

## UFC Personal Trainer: Cut Weight

The following 30-day diet templates were created and inspired by UFC Personal Trainer. Each diet plan is catered to one of three goals: Build strength, Build Endurance, Cut Weight. Within those three goals, there are three levels of difficulty, which relates to the intensity of your workout. Choose the diet plan that best aligns with your goal and your level of training experience. For each plan, follow the guidelines below and use the meal template to create your own perfect eating strategy for 30 days. If you need help selecting food options, the shopping list offers a variety of options for each day.

### Guidelines

Each day of eating is separated into four components: Breakfast, Lunch, Dinner, and Snacks. At a minimum, you will eat three meals per day. The snacks are a free allotment of foods that you can either ADD to any meal, or consume SEPARATELY at any point during the day. (Note: If you're not hungry, you don't need to eat the snacks. Only eat to the point of satisfaction to prevent overeating) Whether you prefer 3, 4, or 5 meals per day, you can create your ideal diet plan based on your food quota.

#### Meal Template (Cut weight, level 1, workout day)

##### **Breakfast**

2 servings starch/grains  
1-2 servings protein  
1 serving fruit

##### **Lunch**

2 servings protein  
1 servings nuts/healthy fats  
Vegetables

##### **Dinner**

2 servings protein  
Vegetables

##### **Snacks**

1 serving fruit  
1 servings protein  
1 serving nuts/fats  
Unlimited vegetables

#### Template (Cut weight, level 1, non-workout day)

##### **Breakfast**

1 serving dairy  
1 serving fruit  
1 serving protein

**Lunch**

2 servings protein  
Veggies

**Dinner**

2 servings protein  
Veggies

**Snacks (strength, non-lifting day)**

1 serving fruit  
1 nuts or healthy fat  
Unlimited veggies

Meal Template (Cut weight, level 2, workout day)**Breakfast**

1 serving starch/grains  
2 serving protein  
1 serving fruit

**Lunch**

3 serving protein  
1 serving nuts/healthy fats  
Vegetables

**Dinner**

2 serving protein  
1 source nuts/healthy fats  
Vegetables

**Snacks**

2 serving fruit  
1 serving protein  
1 serving nuts/fats  
Unlimited vegetables

Template (Cut weight, level 2, non-workout day)**Breakfast**

1 serving dairy  
1 serving fruit  
2 serving protein

**Lunch**

2 servings protein  
1 serving healthy fats  
Veggies

**Dinner**

2 servings protein  
1 serving healthy fats  
Veggies

**Snacks (strength, non-lifting day)**

1 serving fruit  
1 nuts or healthy fat  
Unlimited veggies

Meal Template (Cut weight, level 3, workout day)

**Breakfast**

2 servings starch/grains  
2 servings protein  
1 serving fruit

**Lunch**

3 servings protein  
1 servings nuts/healthy fats  
Vegetables

**Dinner**

3 servings protein  
1 healthy fats  
Vegetables

**Snacks**

1 serving fruit  
2 serving protein  
1 serving nuts/fats  
Unlimited vegetables

Template (Cut weight, level 3, non-workout day)

**Breakfast**

1 serving fruit  
2 serving protein

**Lunch**

2 serving protein  
2 serving healthy fat  
Veggies

**Dinner**

3 serving protein  
2 serving fat  
Veggies

**Snacks (strength, non-lifting day)**

1 serving fruit

1 nuts or healthy fat  
Unlimited veggies

#### Day 1 (workout day)

##### **Breakfast**

Strawberry-banana protein smoothie  
Toast with almond butter

##### **Lunch**

Salmon with spinach salad  
Vegetables

##### **Dinner**

Grilled chicken breast with Salsa Verde, avocado, and grilled asparagus and squash

##### **Snacks (strength, lifting day)**

Apple  
2 hard boiled eggs  
Unlimited Vegetables

#### Day 2 (non-workout)

##### **Breakfast**

Greek Yogurt  
Blueberries  
Granola

##### **Lunch**

Seared trout topped with herbs and balsamic vinaigrette  
Side of broccoli

##### **Dinner**

Sirloin steak rubbed in Cajun spices  
Mixed greens salad with peppers, onions, mushrooms

##### **Snack**

Banana and peanut butter

#### Day 3 (workout)

##### **Breakfast**

Scrambled eggs  
2 slices of toast  
Orange

##### **Lunch**

Dijon glazed pork chops served with sweet potato and broccoli

**Dinner**

Broiled salmon with slow roasted Roma tomatoes and broccolini

**Snack**

Greek yogurt, berries, and almonds

Day 4 (non-workout)

**Breakfast**

Omelet with spinach, mushrooms, onions, peppers, and cheddar cheese  
1 cup strawberries

**Lunch**

Teriyaki roasted chicken breasts and butternut squash  
Side salad

**Dinner**

Spike rubbed top sirloin with grilled zucchini, onion, and steamed spinach

**Snack**

Chocolate peanut butter smoothie (1 scoop chocolate protein powder, 1 tbsp peanut butter, flaxseed, 4 ice cubes. Blend and serve)

Day 5 (workout)

**Breakfast**

Bowl of cold cereal  
2 links of turkey or chicken sausage  
Grapefruit

**Lunch**

Mediterranean Hummus wrap: chicken breast with spinach, peppers, black olives, and tomato (feta cheese optional)

**Dinner**

Chicken and black beans with avocado, tomatoes and arugula  
Side of steamed asparagus

**Snack**

2 hardboiled eggs  
Apple

Day 6 (non-workout)

**Breakfast**

Omelet with spinach, turkey bacon, and avocado  
Mixed berries

**Lunch**

Sesame crusted seared Ahi tuna served over bed of mixed greens, drizzled with balsamic vinaigrette

### **Dinner**

Spaghetti squash with scallops and shrimp, topped with marinara  
Side of steamed peas and carrots

### **Snack**

Cottage cheese  
Apple

### Day 7 (non-workout)

#### **Breakfast**

Mexican scrambled egg (chopped tomatoes, onions, spinach, peppers, shredded cheese, salsa)  
Sliced bananas

#### **Lunch**

Chopped salad with chicken breast, spinach, red peppers, avocado, tomato, sprouts, cucumber

### **Dinner**

Vegetable stir fry with sirloin strips and chicken breast, topped with sriracha

### **Snack**

Vanilla protein berry smoothie

### SHOPPING LIST

#### **Protein Sources (serving size = 3 oz)**

Fish (all types)  
Chicken Breast  
Shrimp  
Lean ground beef  
Canned tuna  
Eggs  
Lean Turkey  
Lean Pork

#### **Dairy (serving size)**

Milk (2% fat or less): 1 cup  
Cheese: 1 stick or slice  
Plain, low-fat yogurt: 6 oz (one single serving of pre-packaged)  
Cottage cheese: 6 oz

#### **Starches and Grains (serving size)**

Cereal (with 3g of fiber or more): 1 cup  
Oatmeal: 1/2 cup  
Bread (with 3g of fiber or more): 1 slice  
Corn tortillas: 1 tortilla  
Flour tortillas (with 3g of fiber or more): 1 tortilla  
Pita bread: 1 pita

Potatoes (regular or sweet): 1 medium sized potato (size of fist)

Beans: 1/2 cup

Pasta: ½ cup

**Nuts and Fats**

Almonds, pecans, cashews, pistachios, Brazil nuts, walnuts: a handful (1 oz)

Nut butters (almond, cashew, peanut): 2 tablespoons

Avocado: 1/2

Sour cream: 2 tablespoons

**Vegetables (unlimited)**

Leafy greens, lettuces, peppers, celery, carrots, cauliflower, cabbage, broccoli, bok choy, cucumber, green beans, kale, leeks, mushrooms, onion, spinach, sprouts, zucchini, asparagus, arugula, artichoke