

The Fighters Body

7-Day Challenge Nutrition Plans

Welcome and thank you for downloading the free 7-Day Challenge nutrition plan!

Throughout the next 7 days you will be put through a variety of bodyweight workouts and striking sessions that will not only challenge you, but kick start your momentum to make some serious changes in your health, fitness and martial arts game.

The following nutrition plans are samples and should be used as a general guide for you to follow along with during this 7-Day Fighters Body Challenge.

Obviously, 7 days is only just the beginning and it will take discipline and consistency to see real long term results. If you're serious about taking your fitness and nutrition into your own hands, these nutrition plans are great for you to start building momentum for creating a healthier, more conscious lifestyle.



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General Healthy Eating Tips

When it comes to eating healthy there are a million of “health professionals” telling how what to eat, how to eat, and when to eat. The amount of contradicting nutritional information out on the internet can be overwhelming. In fact, it can be so overwhelming that it leaves you paralyzed where you don’t make *any* changes whatsoever because you’re worried about doing something wrong!

My goal for these general tips is to make it short, simple and actionable. However, like I just mentioned above, chances are there will be contradicting information on the web about my advice so I encourage you to keep an open mind to figure out what work best for you.

All of the tips I’m about to share with you are from my own personal experiences as a personal trainer, professional fighter and fitness nerd who is always looking to learn more and improve my knowledge about the subject matter. In addition to my own experiences, I’ve interviewed hundreds of professional athletes who have shined a light on their nutritional habits so I’m able to pass along their advice to you. So without further ado...

1. Eat Real Food

Typically speaking it is always a good idea to stay away from processed foods. Stay away from white bread, chips, cookies, and other processed food that the body is not 100% used to digesting.

Your best bet is to eat natural foods such as fruits, vegetables, nuts, organic meats etc. If you do choose to eat bread, pasta, and other processed foods, going organic or whole wheat is usually your best option (although there are some exceptions).

2. Meal Plan and Prep

This may not seem like a “nutrition tip” but I can’t stress enough the importance of having a detailed plan of action when it comes to eating healthy. It is SO easy to go with the flow and just figure out what to eat when you’re feeling hungry... but we all know how easy it is to make bad decisions when we are hungry!

Need some help with meal prepping? [Click here for a great article on Muay Thai Guy.](#)

3. Eat Until You're Satisfied, Not Until You're Full!

It's so easy to eat until you can't scarf any more food down your throat. As you probably could guess, that may not be the best idea when it comes to eating consciously and in a healthy manner.

We live in a society that has super sized meals and takes pride in eating as much as humanly possible. Although there is a time and place to eat a ton of calories (specifically as a professional athlete) most of the time it's smart to be more conscious about how much food you're eating.

Portioning and measuring the amount of food you eat may sound mundane and boring as hell, but it's these small changes that lead to big results.

4. Don't Starve/Torture Yourself

We all know of someone who's gone on a crash diet to lose weight. Chances are the person looks (and feels) like absolute death because of how depleted they are from not getting the nutrition they need to function.

Getting good results shouldn't mean hitting a certain number on the scale and losing as much weight as possible, good results means that you FEEL healthier and more energetic because of your disciplined, consistent and conscious eating habits.

With that in mind, it's also important to allow yourself to indulge every now and again without feeling like you "broke" your diet. It is totally fine to have a dessert every now and again or to overeat on occasion, it's just a matter of not letting it become a habit or letting it become a trigger to consistently eat like crap.

One more thing to note is this; if you want to have a "cheat" or "earned" meal (whatever you want to call it) you're better off doing it on a day you workout as opposed to an off day.

5. Learn About Macros (Page 8)

This is something I got into later in my career, but I've realized the importance of it more and more as time has moved on. A "macro" is essentially either a carb, protein or fat. Knowing how much you should be having per day based off of your goals, your activity level, your age, and your gender is key if you want to not only reach your weight goals, but also have a ton of energy to workout and train with.

I would highly recommend checking out [MacroStax](#) which is a great tool for figuring out what your daily macros should look like.

Timed Nutrition Basics

When you eat matters as much as what you eat!

The Fighters Body philosophy focuses on Timed-Nutrition—eating the right type of foods at the right times to help promote muscle recovery, muscle growth and boosting your performance. Timing your nutrition can help ensure your muscles have the protein they need during those more intense phases. It's just as critical whether you're trying to lose weight or gain weight, so it relates to just about everyone!

Most research shows that it's best to eat your meals every 2–3 hours or so. Also, timing your nutrition around your workout or training sessions plays a crucial role. To maximize your workout and the results you get from those workouts comes from targeting your nutrient intake to give you the carbohydrates you need to push harder and the protein you need to help recover faster.

Here's your sample and your additional timed meals.

Timing	Meal	Macros
60-90 minutes prior to workout	Pre-Workout Meal This helps fuel your body to optimize your energy levels so you can crush your workout	Macro Ratio: 9 carbs 4 protein 1 fat
30 minutes prior to workout	Pre-Workout Supplement Get that extra burst of energy to really push hard throughout your training session	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
Workout / Training Block		
Within 30 minutes after workout	Post Workout Supplement This is <u>critical</u> for replenishing your energy levels and recovering your muscles!	My Recommendation: PNP Recovery Surge + Whey Protein
1-2 hours after workout	Post Workout Meal Eat your post-workout meal to give your body the nutrients it needs to refuel.	Macro Ratio: 10 carbs 4 protein 1 fat
Every 2-3 Hours	Meal #1	Macro Ratio: Dependent on goals (i.e. weight loss, weight gain etc.)
Every 2-3 Hours	Meal #2	
Every 2-3 Hours	Meal #3	

Timed Nutrition Meal Plan Example

The quality of your food choices is also important to your Fighters Body Program. That's why you'll build your meals using the Fighters Body Food List you'll find under Program Materials inside the complete course.

**Note that this following timed nutrition sample meal plan is for weight maintenance with a workout block in the morning.*

Pre Workout Meal	
Oats	1/4 Cup
Banana	1 small
Egg	2 large
Peanut Butter (organic)	2 tbsp

Pre Workout Supplement	
PNP Glyco Muscle Fueler	1 Scoop

Post Workout Supplement	
PNP Recover Surge + Whey Protein	1 Scoop
Banana	1 small

Post Workout Meal	
Avocado	1/4
Chicken Breast	6oz
Brown Rice (cooked)	1 cup
Broccoli (steamed)	1 cup

Meal #1	
Spinach (chopped)	1 Cup
Vanilla Almond Milk	10oz
PNP Protein	1 scoop
Almonds	14

Check out the complete *Fighters Body* program to see more examples of how to schedule your workouts at different times of the day

Also, I recommend using PNP supplements with the The Fighters Body program, but they are optional. If you're not using supplements, then your Workout Block will look a bit different. See an example on page ____.

Meal #2	
Baked Potato	1 Medium
Romaine Lettuce	170g
Edamame	1 cup
Pork Loin	3oz

Meal #3	
Quinoa	.5 cups
Olive Oil	< 1 tbsp
Lentils	1.5 cups
Salmon	3oz

Figuring Out Your Macros

A Quick Crash Course in "Macros"

In short, a "Macro" is short for macronutrients (fat, protein, carbohydrates). These macros are at the base of the calories you consume on a regular basis. Being able to correctly calculate and adjust your macros will play a key role to seeing optimal results in both your physique and energy levels.

Obviously, everyone is different so calculating your macros is just a starting point to get a good grasp on how much you should be eating depending on your goals, activity level and diet restrictions.

Where To Start

When initially starting off figuring out your macro count, one of the most important things to consider is your activity level or TDEE (Total Daily Energy Expenditure). This is basically how many calories you burn in a day. Simply put, if you eat more than your TDEE, then you will gain weight and if you eat less, then you'll lose weight.

The Basic Formula

For Males: $10 \times \text{Weight (kg)} + 6.25 \times \text{Height (cm)} - 5 \times \text{Age (y)} + 5 = \text{REE}$

For Females: $10 \times \text{Weight (kg)} + 6.25 \times \text{Height (cm)} - 5 \times \text{Age (y)} - 161 = \text{REE}$

Next step is sorting out what your daily activity levels are like:

- **Little to No Activity** = You walk or light jog occasionally for exercise (REE x 1.2)
- **Mild Activity** = You exercise intensively 2-3 times per week for 30-60 minutes (REE x 1.375)
- **Moderate Activity** = You exercise intensively 4-5 times per week for 60-90 minutes (REE x 1.55)
- **High Activity** = You exercise intensively 5-7 times per week for 90-120 minutes (REE x 1.75)
- **Extreme Activity** = You exercise intensively 5-7 times per week. Chances are you are a professional athlete or someone who trains like one. (REE x 1.90)

I'll use myself for an example for how to calculate the TDEE. I'm a 30 year old male, 172 cm, 70 kg, with extreme activity. Here's the equation that I would make for myself:

$10 \times \text{Weight (kg)} + 6.25 \times \text{Height (cm)} - 5 \times \text{Age (y)} + 5 = \text{REE}$

$10 \times 70 + 6.25 \times 172 - 5 \times 30 + 5 = \text{REE}$

$$700 + 1075 - 150 = \mathbf{1625 \text{ (REE)}}$$

$$1625 \times 1.90 = \mathbf{3087 \text{ (Extreme Activity REE)}}$$

So my TDEE would be around 3087 calories.

- If I eat more than this, I'll gain weight
- If I eat less than this, I'll lose weight
- If I eat the same amount, I'll maintain weight.

However, make sure to keep in mind that this is not a cookie cutter solution as like I mentioned before, everyone's body, metabolism and perceived energy levels are different!

For keeping things simple, if you want to lose weight then subtract 20% of your overall calories.

$$3087 - (3087 \times .20) = \text{Weight Loss Calorie Intake}$$

If you want to gain weight then add 20% of your overall calories.

$$3087 + (3087 \times .20) = \text{Weight Gain Calorie Intake}$$

Calculating Macros

Ok, we've got our TDEE sorted out so now it's time to figure out the macro ratio that should be making up your daily meals. Here is the calorie value for each macro:

1g Protein = 4 Calories
1g Carbohydrate = 4 Calories
1g Fat = 9 Calories

Protein

We all know protein as the nutrient that helps build, maintain and recover our muscles, so obviously it plays a crucial role in your training and workouts. Basically, you should fall in love with protein because it will be the biggest factor in gaining and maintaining muscle.

Generally speaking, you can aim for anywhere between .825g - 1g per pound of bodyweight. If you lift heavy or really want to focus on building muscle, then the higher

option is your best choice. However, most people will want to be on the lower side of the scale.

Using myself as an example, at 70kg or 154lbs, I want to build muscle since I train often and lift weights as well. So my protein intake should be 154 grams (154 x 1) or 616 calories.

Fats

Believe it or not, fats are incredibly beneficial for a variety of health benefits, including sculpting your physique goals. Although fats are often associated as “bad” in modern day society, the right type of fats are actually crucial to keeping your hormones balanced, shedding fight (ironic isn't it), and providing energy.

Generally speaking, anywhere from 25 - 30% of your calorie intake should be allocated to fats.

So for 3087 calories (my base TDEE) I should be eating around 771 calories worth of fat or 85g of fat (771 divided by 9 grams per fat calorie).

Carbohydrates

Nowadays, there is a lot of taboos and misconceptions around carbohydrates, especially when it comes to losing weight.

The first thing you should consider is that as an athlete or someone who trains martial arts, carbohydrates will be your main source of energy and is crucial in order to last during longer sessions. Yes, fat is making a comeback (Keto and Paleo diet) but that shouldn't deter you from making sure to get enough healthy, non processed carbs in your diet.

Carbs also have fiber, which is important for digestion and other health benefits.

So how many carbs do we eat? Well after figuring out your fat and protein intake, you allocate the rest of your calories to your carbs!

616 calories of protein + 771 calories of fat = 1387
3087 (base TDEE) - 1387 = 1700 calories of carbs (425 grams)

Final Macros = 425g of carbs, 85g of fat, 154g of protein

Sample Meal Plan

Before considering this meal plan please keep in mind that the amount of calories and macros will vary depending on your current weight, gender, activity level and goals. This is just a general guideline and is to be used as a rough sample on how your meals should be structured throughout a typical week.

***Note that this following sample meal plan is made specifically for a 30 year old male looking to maintain his weight, burn some fat and build muscle with a moderate activity level*

Sample Meal Plan - Days 1 & 4

Timing	Meal	Meals/Foods
60-90 minutes prior to workout	Pre-Workout Meal This helps fuel your body to optimize your energy levels so you can crush your workout	1 - Hard Boiled Egg 1 Cup - Grapes 1 Medium - Apple 1 Scoop Protein (plus 8oz water)
30 minutes prior to workout	Pre-Workout Supplement Get that extra burst of energy to really push hard throughout your training session	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
Workout / Training Block		
Within 30 minutes after workout	Post Workout Supplement This is <u>critical</u> for replenishing your energy levels and recovering your muscles!	My Recommendation: PNP Recovery Surge + Whey Protein
1-2 hours after workout	Post Workout Meal Eat your post-workout meal to give your body the nutrients it needs to refuel.	4oz - Wild Salmon 1 cup - White Rice 2 cups - Chopped Broccoli
Every 2-3 Hours	Meal #1	4oz - Shrimp 1oz - Sunflower Seeds 1 cup - Grapes
Every 2-3 Hours	Meal #2	2 tbsp - Cashew Nuts 1 cup - Strawberries 1 scoop - Protein (plus 8oz water)
Every 2-3 Hours	Meal #3 Typically if you're trying to lose fat/weight then limiting your carbs at night is a good option. If you're trying to gain weight, then carb up!	1/2 cup - Green Beans (cooked) 6oz - Chicken Breast 1/4 - Avocado 1/4 cup - White Rice

Sample Meal Plan - Days 2 & 5

Timing	Meal	Meals/Foods
60-90 minutes prior to workout	<p style="text-align: center;">Pre-Workout Meal</p> <p>This helps fuel your body to optimize your energy levels so you can crush your workout</p>	<p>Oats - 1/4 cup Banana - 1 Medium Peanut Butter - 2tbsp</p>
30 minutes prior to workout	<p style="text-align: center;">Pre-Workout Supplement</p> <p>Get that extra burst of energy to really push hard throughout your training session</p>	<p>My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge</p>
Workout / Training Block		
Within 30 minutes after workout	<p style="text-align: center;">Post Workout Supplement</p> <p>This is <u>critical</u> for replenishing your energy levels and recovering your muscles!</p>	<p>My Recommendation: PNP Recovery Surge + Whey Protein</p>
1-2 hours after workout	<p style="text-align: center;">Post Workout Meal</p> <p>Eat your post-workout meal to give your body the nutrients it needs to refuel.</p>	<p>1 - Mango 8oz - Coconut Water 1/2 - Avocado</p>
Every 2-3 Hours	Meal #1	<p>4 Eggs 2 cups - Broccoli 2 slices - Whole Wheat Bread</p>
Every 2-3 Hours	Meal #2	<p>6oz - Chicken Breast 3/4 cup - White Rice 2.5oz - Carrots 20 - Almonds</p>
Every 2-3 Hours	<p style="text-align: center;">Meal #3</p> <p>Typically if you're trying to lose fat/weight then limiting your carbs at night is a good option. If you're trying to gain weight, then carb up!</p>	<p>1 Cup - Spinach 4oz - Wild Salmon 2tbsp - Cashews 1 cup - Grapes</p>

Sample Meal Plan - Days 3 & 6

Timing	Meal	Meals/Foods
60-90 minutes prior to workout	<p style="text-align: center;">Pre-Workout Meal</p> <p>This helps fuel your body to optimize your energy levels so you can crush your workout</p>	<p>1 Cup - Egg Whites 1.25oz - Feta Cheese 1 Medium - Banana 1.5 Cup - Chopped Broccoli</p>
30 minutes prior to workout	<p style="text-align: center;">Pre-Workout Supplement</p> <p>Get that extra burst of energy to really push hard throughout your training session</p>	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
Workout / Training Block		
Within 30 minutes after workout	<p style="text-align: center;">Post Workout Supplement</p> <p>This is <u>critical</u> for replenishing your energy levels and recovering your muscles!</p>	My Recommendation: PNP Recovery Surge + Whey Protein
1-2 hours after workout	<p style="text-align: center;">Post Workout Meal</p> <p>Eat your post-workout meal to give your body the nutrients it needs to refuel.</p>	<p>1 Medium - Banana 10oz - Almond Milk 1/4 Cup - Oats 1/2 Cup - Spinach</p>
Every 2-3 Hours	Meal #1	<p>5oz - Salmon 1/2 Cup - White Rice 2 Cups - Broccoli 1.5 tbsp - Cashews</p>
Every 2-3 Hours	Meal #2	<p>12 - Asparagus Spears 1 Cup - Edamame 3oz - Ground Turkey 3 - Medium Tomatoes</p>
Every 2-3 Hours	<p style="text-align: center;">Meal #3</p> <p>Typically if you're trying to lose fat/weight then limiting your carbs at night is a good option. If you're trying to gain weight, then carb up!</p>	<p>4oz - Spinach (cooked) 2 - Taco Shells 1 Cup - Zucchini 6oz - Chicken Breasts</p>

Sample Meal Plan - Days 7 (Rest Day)

During your *7-Day Fighters Body Challenge*, Sunday is rest day, which is VERY important for success since it allows your body to recover. On top of that it's critical for you to use active recovery methods like stretching, mobility routines, foam rolling and sauna if you want to optimize your results.

Timing	Meal	Meals/Foods
Every 2-3 Hours	Meal #1	1 - Greek Yogurt 1 - Medium Banana 8 - Almonds
Every 2-3 Hours	Meal #2	8 - Celery Sticks 2 tbsp - Hummus 1 Cup - Grapes
Every 2-3 Hours	Meal #4	1 Cup - Green Beans (cooked) 4oz - Halibut (grilled) 4oz - Whole Grain Pasta 6 - Olives 1 tbsp - Olive Oil
Every 2-3 Hours	Meal #5	6oz - Squash (steamed) 6oz - Chicken Breast 4oz - Black Beans 1 tbsp - Olive Oil
Every 2-3 Hours	Meal #6	4oz - Spinach (cooked) 2 - Taco Shells 1 Cup - Zucchini 6oz - Ground Turkey

Menu Planner

Here's a blank menu planner that you can print out to help plan your menu during the week.

Pre-Workout Meal

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Pre-Workout Meal

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Post-Workout Meal

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Post-Workout Meal

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #1

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #1

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #2

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #2

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #3

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Meal #3

Macro	# of Calories	Food
Carb		
Protein		
Fat		
Total		

Workout Block Examples

Your Workout Block tells you what to eat during the 4 to 5 hour window before and after exercise. All your other meals revolve around that. Simply arrange them in whichever order works best for your schedule. Just remember to space them 2–3 hours apart.

Example #1: Morning Workout Block

Timing	Meal	Macro Ratio
	Wake up @ 5:30am	
6:00am	Pre-Workout Meal	Ratio: 18 carbs 11 protein 3 fat
7:00am	Pre-Workout Supplement	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
	Workout / Training Block (7:30am - 8:30am)	
9:00am	Post Workout Supplement	My Recommendation: PNP Recovery Surge + Whey Protein
10:00am	Post Workout Meal	Ratio: 22 carbs 11 protein 3 fat
1:00pm	Meal #1	Ratio: 11 carbs 12 protein 6 fat
4:00pm	Meal #2	Ratio: 11 carbs 12 protein 6 fat
6:30pm	Meal #3	Ratio: 11 carbs 12 protein 6 fat
	Bed @ 9:30pm	

Example #2: Mid-Day Workout Block

Timing	Meal	Macro Ratio
	Wake up @ 6:30am	
7:30am	Meal #1	Ratio: 11 carbs 12 protein 6 fat
10:00am	Meal #2	Ratio: 11 carbs 12 protein 6 fat
12:00pm	Pre-Workout Meal	Ratio: 18 carbs 11 protein 3 fat
1:00pm	Pre-Workout Supplement	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
	Workout / Training Block (1:30pm - 2:30pm)	
3:00pm	Post Workout Supplement	My Recommendation: PNP Recovery Surge + Whey Protein
4:00pm	Post Workout Meal	Ratio: 22 carbs 11 protein 3 fat
7:00pm	Meal #3	Ratio: 11 carbs 12 protein 6 fat
	Bed @ 10:30pm	

Example #3: Evening Workout Block

Timing	Meal	Macro Ratio
	Wake up @ 6:30am	
7:30am	Meal #1	Ratio: 11 carbs 12 protein 6 fat
10:00am	Meal #2	Ratio: 11 carbs 12 protein 6 fat
1:30pm	Meal #3	Ratio: 11 carbs 12 protein 6 fat
4:30pm	Pre-Workout Meal	Ratio: 18 carbs 11 protein 3 fat
5:30pm	Pre-Workout Supplement	My Recommendation: PNP Glyco Muscle Fueler + Cardio Surge
	Workout / Training Block (6:00pm - 7:00pm)	
7:30pm	Post Workout Supplement	My Recommendation: PNP Recovery Surge + Whey Protein
8:30pm	Post Workout Meal	Ratio: 22 carbs 11 protein 3 fat
	Bed @ 10:30pm	



Supplements

As you've probably noticed I recommend a certain type of supplement for both your pre and post-workout meals. To be honest, I've gone through all types of supplement phases including a time where I was using all the hyped up supplements (like Jack3d, N.O Xplode etc.) and I also had a point where I was not using any supplements at all.

After years in the sport of Muay Thai, I've come to the conclusion that supplementing with a healthy, balanced diet is critical for getting the best results possible. That being said, with so many unsafe, unhealthy supplements out there it's hard to decipher which ones to take and which ones to avoid... which is why I'd like to share with you the type of supplements I take due to their stringent testing and health benefits.

IMPORTANT NOTE(S)

- Supplements should only be used IN ADDITION to eating a healthy balanced diet. If you eat like garbage and don't get the proper nutrition from your daily meals it won't matter how many supplements you take on a daily basis.

- Also, *I am a sponsored athlete of PNP Supplements* (and I have been for awhile). However, I was using their supplements prior to working closely with them due to the fact that they make some of the most effective, healthy, more natural supplements out on the market. I would recommend using them regardless whether or not they had me as a sponsored athlete. That being said, do keep in mind that I make a small percentage off referrals to their products.

- **Receive 15% Off of any PNP Supplements** order when you use the code 'MTGNATION' at checkout

Disclaimer:

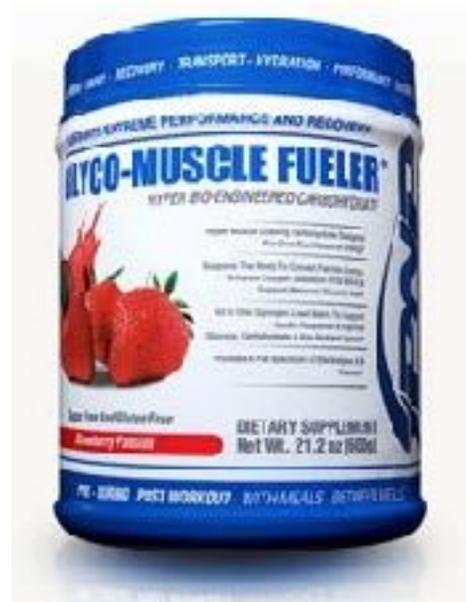
Before making any decision with what supplements you put into your body, make sure you do your own independent research. Although these are my personal favorite supplements that I would recommend to anyone, it does not mean that they are the one supplements out there. Check customer reviews, read up on ingredients and come up with your own decisions before taking my advice (or anyone else's for that matter).

Glyco-Muscle Fueler

Scientific studies have proven over and over again that carbohydrates are the best source of energy for athletes. Making sure you supply your body with the right type of carbohydrates before your training session is key for long-lasting energy, and Glyco-Muscle Fueler does just that.

I used to use hyped bodybuilding supplements like N.O. Xplode and Jack3d, which gave me a pump, but ultimately led me to feeling like I was destroying my body due to all the chemicals, sugars and additives they had.

The Glyco Muscle Fueler gives me just as good of a pump (if not better and longer lasting) than any of the other pre-workout supplements I previously used. Not only that, but I don't feel a crash afterwards, possibly because it's sugar and gluten free.



[>>> Click Here To Find Out More About Glyco Muscle Fueler <<<](#)

Use promo code **'MTGNATION'** at checkout for 15% Off

Cardio Surge Energy

In addition to using the Glyco-Muscle Fueler before my workouts, I also use Cardio Surge Energy which has noticeably improved my cardio during longer training sessions. The great thing about Cardio Surge Energy is that it's not full of caffeine or any other stimulants, so you don't feel jittery during your workouts, or burnt out afterwards.

One of the main benefits of Cardio Surge Energy is the fact that it is constantly flushing out lactic acid from your muscles which allows you to keep pushing during intense rounds on the pads or long roadwork sessions out in the heat. Not only does it improve your endurance during your workouts, but since it also removes metabolic



waste and cell pollutants, it aids in your recovery and soreness so you're able to hit the gym hard again for your next session!

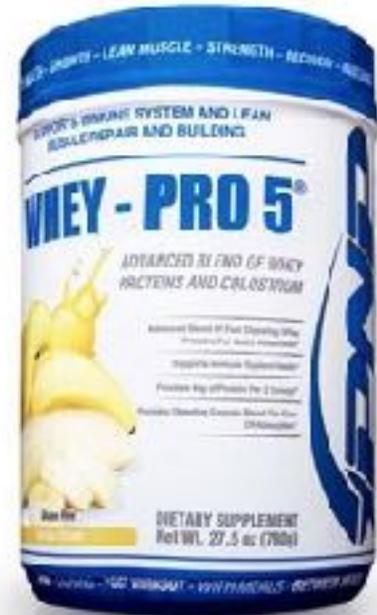
[>>> Click Here To Find Out More About Cardio Energy Surge <<<](#)

Use promo code '**MTGNATION**' at checkout for 15% Off

Whey Protein-5

Almost everybody knows that protein is the most important nutrient when it comes to building and repairing muscle. Without having a sufficient amount of protein after your workouts your muscles won't rebuild which in turn will leave to fatigue, atrophy, and burnout. There are a ton of post-workout protein supplements out there, but I use Whey Protein-5 for a few reasons:

- Just like all PNP Supplements, it's all scientific and shit.
- It includes bovine colostrum which helps in numerous ways such as improving your immune system, increasing your lean muscle growth, and supporting natural hormone growth.
- The digestive enzyme blend helps with absorption of protein which is great not only for your muscle growth, but for your digestive system too.
- It tastes great!



bit.ly/2Kq9DEA

Use promo code '**MTGNATION**' at checkout for 15% Off

Recover Surge

Having a solid post-workout drink is essential to replenishing all the fluids and nutrients your body dispensed during an intense training session. If you neglect a post workout recovery drink, you won't get the full benefit of the workout and you can expect to be sore and fatigued the following day. Now that I'm done lecturing you, let me tell you about Recover Surge.

Before I used Recover Surge, I used to make a post-workout smoothie after every training session. It had almost everything I needed to recover after a hard training session, but Recover Surge has even MORE. What I decided to do was to add Recover Surge to my smoothie so this way I get all the nutrition from my smoothie as well as all the benefits from Recover Surge which I don't get from my healthy foods:



- Branch chain amino acids blend
- A L-glutamine blend comprised of 4 different types of L-glutamine.
- A blend of 4 creatines and vanadium which aid in replenishing lost energy
- A muscle cleanse matrix which flushes out toxins that hinder recovery.

[>>> Click Here To Find Out More About Recover Surge <<<](#)

Use promo code '**MTGNATION**' at checkout for 15% Off

Final Words

I hope you enjoyed this 7-Day Nutrition Plan! As I've mentioned numerous times, keep in mind that there is not a "one size fits all" nutrition plan or diet. Although what I've shared with you is a good guideline to follow, it should be adjusted according to your goals, age, sex, activity level, dietary constraints and other variables.

Ultimately you must be vigilant in always trying to learn more about your nutrition if you truly want to maximize your results and reach your goals even faster... but I'm hoping this 7-Day Nutrition Plan along with the 7-Day Fighters Body Challenge will give you the kick start you need to get motivated, inspired and moving towards your goals!

If at any point you have any questions, concerns or suggestions, feel free to email me at sean@nakmuaynation.com and I will do my best to get back to you in a timely manner. In the mean time be sure to go through the entire 7-Day Fighters Body Challenge and check out the entire Fighters Body Workout Program as well!

Thanks,

Sean Fagan

