



功夫聯盟
United Kung Fu
United Kung Fu

Nutrition For Performance



功夫聯盟
United Kung Fu

Nutrition Guide

Proper diet combined with regular exercise will help you lose fat as well as strengthen and tone.

Eating Recommendations:

- Eat at least 6 small meals daily; i.e. have a maximum time of three(3) hours between meals
- Make each meal count. If you eat anything consider it a meal
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake (should be half your body weight in ounces daily). No Alcohol!
- All heavy starches to be consumed by 1 p.m. or 3rd meal of the day. For example: no bread, pasta, or rice after 1 p.m.
- 1 serving of protein should be consumed with every meal. For example: **one** 4-6 ounce piece is considered **one** serving
- Limit dairy intake to 1st or 2nd meal
- All fruits should be consumed before 1 p.m. No fruit Juice!!!
- Multi-vitamin daily if you are not focused on nutritional content of the food you are eating
- Protein always 1st choice, then carbohydrates to be added
- Limit sugary condiments such as BBQ sauce and Salad Dressing
- Meal Replacement bars and shakes only if sugar free
- No Fast Food.
- If you really want to go hardcore, follow all of the above plus
NO WHEAT/NO SUGAR
- Remember to plan your meals. If you do not plan to succeed you plan to fail. Gratefully and graciously stick to your plan.



功夫联盟

United Kung Fu

Food Choices:

Vegetables:

Broccoli, Snow Peas,
Peppers, Lettuce, Eggplant,
String Beans, Spinach,
Carrots, Celery, Beets,

Proteins:

Fish, Chicken, Turkey, Egg
Whites, Lean Steaks, Lean
Ham, Tuna, Salmon,
Sugar Free Protein Shakes

Fruits:

*No Canned or Dried Fruits
and NO Fruit Juice*

Green Apple, Grapefruit,
Cantaloupe, Honeydew
Melon, Blueberries,
Raspberries, Cucumbers,
Kiwi, Mango, Bananas,

Carbohydrates:

*Every Carb item should be
one cup(8 oz.) or less*
Steamed Brown Rice,
Steamed White Rice, Whole
Wheat, Rice, or Corn Pasta
only, Oatmeal, Beans, Yams,

Sample Meal Planning:

7:00 a.m.	1 fruit, 1 vegetable or 1 protein, 1 carb
9:30 a.m.	1 fruit, 1 vegetable or 1 protein, 1 carb
12:30 p.m.	1 protein, 1 carb
2:30 p.m.	1 protein, 1 vegetable
5:30 p.m.	1 protein, 1 vegetable
7:00 p.m.	1 protein, 1 vegetable



功夫联盟
United Kung Fu

We train hundreds of families to reach their highest potential.

If you are interested in training with the pro's,
call us at 623-972-7900 or log on to our website
unitedkungfu.com and register for our free online
newsletter to receive up to date health and
training tips or just stop by any of our locations.

Mention this book and receive 2
complimentary lessons and \$100 off of your
enrollment.

Feel Free to ask any of our members for copies of this book.

Always check with your doctor before making changes in your diet especially if you are already being treated for a medical condition such as diabetes, hypoglycemia, high or low blood pressure, etc.... United Martial Arts, Zen Wellness, its owners and employees assume no risk for your dietary decisions. You are a responsible adult. Make informed adult choices. No one will ever care more about your physical condition than you.

Copyright Lightning Jaguar 2009

Retail U.S. \$3

Gratitude is **The** Attitude

United Kung Fu

8279 W Lake Pleasant Pkwy, Peoria AZ 85382

623-972-7900