



# ***DIET SUPPORT FROM MSK SCHOOL OF MARTIAL ARTS***

A well-balanced diet is crucial for martial artists to fuel their intense training and promote overall health. Here's a comprehensive diet plan tailored for those in martial arts. Remember, individual needs may vary, so adjust portions and choices based on your specific requirements.

## **Breakfast:**

### **1. Protein-Packed Smoothie:**

- **Ingredients:** Whey protein, banana, mixed berries, spinach, almond milk.
- **Benefits:** Quick and convenient protein source, vitamins, and antioxidants.

### **2. Whole Grain Toast with Avocado and Eggs:**

- **Ingredients:** Whole grain bread, avocado, eggs.
- **Benefits:** Complex carbs, healthy fats, and high-quality protein.

### **3. Greek Yogurt Parfait:**

- **Ingredients:** Greek yogurt, granola, mixed fruits (berries, kiwi), honey.
- **Benefits:** Protein, probiotics, fiber, and vitamins.

## **Mid-Morning Snack:**

- **Handful of Almonds and an Apple:**
- **Benefits:** Healthy fats, protein, and a natural energy boost.





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## **Lunch:**

### **1. Grilled Chicken Salad:**

- **Ingredients:** Grilled chicken breast, mixed greens, cherry tomatoes, cucumber, quinoa.
- **Benefits:** Lean protein, fiber, vitamins, and minerals.

### **2. Brown Rice with Stir-Fried Vegetables and Tofu:**

- **Ingredients:** Brown rice, tofu, broccoli, bell peppers, carrots.
- **Benefits:** Complex carbs, plant-based protein, and a variety of nutrients.

## **Afternoon Snack:**

### **- Protein Smoothie or Protein Bar:**

- **Benefits:** Sustained energy and muscle recovery.

## **Dinner:**

### **1. Salmon with Sweet Potato and Asparagus:**

- **Ingredients:** Baked or grilled salmon, roasted sweet potatoes, steamed asparagus.
- **Benefits:** Omega-3 fatty acids, complex carbs, and a variety of nutrients.

### **2. Quinoa and Black Bean Bowl:**

- **Ingredients:** Quinoa, black beans, corn, avocado, salsa.
- **Benefits:** Plant-based protein, fiber, and essential amino acids.





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## **Evening Snack (if needed):**

- Cottage Cheese with Pineapple:
- Benefits: Casein protein, vitamins, and a hint of natural sweetness.

## **Hydration:**

### **Water:**

- Drink plenty of water throughout the day to stay hydrated.

## **Notes:**

- Portion Control: Adjust portion sizes based on individual energy needs and goals.
- Nutrient Timing: Consider eating a balanced meal 2-3 hours before training for sustained energy.
- Listen to Your Body: Pay attention to hunger and fullness cues and adjust your diet accordingly.
- Consult a Nutritionist: For personalised advice based on your specific needs and goals.

**Remember, this is a general guide. Individual nutritional requirements may vary, and it's advisable to consult with a nutritionist or healthcare professional for personalized advice.**





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**Here are three healthy and delicious  
breakfast recipes:**

## **1. Avocado and Egg Breakfast Wrap:**

### **Ingredients:**

- 1 whole-grain wrap
- 1 ripe avocado, mashed
- 2 eggs, scrambled
- Handful of cherry tomatoes, diced
- Fresh cilantro, chopped
- Salt and pepper to taste

### **Instructions:**

1. Spread the mashed avocado onto the wrap.
2. In a pan, scramble the eggs until cooked.
3. Place the scrambled eggs on top of the avocado.
4. Add diced tomatoes and chopped cilantro.
5. Season with salt and pepper.
6. Wrap it up and enjoy!





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## **2. Greek Yogurt Parfait:**

### **Ingredients:**

- 1 cup Greek yogurt**
- 1/2 cup granola**
- Mixed berries (strawberries, blueberries, raspberries)**
- 1 tablespoon honey**

### **Instructions:**

- 1. In a glass or bowl, layer Greek yogurt.**
- 2. Add a layer of granola.**
- 3. Top with mixed berries.**
- 4. Drizzle honey over the top.**
- 5. Repeat layers if desired.**
- 6. Dig in and savor the goodness!**





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## **3. Quinoa Breakfast Bowl:**

### **Ingredients:**

- 1/2 cup cooked quinoa
- 1/4 cup almonds, chopped
- Fresh fruit (e.g., sliced banana, berries)
- 1 tablespoon chia seeds
- Drizzle of honey or maple syrup

### **Instructions:**

1. Cook quinoa according to package instructions.
2. In a bowl, combine cooked quinoa and chopped almonds.
3. Top with fresh fruit of your choice.
4. Sprinkle chia seeds over the top.
5. Finish with a drizzle of honey or maple syrup.
6. Mix well and enjoy this nutritious bowl!

**These breakfast recipes are not only delicious but also packed with essential nutrients to kickstart your day. Feel free to customize them based on your taste preferences and dietary needs!**





# ***DIET SUPPORT FROM MSK SCHOOL OF MARTIAL ARTS***

**Here are three healthy and tasty lunch recipes:**

## **1. Grilled Chicken Salad:**

### **Ingredients:**

- 2 boneless, skinless chicken breasts
- Mixed salad greens (spinach, arugula, lettuce)
- Cherry tomatoes, halved
- Cucumber, sliced
- Avocado, diced
- Feta cheese, crumbled
- Olive oil and balsamic vinegar for dressing

### **Instructions:**

- 1. Season chicken breasts with salt and pepper.**
- 2. Grill until fully cooked, then slice into strips.**
- 3. In a large bowl, combine salad greens, cherry tomatoes, cucumber, and avocado.**
- 4. Top with grilled chicken strips.**
- 5. Sprinkle crumbled feta cheese over the salad.**
- 6. Drizzle with olive oil and balsamic vinegar for dressing.**
- 7. Toss gently and enjoy your grilled chicken salad!**





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## **2. Quinoa and Chickpea Bowl:**

### **Ingredients:**

- 1 cup cooked quinoa
- 1 can chickpeas, drained and rinsed
- Cherry tomatoes, halved
- Red onion, finely chopped
- Fresh parsley, chopped
- Feta cheese, crumbled
- Lemon vinaigrette (olive oil, lemon juice, garlic, salt, and pepper)

### **Instructions:**

1. In a bowl, combine cooked quinoa, chickpeas, cherry tomatoes, red onion, and fresh parsley.
2. Top with crumbled feta cheese.
3. In a separate bowl, whisk together the ingredients for the lemon vinaigrette.
4. Drizzle the vinaigrette over the quinoa mixture.
5. Toss well to combine, and your quinoa and chickpea bowl is ready!







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## **3. Veggie Stir-Fry with Tofu:**

### **Ingredients:**

- Firm tofu, cubed
- Broccoli florets
- Bell peppers, sliced
- Carrots, julienned
- Snap peas
- Garlic, minced
- Soy sauce
- Sesame oil
- Brown rice (cooked)

### **Instructions:**

1. In a pan, sauté cubed tofu until golden brown.
2. Add minced garlic and stir.
3. Add broccoli, bell peppers, carrots, and snap peas to the pan.
4. Stir-fry until the veggies are tender-crisp.
5. Pour in soy sauce and a splash of sesame oil.
6. Continue cooking until everything is well-coated.
7. Serve over cooked brown rice.

These lunch recipes are not only nutritious but also delicious and easy to prepare. Adjust ingredients and portions based on your preferences and dietary needs!





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**Here are three healthy and flavorful  
dinner recipes:**

## **1. Baked Salmon with Quinoa and Roasted Vegetables:**

### **Ingredients:**

- Salmon fillets
- 1 cup quinoa, cooked
- Broccoli florets
- Cherry tomatoes, halved
- Red bell pepper, sliced
- Olive oil
- Lemon
- Fresh dill
- Salt and pepper to taste

### **Instructions:**

1. Preheat the oven to 400°F (200°C).
2. Place salmon fillets on a baking sheet.
3. In a bowl, toss broccoli, cherry tomatoes, and red bell pepper with olive oil.
4. Arrange the vegetables around the salmon on the baking sheet.
5. Squeeze lemon juice over the salmon and vegetables.
6. Season with salt, pepper, and fresh dill.
7. Bake for 15-20 minutes or until the salmon is cooked through.
8. Serve over cooked quinoa.





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## **2. Chickpea and Vegetable Stir-Fry:**

### **Ingredients:**

- 1 can chickpeas, drained and rinsed
- Mixed vegetables (bell peppers, snap peas, carrots), sliced
- Broccoli florets
- Garlic, minced
- Ginger, grated
- Low-sodium soy sauce
- Sesame oil
- Brown rice (cooked)

### **Instructions:**

1. In a wok or large pan, sauté garlic and ginger.
2. Add mixed vegetables and broccoli, stir-frying until tender-crisp.
3. Add chickpeas and continue to stir-fry.
4. Drizzle with low-sodium soy sauce and a splash of sesame oil.
5. Stir until everything is well-coated.
6. Serve over cooked brown rice.





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**Here are three healthy and delicious  
dessert recipes:**

## **1. Greek Yogurt Parfait with Berries:**

### **Ingredients:**

- Greek yogurt
- Mixed berries (strawberries, blueberries, raspberries)
- Honey
- Granola

### **Instructions:**

1. In a glass or bowl, layer Greek yogurt.
2. Add a layer of mixed berries.
3. Drizzle with honey.
4. Top with granola for crunch.
5. Repeat layers if desired.
6. Enjoy a guilt-free parfait!





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## **2. Dark Chocolate-Dipped Strawberries:**

### **Ingredients:**

- Fresh strawberries
- Dark chocolate (70% cocoa or higher)
- Chopped nuts or shredded coconut (optional)

### **Instructions:**

1. Melt dark chocolate in a heatproof bowl.
2. Dip each strawberry into the melted chocolate.
3. Place on parchment paper.
4. Sprinkle with chopped nuts or shredded coconut (if using).
5. Let them cool until the chocolate hardens.
6. Indulge in a sweet and antioxidant-rich treat!





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## **3. Baked Cinnamon Apple Slices:**

### **Ingredients:**

- Apples, sliced
- Cinnamon
- Nutmeg
- Almond slices (optional)

### **Instructions:**

1. Preheat the oven to 375°F (190°C).
2. Toss apple slices with cinnamon and nutmeg.
3. Arrange on a baking sheet.
4. Bake until apples are tender (about 15-20 minutes).
5. Sprinkle with almond slices if desired.
6. Serve warm for a comforting and healthy dessert.

**These dessert recipes are not only satisfying but also incorporate nutritious ingredients. Enjoy these sweet treats without compromising on your health goals!**





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## **Superfoods:**

**Superfoods are nutrient-rich foods that are considered to be particularly beneficial for health and well-being due to their high content of vitamins, minerals, antioxidants, and other essential nutrients. Here is a list of superfoods and their potential health benefits:**

### **1. Blueberries:**

- Rich in antioxidants, particularly anthocyanins.
- Supports brain health and may improve memory.

### **2. Kale:**

- Packed with vitamins A, C, and K.
- High in fiber and antioxidants.
- Supports bone health and may reduce the risk of chronic diseases.

### **3. Salmon:**

- Excellent source of omega-3 fatty acids.
- Supports heart health and brain function.

### **4. Chia Seeds:**

- High in omega-3 fatty acids, fiber, and protein.
- Supports digestion and may help with weight management.





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## **5. Quinoa:**

- A complete protein source with all essential amino acids.
- Rich in fiber, iron, and magnesium.

## **6. Sweet Potatoes:**

- High in vitamins A and C.
- Contains fiber and antioxidants.
- Supports eye health and immunity.

## **7. Avocado:**

- Rich in monounsaturated fats.
- Contains vitamins E, K, and C.
- Supports heart health and may aid in weight management.

## **8. Turmeric:**

- Contains curcumin, a powerful anti-inflammatory compound.
- May have potential anti-cancer properties.







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## **9. Green Tea:**

- Rich in antioxidants, particularly catechins.
- Supports metabolism and may reduce the risk of certain cancers.

## **10. Broccoli:**

- High in fiber, vitamins C and K.
- Contains sulforaphane, a compound with potential anti-cancer properties.

## **11. Almonds:**

- High in healthy monounsaturated fats, vitamin E, and magnesium.
- Supports heart health and may aid in weight management.

## **12. Greek Yogurt:**

- High in protein and probiotics.
- Supports gut health and may improve digestion.





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## **13. Garlic:**

- Contains allicin, a compound with anti-inflammatory and anti-bacterial properties.
- May help lower cholesterol levels.

## **14. Cacao (Dark Chocolate):**

- Rich in antioxidants, particularly flavonoids.
- May improve heart health and mood.

## **15. Spinach:**

- High in vitamins A and K.
- Rich in iron and antioxidants.
- Supports bone health and may reduce oxidative stress.

**Incorporating a variety of these superfoods into your diet can contribute to overall health and well-being. However, it's essential to maintain a balanced diet and lifestyle for optimal health. Always consult with a healthcare professional or a nutritionist for personalized advice.**





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**Here are quick and general tips for  
maintaining a healthy diet:**

**1. Eat a Variety of Foods:**

- Include a mix of fruits, vegetables, whole grains, lean proteins, and healthy fats to ensure a diverse nutrient intake.

**2. Portion Control:**

- Be mindful of portion sizes to avoid overeating. Use smaller plates to help control portions.

**3. Stay Hydrated:**

- Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and excessive caffeine intake.

**4. Limit Processed Foods:**

- Reduce the intake of processed and packaged foods, which often contain added sugars, unhealthy fats, and preservatives.

**5. Balance Macronutrients:**

- Ensure a balance of carbohydrates, proteins, and fats in your meals for sustained energy and overall health.





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## **6. Choose Whole Grains:**

- Opt for whole grains like brown rice, quinoa, and whole wheat over refined grains for added fiber and nutrients.

## **7. Include Lean Proteins:**

- Choose lean protein sources such as poultry, fish, tofu, beans, and legumes to support muscle health.

## **8. Limit Added Sugar:**

- Minimize the intake of added sugars found in sweets, sugary beverages, and processed snacks.

## **9. Eat Mindfully:**

- Pay attention to hunger and fullness cues. Eat slowly and savor your food to prevent overeating.

## **10. Incorporate Healthy Fats:**

- Include sources of healthy fats, such as avocados, nuts, seeds, and olive oil, for heart and brain health.

## **11. Plan Meals Ahead:**

- Plan your meals and snacks in advance to make healthier choices and avoid relying on fast food or unhealthy snacks.





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## **12. Limit Salt Intake:**

- Reduce sodium intake by limiting the use of salt and avoiding highly processed foods, which often contain high levels of salt.

## **13. Eat Regularly:**

- Aim for regular meals and snacks to maintain energy levels throughout the day and prevent overeating later on.

## **14. Be Cautious with Alcohol:**

- Consume alcohol in moderation, if at all. Limiting alcohol intake is beneficial for overall health.

## **15. Listen to Your Body:**

- Pay attention to hunger and fullness signals. Eat when you're hungry and stop when you're satisfied.

Remember, individual nutritional needs may vary, and it's essential to consult with a healthcare professional or a registered dietitian for personalized advice based on your specific health goals and conditions.

