

FIGHTER'S ULTIMATE DIET PLAN

**A Comprehensive Guide to Effective Weight
Cutting for Boxers, Kickboxers, and MMA Fighters**

YESFIT SPORTSWEAR

Made possible in part
by the knowledge and
expertise of

FFFEELFIT



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INTRODUCTION

Are you ready?

Welcome to the YESFIT Fighter's Guide to Effective Weight Cutting and Performance Optimization. This comprehensive guide is tailored to empower fighters, boxers, kickboxers, and MMA athletes like you to excel in your weight class while maintaining peak health and performance. Whether you're gearing up for a championship fight or striving for personal excellence, this guide will equip you with the knowledge and tools you need to navigate the intricate journey of weight cutting with precision.

As a fighter, you understand that every ounce counts in the ring. However, the journey to reaching your desired weight class goes beyond sweat and scales. It's about strategic planning, disciplined nutrition, and understanding your body's unique needs. Our goal is to provide you with a step-by-step roadmap that not only leads to effective weight loss but also empowers you with the insights necessary to achieve your goals safely and confidently.

What to expect moving forward

In the pages ahead, you'll find a detailed plan to guide you through the process. We'll begin by assessing your starting point and setting realistic weight class goals. With the help of our specially crafted tools, you'll calculate your caloric needs and determine the optimal macronutrient breakdown to fuel your training and maintain muscle retention.

But this guide doesn't stop at numbers – it delves into the realm of practicality. You'll find an array of delicious recipes, meal ideas, and a one-week sample diet plan to make your meal planning effortless and enjoyable. Hydration strategies, short-term weight loss techniques, and tips for checking and adjusting your goals are also at your fingertips.

Remember, this isn't just a manual; it's a partnership in your journey. Let us guide you through the science, the strategies, and the art of weight cutting. Empower yourself with the knowledge to make informed decisions, achieve your weight class goals, and unleash your true potential in the ring.

Get ready to embark on a journey of transformation and excellence. The YESFIT Fighter's Guide is your key to unlocking unparalleled performance while safeguarding your health.

Let's step into the ring of success, together. Good luck!

Jacqueline Bardelmeijer

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STEP 1

Assess Your Starting Point

Before embarking on your weight cutting journey, it's crucial to conduct a thorough assessment of your current state. This step lays the foundation for setting realistic weight class goals and planning your path to success.

Please use our website's blog as the guiding information while filling out the forms

Initial Assessment

Full Name

Date

Weight

Height

Age

Gender

Target Fighting Date

Activity Level

Assessment Checklist

Body Composition

Determine your current body weight and assess your overall physique. Keep in mind that factors like muscle mass and body fat percentage can influence your weight cutting strategy.

Health Considerations

Identify any pre-existing medical conditions, allergies, or dietary restrictions that could impact your weight cutting plan. Consult a healthcare professional if needed.

Training Intensity

Evaluate the frequency and intensity of your training sessions. Consider the number of workouts per week and the duration of each session.

Performance Goals

Define your weight class goals and competition dates. Establish whether you're looking to cut weight for a specific event or for long-term performance enhancement.

Nutritional Habits

Reflect on your current eating habits, including meal timings and food choices. Note any tendencies towards overeating or undereating.

Hydration Status

Monitor your hydration levels and fluid intake. Hydration is a crucial aspect of weight cutting that can impact performance and recovery.

Sleep Patterns

Analyze your sleep quality and duration. Adequate sleep is essential for optimal performance and weight management.

Stress Levels

Consider your stress levels and coping mechanisms. High stress can hinder weight loss progress and affect your overall well-being.

Previous Experience

Reflect on any past experiences with weight cutting. What strategies have you tried before, and what were the outcomes?

*Please note that this assessment form is designed to provide an overview of your current status and serve as a reference point for the remainder of the guide. Consult with your coach, nutritionist, or healthcare professional for personalized guidance based on your assessment results.



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STEP 2

Crafting Your Weight Loss Goal

While you might already have a specific weight class in mind, setting well-defined weight class goals is essential for a successful weight cutting journey. These goals will not only help you achieve your desired weight but also ensure you approach the process safely and effectively. As you fill out the following form, consider the important aspects of weight class goals.

Assessment Checklist

Weight Loss and Muscle Gain

Determine your current body weight and assess your overall physique. Keep in mind that factors like muscle mass and body fat percentage can influence your weight cutting strategy.

Support Network

Identify the professionals who will guide you through the weight cutting process. This could include coaches, nutritionists, trainers, and medical professionals.

Motivation and Mindset

Reflect on your motivation for pursuing weight cutting. How will you stay mentally resilient throughout the journey?



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STEP 3

Calculate Your Caloric Needs

In this step, you'll determine the number of calories you should consume daily to achieve your weight class goals while maintaining your health and performance. By calculating your caloric needs, you'll create a solid foundation for crafting your nutrition plan.

Go to our website (www.yesfit.shop - or scan the QR code) to calculate your calories, macros and weekly weight loss for free.

Calorie intake

Cybrohydrates

Healthy fats

Protein

Weekly weight loss

Create a Timeline

Rushing the weight-cutting process can lead to dehydration, muscle loss, and diminished performance. A well-structured timeline allows you to shed weight in a controlled manner, optimizing your body composition while maintaining your energy levels.

At each weekly weigh-in, mark whether you have reached your goal. Keep in mind that factors such as hormones and fluid retention affect your weight. So if you are a little off that's fine it's about keeping track of your overall progression. Always weigh in the morning on an empty stomach.

1

23 November

75.6 kg - 0.8 kg = 74.8 kg



2

30 November

74.8 kg - 0.8 kg = 74.0 kg





STEP 4

Macronutrient Breakdown

In this step, we delve into the essential aspect of determining your macronutrient intake. Macronutrients – carbohydrates, fats, and proteins – play a crucial role in fueling your body, enhancing performance, and achieving your weight class goals.

Carbohydrates:

Provide energy for workouts and help maintain glycogen stores.

Fats:

Support hormone production, joint health, and overall well-being.

Proteins:

Essential for muscle repair, growth, and overall body function.

Understanding Macronutrient Foods

Properly timing your macronutrient intake is vital for peak performance and achieving weight class goals. Here's a concise breakdown for different training phases:

Before training

Eat carbs and lean protein 1-2 hours before.

After Training

Refuel with carbs and protein within 30-60 minutes.

Rest Days

Sustain balanced nutrition. Prioritize whole foods.

Kickboxing

Emphasize carbs for energy. Include moderate protein for muscle repair.

Cardio Training

Choose carbs with a moderate glycemic index. Add some lean protein to support recovery.

Stretch Training

Opt for light carbs and protein to support muscle maintenance.

Before Competition

Opt for easily digestible carbs. Include a bit of protein for sustained energy.

After Competition

Rapidly replenish with carbs and protein.



STEP 5

Plan Your Training & Meals

Creating a personalized weekly diet plan is a crucial step in your weight cutting journey. While it requires focused effort initially, it pays off in the long run. Once your plan is in place, you'll have a structured guide that eliminates the guesswork, allowing you to concentrate on training and preparation.

TIP 1 : Meal Prepping for Success

To ensure you have nutritious meals ready, consider meal prepping. Cook in Batches: Prepare larger quantities of proteins, grains, and vegetables to have them readily available for multiple meals.

Portion Control: Use portion-sized containers to store meals, helping you maintain the right calorie and macronutrient intake.

TIP 2 : Leverage Support

If possible, involve a friend, family member, or coach to help with meal preparation, track your progress, and offer emotional support.

Take Action

Now is the time to integrate all the information you've gathered from the assessment, calculator, and training schedule. Begin by filling in your weekly plan with meals and training sessions. Incorporate the principles of macronutrient balance, timing, and recovery to optimize your nutrition strategy.

Weekly Review and Tracking

Utilize the Weekly Review Form to reflect on your progress, challenges, and achievements. Regularly track your weight on the provided timeline chart – consider placing it on a prominent spot like a mirror. This visual representation will remind you of your journey's progress and motivate you to stay on course.

As you embrace the process of crafting your weekly diet plan, remember that consistency and dedication are key. By following this personalized strategy, you're taking significant steps toward achieving your weight class goals and showcasing your true potential in the ring.



ASSESSMENT FORMS



MY TIMELINE

01

From Start to Surge

Date:

Weight goal:

Current weight:

02

Breaking Through the Barriers

Date:

Weight goal:

Current weight:

03

Unleashing the Warrior Within

Date:

Weight goal:

Current weight:

04

Fueling Greatness

Date:

Weight goal:

Current weight:

05

Conquering Doubts

Date:

Weight goal:

Current weight:

06

Racing Towards Victory

Date:

Weight goal:

Current weight:

07

Building the Fighter Within

Date:

Weight goal:

Current weight:

08

From Struggle to Triumph

Date:

Weight goal:

Current weight:



MEAL & TRAINING PLAN

breakfast

lunch

dinner

snacks

MONDAY

training :

TUESDAY

training :

WEDNESDAY

training :

THURSDAY

training :

FRIDAY

training :

SATURDAY

training :

SUNDAY

training :



TRACK YOUR PROGRESS

Date

Weight

Overall reflection

Score chart

Hydration levels

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Consistent energy levels

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Maintaining mental focus

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Noticeable improvements

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Restful and adequate sleep

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Overall muscle recovery

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Adjustment



What will this give you?



RECIPE RESOURCES



DETAILED EXAMPLE

Detailed Example of a Balanced Diet Plan

Who: Aspiring male kickboxer

Starting Date: July 30

Fight Date: September 10

Height: 1.80 m

Current Weight: 80 kg

Goal Weight: 75 kg

Age: 28

Sex: Male

Activity Level: Moderately Active

Weekly weight loss goal: 6 weeks = 0.83 kg per week

Training routine: Kickboxing sessions four times a week

Additional commitment: Regular job

Total daily calories needed: 2320 kcal

Carbohydrates: 3g/kg * 80 kg = 240 g

Fats: 1g/kg * 80 kg = 80 g

Protein: 2g/kg * 80 kg = 160 g

Kickboxing Training in the Morning

7:00 AM - Kickboxing Training

• **Breakfast: A balanced breakfast to fuel his training.**

- 2 slices of whole-grain toast
- Scrambled eggs (2 eggs) cooked with spinach and tomatoes

9:00 AM - Work

• **Snack: A mid-morning snack to keep his energy up.**

- Greek yogurt (150 g) with a handful of mixed berries
- A small handful of almonds

1:00 PM

• **A nourishing lunch to sustain him through the afternoon.**

- Grilled turkey or chicken breast (150 g)
- Mixed salad with greens, cucumbers, bell peppers, and a light vinaigrette
- Steamed quinoa (100 g)

4:00 PM

• **Snack for an energy boost.**

- Apple slices with almond butter (1-2 tablespoons)

7:00 PM

• **A protein-rich dinner for recovery after exercise.**

- Baked or grilled white fish (150 g)
- Steamed broccoli and carrots
- Sweet potato (150 g) for complex carbs

8.00 PM

• **Snack: A light and protein-rich snack for recovery.**

- Cottage cheese (150 g)
- A drizzle of honey



NUTRITIONAL INFORMATION & RECIPES

High-protein breakfast

Please note that these values are approximate and can vary based on portion sizes and specific brands of ingredients used. It's always a good idea to check nutrition labels for precise information.

	Calories	Protein	Carbohydrates	Fats	Instructions
Scrambled Eggs with Spinach and Tomatoes	150 kcal	20g	7g	16g	Sauté spinach and diced tomatoes. Whisk eggs and scramble them in the pan. Season with salt and pepper.
Greek Yogurt with Berries and Almonds	220 kcal	18g	20g	8g	Top Greek yogurt with mixed berries and a sprinkle of sliced almonds.
Breakfast Burrito with Scrambled Eggs and Avocado	350 kcal	20g	25g	18g	Fill a whole-grain tortilla with scrambled eggs, sliced avocado, and your favorite salsa.
2 Cottage Cheese Pancakes	280 kcal	20g	20g	14g	Mix cottage cheese, eggs, and oat flour to make a pancake batter. Cook on a skillet until golden.
Protein-Packed Smoothie Bowl	280 kcal	25g	30g	8g	Blend protein powder, frozen berries, spinach, and almond milk. Top with granola and sliced fruits.
Veggie and Cheese Omelette	300 kcal	20g	8g	20g	Whisk eggs, pour into a pan, add chopped veggies and shredded cheese. Fold and cook until set.



NUTRITIONAL INFORMATION & RECIPES

Nursing lunch

Please note that these values are approximate and can vary based on portion sizes and specific brands of ingredients used. It's always a good idea to check nutrition labels for precise information.

	Calories	Protein	Carbohydrates	Fats	Instructions
Tuna Salad Wrap	250 kcal	20g	25g	8g	Mix canned tuna with Greek yogurt and a bit of mustard. Spread onto a whole grain wrap, add mixed greens and shredded carrots.
Grilled Chicken Salad	300 kcal	30g	15g	10g	Grill a chicken breast, slice it, and arrange it over a bed of mixed greens, cherry tomatoes, cucumber, and bell peppers. Drizzle with a light vinaigrette dressing.
Turkey and Hummus Wrap	280 kcal	25g	30g	9g	Spread hummus on a whole wheat wrap, layer with sliced turkey, baby spinach, and sliced cucumbers.
Lentil Soup with Whole Grain Bread	300 kcal	15g	50g	5g	Prepare a hearty lentil soup with vegetables and seasonings. Serve with a slice of whole grain bread.



NUTRITIONAL INFORMATION & RECIPES

High-protein snacks

Please note that these values are approximate and can vary based on portion sizes and specific brands of ingredients used. It's always a good idea to check nutrition labels for precise information.

	Calories	Protein	Carbohydrates	Fats	Instructions
Greek Yogurt Parfait	150 kcal	15g	15g	4g	Layer Greek yogurt with mixed berries and a sprinkle of granola.
Hard-Boiled Egg	+/- 70 kcal	6g	1g	5g	Simply enjoy hard-boiled eggs with a pinch of salt.
Cottage Cheese with Almonds	+/- 200 kcal	20g	5g	10g	Combine cottage cheese with a handful of almonds.
Turkey Roll-Ups	+/- 150 kcal	20g	2g	6g	Roll slices of turkey around a slice of cheese and a smear of mustard.
Roasted Chickpeas	130 kcal (1/4 cup)	6g	20g	3g	Toss chickpeas with olive oil and spices, then bake until crispy.
Protein Smoothie	250 kcal	25g	20g	8g	Blend protein powder, almond milk, banana, and a spoon of nut butter
Edamame	+/- 100 kcal	8g	9g	3g	Steam edamame and lightly season with salt.
Peanut Butter Banana Toast	250 kcal	10g	30g	10g	Spread peanut butter on 2 whole-grain toast and top with banana.



NUTRITIONAL INFORMATION & RECIPES

Lean meals

Please note that these values are approximate and can vary based on portion sizes and specific brands of ingredients used. It's always a good idea to check nutrition labels for precise information.

	Calories	Protein	Carbohydrates	Fats	Instructions
Egg White Omelette with Spinach and Tomatoes	200 kcal	30g	10g	5g	Whisk egg whites, add spinach and tomatoes, cook into omelette.
Seared Tofu with Broccoli and Brown Rice	300 kcal	15g	40g	10g	Sear tofu, steam broccoli, serve with brown rice.
Grilled Chicken with Steamed Vegetables	300 kcal	40g	20	8g	Grill seasoned chicken and serve with steamed veggies.
Baked Cod with Roasted Brussels Sprouts	280 kcal	30g	20g	10g	Bake cod with lemon and herbs, and roast Brussels sprouts.
Chicken and Vegetable Stir-Fry with Cauliflower Rice	280 kcal	30g	20g	10g	Sauté chicken, veggies, and sauce, serve over cauliflower rice.



NUTRITIONAL INFORMATION & RECIPES

High Nutrition Dinner Ideas

Please note that these values are approximate and can vary based on portion sizes and specific brands of ingredients used. It's always a good idea to check nutrition labels for precise information.

	Calories	Protein	Carbohydrates	Fats	Instructions
Grilled Salmon with Quinoa and Asparagus	400 kcal	30g	35g	15g	Grilled salmon served with quinoa and roasted asparagus.
Lentil Stew with Mixed Vegetables	320 kcal	18g	55g	5g	Hearty lentil stew loaded with mixed veggies.
Baked Chicken Breast with Sweet Potato and Green Beans	350 kcal	30g	40g	8g	Tender baked chicken with roasted sweet potato and green beans.
Grilled Tofu with Brown Rice and Broccoli	380 kcal	20g	50g	15g	Grilled tofu served with brown rice and steamed broccoli.
Spinach and Mushroom Whole Wheat Pasta	400 kcal	15g	65g	10g	Whole wheat pasta tossed with sautéed spinach and mushrooms.



Disclaimer

The information provided in this weight cutting diet plan for fighters is intended for general informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or nutrition plan.

Participating in any weight cutting practices or dietary changes should be done under the guidance of a qualified healthcare professional or nutritionist. Individual results may vary, and the effectiveness of any diet plan can be influenced by factors such as age, sex, fitness level, and individual health conditions.

The creators of this weight cutting diet plan and its related materials are not responsible for any adverse effects, injury, or health complications that may result from the implementation of the suggested practices. It is essential to listen to your body, monitor your health closely, and consult a healthcare professional before making any significant changes to your diet or exercise routine.

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Always consult with a qualified healthcare professional before starting any new diet or exercise program.