lean beef with white rice, Cuban black beans, topped with guacamole and salsa
18. Whey protein mixed with oats or cream of wheat with a splash of almond or fat free milk
19. Low carb pancakes- Coconut flour, pumpkin, egg whites, baking powder and cinnamon with a side of eggs, egg whites, low fat cottage cheese or a protein shake
20. Pre/Post workout Treat- Artic Zero ice cream, serving of almond/peanut butter, serving of Walden farms with a protein shake

CMC Pro Boxing Basic Nutrition Recommendations



CMC Pro Boxing Basic Nutrition Recommendations

Getting Quality Sleep

Dan Pardi, who does research with the Psychiatry and Behavioral Sciences Department at Stanford, and the Departments of Neurology and Endocrinology at Leiden University in the Netherlands. His current research looks at how sleep influences decision making (publications) and we asked him to build a sleep tip sheet:

Things That Matter for Sleep Are:

-Duration: How long did you sleep within a 24 hour period; could be 8 hours of straight sleep or 6 hours during the day and a 2 hour nap at night.

-Timing: Circadian phase (24 hour patterns that our bodies maintain and sleep is one of them); what's the best time for you to go to bed and wake up to get your body in a consistent sleeping pattern.

-Intensity: Body and mind will go through different phases of sleep. Some parts of the brain are more active than others and the body is being restored for next day functioning. Some nights you'll get a deep sleep and not wake up and some days you'll wake up a lot. This mainly has to do with light exposure and physical activity throughout the day.

Tips for Best Sleep:

Dan promotes his concept of living as a Restorative Sleep so that you wake refreshed and feel alert all day, every day. To do this, you should plan to have enough time in bed each night. You won't sleep for eight hours if you're in bed for six. Also, aim to make the timing of your sleep shift as little as possible because when timing of sleep does shift, you put yourself in a state of mini-jetlag where your body and mind are not performing at their optimal levels. Tracking sleep is a very useful way to set personal goals, stay mindful of how you're living, and stay engaged with your sleep practice so you do the right thing long term. Lastly, a Restorative Sleeper will maintain smart light rhythms day, evening, and night.

This means:

-Getting outside into strong daylight for at least 30 minutes a day

-Reducing light intensity in the evening by turning off lights around your home that you don't need on, using the free software program called flux on your computer, and not using a brightly lit screen at least 1 hour from bedtime.

CMC Pro Boxing Basic Nutrition Recommendations

-Keeping your room dark and free of artificial light sources while you sleep. For more info about Dan and his work, visit his site at Dansplan.com

5 Strategies to Minimize Stress:

- 1.Sleeping well
- 2.Eating right
- 3.Exercising regularly
- 4.Spending quality time with people you care about are all good ways to minimize the effects of stress.
- 5.Having fun, doing activities, traveling, etc When it comes to minimizing the cause of stress, you would need to learn to think differently about relationships, money, success, family challenges, work issues, and other topics. That's when mindset and resilience training become key. The better you get at this now, the less you'll need it later.

Staying on Track During Travel and Vacation:



We understand that Traveling and going on Vacations are part of life, luxurious, fun, and a great way to build memories with friends and family. In no way would we ever say it is an excuse to go on a binging spree or not adhere to your current training and nutrition plan and say “Oh well I am on vacation, I can eat whatever.” Indulging some, being mindful here and there on Vacation/Traveling, that is definitely more like it. Preparing yourself is key to adhering to your current plan. Here is a tip sheet to use before going on a vacation or traveling:

CMC Pro Boxing Basic Nutrition Recommendations

Essential Tools to Bring:

- Food Scale
- Scale to weigh yourself daily on
- Mini Blenders
- Mini Skillet to cook on
- Tupperware
- Protein Shakes and Protein Bars
- Easy/convenient foods (oats, cereals, cottage cheese, nut butters, beef jerky, etc)
- Cooking Utensils
- Resistance Bands
- TRX

Hotel Accommodations:

- Ask for a Refrigerator
- Ask for a Microwave
- Ask if there is a Kitchenette
- Ask if there is a gym or research one within your radius and ask for a trial/guest pass



CMC Pro Boxing Basic Nutrition Recommendations

Educational Videos:

- [Hierarchy of Nutrition](#)
- [Balanced Meals](#)
- [Meal Structuring](#)
- [Complex Carbs vs Simple Carbs](#)
- [Cooking in Bulks](#)
- [Macronutrient Recommendations](#)
- [Everything you Need for your Kitchen](#)



This program is the intellectual property of Eric and Chris Martinez, M.S. Sports Nutrition. Any copying, posting, or distribution of this program in print or electronic format including posting in an online public forum or download website is forbidden. Please contact us for written approval if you would like to post highlights from this program, but posting the program in its entirety is strictly forbidden.