

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 Spirulina
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 Spirulina

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