

meal 1

oatbran-wheyprotein-flaxseeds-cinnamon

#fighterdiet



breakfast

meal 6

fatfree greek yoghurt-whey protein-nuts



PM-meal

meal 5

summermix veggis - seasoning



dinner

meal 2

egg-eggwhites-mushroom-onion



AM-meal

meal 3

eggplant-minced meat-carrot-onion



lunch

meal 4

whey protein-ricecakes



post-workout

Fighters Diet Guide

David Zinczenko, Ted Spiker



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