

FunkMMA

FUNK'S
POWER
30
FOODS

For MMA, Martial Arts,
and Combat Athletes

MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk-Flex Elite Strength and Conditioning for MMA and Combat Athletes.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

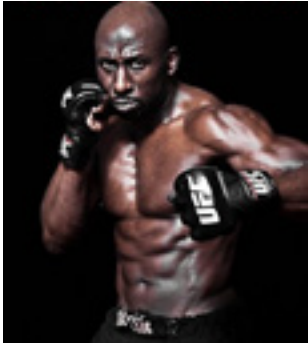
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FUNK POWER 30 CHART

WHAT TO EAT



If you look into my fridge, freezer and pantry at any time, you will always find these foods. Through competing as a professional athlete, training top level MMA and sports athletes, studying, research and working with nutritionist and professional trainers, I found that all top performing athletes eat the same foods.

My Power 30 food list is paramount when it comes to health and nutrition.

These are the foods that will help you build more muscle, increase strength, reduce inflammation (thus help to prevent injury) improve power, overall endurance and best of all burn off unwanted fat to help you look lean, muscular and ripped.

It's no wonder at 44 years old I feel like I'm 20. These are the foods that should be in your kitchen at all times.

PROTEIN	CARBS	ESSENTIAL FATS	DRINKS
Tuna	Oranges	Avocado	Water
Egg Whites	Broccoli	Extra Virgin Olive Oil	
Greek Yogourt	Cauliflower	Almonds	
Chicken Breast	Bananas	Almond Nut Butter	
Fish - Salmon	Brown Rice		
Turkey Burgers	Mixed Veggies		
Beef	Assorted Fruit		
Pork	Greens - Spinach and Kale		
Turkey Slices - Deli	Sweet Potato		
Cottage Cheese	Frozen Fruit		
	Tomatoes		
	Oats		
	Quinoa		
	Beans		
	Berries		
	Apples		

FUNK POWER 30 EXPLAINED

The list of foods that are a must for excellent nutrition



Tuna

Tuna is an excellent source of nutrients for the body as it is rich in protein and other essential nutrients. Lucky for us it's also chock full of goodness such as minerals, selenium, magnesium, potassium, and vitamin B complex. Tuna is also a great source of omega-3. Eat your tuna!

Eggs and Egg Whites

Eggs are one of the best sources of protein and fortunately versatile, inexpensive and easy to prepare. They contain all the essential amino acids, have a high biological value and are easily digestible. Although you have heard over and over and over again you should eat egg whites only, I'm here to tell you that egg yolks are actually good for you. They contain a nutrient called choline, which is essential for cardiovascular and brain function. Eat your eggs for breakfast. A breakfast high in protein can satisfy your hunger and prevent overeating later.



Greek Yogurt

This is a weekly staple in the Roberts household. There isn't day goes by that we don't eat Greek yogurt. This is a perfect source of protein with 0% fat.

Chicken Breasts

Lean cuts of chicken breast provide your body with the nutrients, vitamins and proteins your body needs. Chicken is considered a lean meat and contain a high amount of good quality protein. Protein is essential for muscle growth and repair. Chicken also contains the vitamin niacin that is essential for converting macronutrients into energy.





Fish - Salmon

Salmon is a great source of protein and omega-3 fats. Omega-3's are terrific for reduction of inflammation, especially if you have an acute injury as this can speed up recovery.

Salmon is packed with protein and is an excellent source of omega-3 fats making it a super food. Healthy fats fight belly fat by improving insulin sensitivity and reducing fat storage. They also improve fat oxidation – aka burning. Salmon is rich in astaxanthin, an anti-oxidant and it has antiinflammatory properties.

Turkey Burgers

Turkey burgers contain all nine essential amino acids so it therefore a complete protein. Your body does not manufacture essential amino acids so you have to acquire it through your diet. Watersoluble B vitamins such as B6 and B12 are required for metabolism and there are plenty of these vitamins in turkey burgers. Enjoy!



Beef

Beef is high in conjugated linolenic acid (CLA). CLA decreases body fat in the area of the abdomen and helps to block the absorption of fat and sugar into fat cells. Creatine levels in beef are higher than any other food. Creatine is a source of muscle fuel and allows you to train longer. Grass fed cattle have a greater amount of omega-3 fatty acids in their meat and higher amounts of (CLA). Where ever possible, chose the free range variety.

Turkey Slices - Deli

Turkey breasts are considered lean meats and contain a high amount of good quality protein. Protein is essential for muscle growth and repair. Need I say more?



Cottage Cheese

The protein found in cottage cheese works exactly opposite to the protein found in whey powder. Cottage cheese is highly favoured for its slow digesting protein called casein that provides muscles with a slow, steady supply of amino acids. Cottage cheese is the ideal food of choice eaten before bedtime to minimize muscle catabolism.



Oranges

Oranges are packed with vitamin C which helps strengthen connective tissue. Oranges can help stop the spread of bacteria and viruses often found at training gyms. In addition to providing ample potassium, oranges are optimum sources of vitamin C. Vitamin C may help reduce inflammation and help your body absorb iron from plant-based foods,

Broccoli

Broccoli contains vitamins, minerals and fibre. Eating Broccoli will help with your immune system. Broccoli contains a fat-fighting ingredient called indoles, which works by interfering with the uptake of estrogen. By reducing excess estrogen in the body you can prevent fat storage. Estrogen increases the body's capability to store fat.



Cauliflower

Cauliflower can help to clear estrogen from the body, which is good for men and women.

Bananas

High in potassium and vitamins. Bananas are a top source of potassium, a mineral and electrolyte. Consuming too little potassium can cause muscle weakness and cramps, fatigue and in severe cases, abnormal heart rhythms and muscular paralysis. As intense exercise and perspiration causes potassium loss, ramping up your potassium intake, particularly following physical activity is critical. Bananas also supply valuable amounts of carbohydrates, which is the top fuel source for your body and muscles.



Brown Rice

The processing of brown rice removes only the hull, leaving a lot of the fibre and nutritional goodness intact when compared to white rice. It's also an excellent source of complex carbohydrates.

Mixed Veggies

Most vegetables can cause what's called the thermic effect. These high water based carbs are low in calories but your body needs more calories/energy to metabolize them.



Assorted Fruits

A rich source of vitamins, minerals and other nutrients, fruits can help ensure strong immune function, cardiovascular health and brain function. As an athlete, fruits can also help optimize your exercise performance. Any kind of fruit will do. Use the sweet taste of fruit to satisfy your sugar cravings, without adding to your

waistline. Add a variety of colors to your plate to get the most benefit. A variety of fresh fruit can provide everything from vitamin C to potassium to other potent antioxidants. I always have whatever seasonal fruit is available close at hand. Frozen fruits are also great to stock up on, just make sure there isn't any added sugar.

Greens - Spinach and Kale

Green leafy vegetables contain a ton of nutrients including vitamin K, which help to build strong bones. Spinach is a good source of many phytochemicals that are important for muscle growth and strength. It has one of the richest sources of 20-beta-ecdysterone - a phytochemical that have anabolic properties. Spinach is rich in glutamine, the amino acid that prevents muscle breakdown. Spinach also contains octacosanol, a compound that has the ability to increase muscle strength. Kale, Swiss chard and collards are also excellent choices.



Sweet Potato

Sweet potatoes are loaded with carbohydrate energy and vitamin A, which is important for muscle growth. Vitamin A is involved in producing glycogen, which the body uses during intense training. Sweet potato is also high in fibre which keeps your blood sugar levels stable. It also contains a slow releasing starch to energize your weight training workouts. Sweet potatoes are delicious and very good root vegetable to have on hand.

Frozen Fruit

I use frozen fruit for my smoothies. If not eaten right away, fruit begins to undergo chemical and physical changes that result in discoloration and spoilage. Freezing is a beneficial process that stops the deterioration process preserving the fruit. Frozen fruit can sometimes contain more calories due to syrup. I use frozen fruit in my morning smoothies and after working out when glycogen levels are low and need to be replenished. If you are buying pre-packaged frozen fruit, make sure there is little added sugar. Processed sugar is the enemy.



Tomatoes

These are one of my favourites and are high in vitamin C and lutein. The vitamin C will help form a component of the collective tissue that holds bones and muscle together. Because you put your body through a lot of stress, your connective tissue needs to be stronger and tomatoes will help in that space.

Oats

Provided you are not using the instant variety, oatmeal will kill any cravings you might get. It contains a soluble fibre called beta-glucan, which is slow digesting so it keeps your blood sugar stable.



Quinoa

Quinoa is my wife's favourite grain and a weekly it's a staple for dinner in the Roberts household. This gluten free grain is high in both protein and fibre. Quinoa is a unique grain because it contains essential amino acids not commonly found in grain. Being higher in protein than other grains makes Quinoa perfect for Vegetarians, as it will enable them to reach their daily quota of protein.

Beans

Kidney, black, red and chickpeas contain fibre, antioxidants and are loaded with magnesium, iron and potassium. The vitamins and minerals in beans will help to increase strength and power. Lentils and beans are high in protein compared to other plant foods. They also contain a resistant starch that prevents blood sugar spikes. They are high in fibre creating a feeling of fullness.





Berries

Berries are awesome. Raspberries, blueberries, blackberries, strawberries and cranberries all contain antioxidants, which help to fight the free radicals that weaken our bodies.

Apples

Apples contain quercetin, a flavonoid, which is found in the peel as well as phloretin, a flavonoid, stabilizes blood sugar. They are high in fibre particularly a soluble fibre called pectin, which acts as an appetite suppressant. The average apple yields 5 grams of fibre leaving you with a feeling of fullness. They are an anti-inflammatory and boost your immune system.



Avocado

Avocados are a great monounsaturated fat that can lower your cholesterol and burn fat. Because of the potassium in avocados, it will help with muscle growth as well. They are a good source of tyrosine and required by the thyroid gland to function properly. They also contain a sugar called mannoheptulose that inhibits the secretion of insulin keeping blood sugar stable. The list of beneficial properties of avocados is lengthy. Trust me when I tell you that having them in your fridge (or on your counter to ripen) at all times is a must.

Extra Virgin Olive Oil

Extra virgin olive oil is high in antioxidants and helps with fat burning. Olive oil is a monounsaturated fat and contains oleocanthal and also has anti-inflammatory properties. Olive oil contains oleic acid. Oleic acid helps omega-3 fish oils penetrate the cell membranes allowing nutrient supply. Oleic acid is also an appetite suppressant because it produces oleoylethanolamide and sends a message to your brain that your stomach is full.





Almonds

Almonds are high in protein, high in monounsaturated fat and are very filling. A quarter cup of almonds provides you with 8 grams of protein, which is more than an egg. They assist in blood sugar control and hence weight loss. Nuts are a great source of L-arginine as it converts to nitric oxide (NO) and this helps to improve blood circulation. Nitric oxide is a very popular supplement used in muscle strength and growth.

Almond Nut Butter

Almond nut butter is a healthy alternative to traditional peanut butter. It's rich in monounsaturated and omega-3 fatty-acids which are perfect for reducing inflammation and having a positive impact on your mood. This nut spread is a nutritional powerhouse that contains significant amounts of protein, calcium, fibre, magnesium, folic acid, potassium, vitamin E and the good fats. Nut butters will keep you feeling full; try them on bananas, bagels, or in a Smoothie.



Water

This is the most important food/drink on this list bar none. Since our bodies are made up of 70% water and you are training at high intensity, you must drink water to stay hydrated. **THIS IS A MUST!!!!**