

# EAT SLIM, STAY FIT... 90 DAYS IS ALL IT TAKES



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## Introduction

What's the first thing which pops into your head when you think of protecting yourself? Martial Arts of course! Although this great sporting and fighting style became famous from the time of Bruce Lee, this sparring style has been around for centuries. Since it's practiced all around the world now, martial arts has branched out into several other fighting styles, one of which is a mix of those variations.

MMA or Mixed Martial Arts, as the name implies, refers to a full contact combat sport that allows a variety of fighting styles to be used in competitions. You can guess by now why this sparring method is so popular with middle weight athletes.

When two MMA fighters grapple it out, they actually fight to sustain the foundations and existence of the skills being used. Keeping a healthy and 'fight-worthy' body maintained till that big match must be the foremost concern of all MMA athletes whether they're competing or not.

Following a suitable diet plan not only works wonders for your overall health and fitness, but it can also go a long way to boost that all important self esteem. To achieve and maintain that fit body you have to sustain protein, carbohydrates and fat levels with a proper diet plan.



Have no fear fellow athlete. This fantastic diet plan and cookbook will help you carve out the suitable physique you need to keep fighting in that ring! This is not just any dietary cookbook. The following are some low fat recipes which will make your mouth water and keep you fit and healthy at the same time!

## **1<sup>st</sup> Month – The Big Change!**

Honestly speaking, it's going to be tough to switch from your normal diet to a much more sophisticated and limited diet plan. So, your first month can surely be a pain and resisting pizzas and burgers can be an abstruse task. But you have to fight the temptation and stay on track if you want to be a true, lean, fit and tough martial arts fighter!

To make it easier for you, in this month we will be switching between different meals which are healthy and at the same time are tasty too. We won't jump into the completely tasteless meals that can turn you off in a week and get you back on your fatty ones. This is actually the major issue which people who are trying to lose weight face. Of course, if you switch to meals which are bland and flavorless, you won't be able to stick with them. So, here is your first month's plan filled with delicious yet healthy meals.

## Week 1 (Day 1 - 7):

### Your Breakfast Routine:

As soon as you wake up, your body is starving for proteins, carbohydrates and other nutrients. It has been around 8 hours and you haven't eaten anything. Most people do not feel the urge of having breakfast because their bodies go into the starving mode. Therefore, it is VERY IMPORTANT to have a healthy breakfast that is filled with proteins, vitamins, carbohydrates and most importantly, FIBERS. Fibers improve the digestion process and clean up whatever has been stored in your system overnight. As mentioned earlier, this is your first week and you would want to have breakfast that is more or less like your ordinary breakfast, therefore here is a short recipe for a tasteful and healthy breakfast meal:

### *Pumpkin Pancakes!*

Yup, we all like pancakes don't we? They are delicious and we can easily devour them early in the morning. But, have you ever considered why it is easier to eat

'sweet' meals in the morning instead of the other flavors? It's because when you wake up your body is literally craving for nearly every nutrient and your throat is dried up. You need instant energy at this moment. This is the reason eating chocolates makes you feel so good right after you jump out of your bed.

Anyways, back to the recipe, here is how you make these protein packed pumpkin pancakes:



**Ingredients:** 5 egg whites, ½ tablespoon cinnamon, ¼ cup oats, sugar or splenda, 1 tablespoon of ground flax and finally 1/3 cup of canned or mashed fresh pumpkin.

**How to Prepare:**

Mix all the ingredients together well. Now, heat the frying pan until it's fully hot. Don't keep it on high temperature. Let it get hot on medium temperature and keep it the same throughout. Use a big spoon to put the blended ingredients on the frying pan. Basically, this is the easiest part. You simply have to make pancakes now the usual way.

**Nutrition Facts:**

Through these pancakes your body gets:

- ✓ 25 grams carbohydrates
- ✓ 215 calories
- ✓ 24 grams protein
- ✓ 4 grams fat

In addition, these pancakes will give you enough slow digesting carbohydrates to keep the sugar flow steady in your body throughout the day.

For week one, have these pancakes. You can change the flavors if you want. Just make sure you are using vegetable mash and no artificial flavors. Best vegetables and fruits for this recipe include bananas, carrots and blueberries.

## Snack Time – A Little Extra Push to your Body!

The breakfast you just had is already heavy for someone who is not used to



having proper breakfast and having snacks after one or two hours. So, what do you do?

Well, how about you make a fruit smoothie that is delicious, not heavy and at the same time will provide your body with the nutrients it needs. Here is what you need to do:

### *The Fruity!*

**Ingredients:** 1/3 blueberries (frozen recommended), half a cup of orange juice, One and half cups of plain yogurt, one cup of hulled strawberries, 1 or 2 bananas, ice crush if required, and one tablespoon of soy milk powder.

#### **How to Prepare:**

Put all the ingredients in the blender jug and blend them until the blend is smooth. If necessary, add a little more orange juice.

The best time to have this fruity (smoothie) is after 2 hours of breakfast. Three hours past breakfast and your body will get into starving mode which means it will start sucking the already present proteins in your body. In other words, it will start burning off muscles and energy.