



RIPOSTA, CHN  
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PHASE 1

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# SAMPLE PLAN

# EXAMPLE DAY 1

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Wake up: Branch Chain Amino Acid blend to preserve muscle and strength, morning conditioning or run

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## MEAL 1

4 egg whites, 2 whole eggs

2 slices of ezekiel bread, or 1/2 cup oatmeal with cinnamon.

## MID MORNING SNACK:

macadamia nuts or almonds

## MEAL 2

6 oz lean meat, 1-2 cups of green veggies, cooking in coconut oil or grass-fed butter

## MEAL 3

6 oz of potatoes

6 oz lean meat source

## TRAINING 90 MINS TO 2 HRS

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## MEAL 4 (post workout ideally)

1/2 cup oats with 1 scoop protein mixed in

OR- 6 oz lean meat, with 1 cup rice

## MEAL 5 (Before bed, keep your body fed)

Smoothie: 2 tablespoons of almond butter, 2 scoops of chocolate whey protein, 1 cup almond milk, add ice. Have a treat with good nutrition!

OR- 6 oz salmon, 1-2 cups of veggies, will also keep you full throughout the night.

# EXAMPLE DAY 2

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Wake up, BCAA's supplement again to preserve muscle breakdown during morning conditioning

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## MEAL 1

Smoothie choice: 1 cup unsweetened almond milk or water, 1 cup blueberries, 2 tbsp tart cherry concentrate, (or 1/2 cup another berries/fruit choice) 1 cup spinach or other leafy greens, 1 tbsp flax seed oil.

## MID MORNING SNACK

2 handfuls macadamia nuts, or butter coffee (bulletproof type) for morning snack and caffeine.

## MEAL 2

6 hard boiled eggs, mash with 1 tbsp mustard, 1 tbsp olive oil, 1 tsp lemon juice, dash of red wine vinegar, dash of Himalayan salt.

## MEAL 3

1 banana, with 2 scoops protein, blended together or separate, shaken with water or unsweetened almond milk

TRAINING- 90 MINS (approximate)

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## MEAL 4

6 oz white potatoes or 1 cup white rice (jasmine, basmati, etc)

6 oz shredded beef, or sliced turkey

## MEAL 5

2 cups spinach cooked in coconut oil, basil and salt to taste.

With 6 oz 85% lean grass fed beef

(Higher fat meals before bed keep you fed throughout the night. Fats combined with the protein and veggies will slow the digestion overnight)

\*\*Casein protein is also an option before bed. 2 scoops, you can add 1-2 tablespoons your favorite nut-butter if you'd like to make into a smoothie.

\*\*1 cup full fat cottage cheese also a good pre-bed option.

# EXAMPLE of WEIGHT CUTS WEEK

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(If weigh-ins are a friday)

Water load, starting 10 days out at least. 2 gallons a day of water, until Wednesday of the fight week.

THURSDAY OF WEIGH INS: (If within sweat-able weight)

Cut water to 3/4 of a gallon for the day, so drink slowly

MEAL 1, 1/2 cup oats, 6 egg whites

MEAL 2

4 oz potatoes, 6 oz lean meat

MEAL 3

1 cup berries of choice, or 1 banana

with 1-2 scoops of protein (get about 40 g protein)

MEAL 4

15 almonds

4 oz meat

MEAL 5

6 oz fish

1 cup veggies

FRIDAY (Or day of the cut)

Keep blueberries or blackberries around, in case you need a couple grams of carbs.

no food or water, sip on water if needed to keep your sanity!

Obviously watch your weight as you drop, don't over-do it.

If your weight is on point early, snack on the berries a couple at a time, to keep you from dehydrating further.

POST WEIGHT CUT MEAL

The Knuckle sandwiches, courtesy of Rich Franklin.

White bread, bananas, peanut butter and honey.

Make 2-3 sandwiches, and eat them slowly! If you over-load too fast, you will get sick and lethargic.

You're very dehydrated and need the water volume as well as the food to replenish.

A good sodium/electrolyte source is also smart to have around, there are some simple products, as well as drinks.