

Master Boxing

CLEAN ATHLETE

NUTRITION SYSTEM

A 12-Week Success Plan For Optimal Weight Loss & Performance



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Hello Friend

Congratulations! You now have in your possession a most powerful tool for fueling and optimizing your body's metabolism. This is an inducive 12 week nutrition plan for weight loss. If followed meticulously, it is with certainty that your body's enzymes will realign and your weight will have no choice than to be reduced. This is pure nutritional science for the boxer/combat athlete and anyone desiring weight loss.

Just like there must be discipline with your physical training, your nutritional regimen must also be given the same attention. Together, they create a powerful combination that will pay off in tremendous dividends if executed with precision.

This unique weight loss plan is one of the most effective tools used by my boxers during camps. Our system is clean, concise and will not have negative residual effects. We keep the body loaded with the essential vitamins while shrinking the body back to its natural habitat.

The method behind this eating plan is based upon stripping the body of all its free radicals so that the process will not be interfered with by anything.

- The **CLEANSING** process starts the narrative.
- Next, the **HYDRATION** formula tees it up.
- Then, the **CALORIES** of the nutritional property mix rounds it off.

With proper discipline and training, it will only take a short time to see and feel the impact of the super nutrition system. Best of luck to you and I will see you on the other side. The reward for your commitment & discipline are priceless.

Coach Eric A. Bradley

IMPORTANCE OF HYDRATION:



Becoming dehydrated is not your friend. It can result in reduced muscle blood flow, waste removal and heat dissipation, all of which are necessary for your sustained, high power muscle action. It can also affect your psychological state, leaving you feeling tired and lethargic. Additionally, water is a natural appetite suppressant. Make sure you stay properly hydrated each and every day. As a guideline, multiply your weight times .5 to give your estimated daily fluid in oz. and divide it by 8. This will give you how many cups of water per day you should aim to consume. Add 12 oz. for every 30 minutes you train. Your body will thank you.



ASSISTING AGENTS:

Lemon Water Helps eliminate toxins and even eliminate waste from your system. It also aids in appetite suppression.

Apple Cider Vinegar Consuming vinegar before a meal can help suppress your appetite. It also helps to control blood sugar which keeps your cravings in check and improve digestion. Mix 2 teaspoons of vinegar in a minimum of 8 ounces of water so it will not cause irritation to the throat or stomach. Take up to 2 times a day, it is most effective when taken after waking and another before dinner. It is best to use organic unpasteurized containing the “mother” to get all of the good nutrients. Our favorite brand is “Braggs”.



Coconut Oil is one of the few foods that can be classified as a “Super Food”. Coconut Oil will not increase blood sugar and is processed immediately by the body and turned into energy. Simply put, coconut oil is not stored as fat. For this reason, coconut oil boosts the metabolic rate. Consisting of primarily medium chain fatty acids, those that are not only good for you they are essential for brain function, muscle function, healing, energy & more. Researchers recommend adults consume about 3 1/2 Tablespoons spread throughout the day. Start with 1 Tablespoon blending in your morning cup of Joe to give you nice & sustainable energy. This can be especially helpful when you are operating on a limited caloric intake.

Green Tea Studies show it boosts metabolism, has antioxidants and

may prevent some forms of cancer. It is also famous for enhancing your mood which is super for getting in the mood to train.



Sleep A good night's sleep is essential for proper training and weight loss. It also helps to keep your cortisol levels in check, aim to get eight hours each night to feel and perform at your best.



TIPS & RECOMMENDATIONS:

Low Calorie Add-Ons: These helpful tips will give you some ideas about getting creative with your meals while adding nutritional value and flavor!

Adding ingredients to your egg dishes like spinach, kale, and fresh salsa will add taste and healthfulness to your meal without a lot of calories. A handful of greens or a couple tablespoons of salsa should do the trick. A few slices of onion, mushroom, or tomato are good choices, but be very aware of the amounts!

Beverages: Water intake is crucial, so try infusing things like cucumber, mint, and lemon if you get bored. Black coffee is acceptable, but be sure to drink extra water since coffee acts as a diuretic.

Recommended Brands/Foods: Food quality matters. Gluten-free oats, organic produce, organic Greek yogurt, and free-range eggs are the most ideal choices. This will help you get the most “bang for your buck” in terms of nutrition from these foods. The ideal choice for breads/grain products are sprouted grain varieties- look for Ezekiel products. Enjoy PB2 (Powdered Peanut Butter) to make your smoothies quick and yummy.

Protein Powder: Whey protein is the best choice for protein powders because this provides the body with all of the amino acids (a complete protein) it requires. Animal proteins have a higher bioavailability, so egg protein could work as well. There is a ton of variety in terms of quality and content of products available, look for something with a simple ingredient label, with little to no carbohydrates.

Juice
PLUS+

bit.ly/MBJUICEPLUS





TIPS & RECOMMENDATIONS CONT'D:

- **Trying new herbs and spices** in different combinations will be the key to not getting burned out on the same foods. They also provide amazing health benefits with no extra calories.
- **The quality** of your meats/poultry/fish **MATTER**. Choose wild caught fish, grass-fed beef, and organic chicken as much as possible. These are generally leaner, and more of the healthy fats like omega-3's.
- You can easily **make your own delicious dressing** by simply putting together flavored vinegars or lemon juice with extra virgin olive oil and some fresh herbs or spices. If you are looking for a bottled salad dressing that won't sabotage your salad, the Bolthouse brand dressings are a good option because they are very low calorie but provide a lot of flavor.
- **Your deli meats should be of the highest quality**. Applegate Farms offers high quality, gluten-free and all natural & nitrate free products.
- As with breakfast, the **grain products (bread, wraps, tortillas) choose higher quality versions**. The best ones that contain wheat are going to be "sprouted grain", such as the Ezekiel products made by the company Food For Life. Otherwise choose organic and/or gluten-free.
- Butter should be made from **grass-fed** cows because of the higher omega-3 content as well as CLA (fat burner anyone?). Kerrygold is the most widely available brand.
- Adding a **squeeze of lemon or other citrus** to salads, veggies & meats will add a burst of flavor and enhance the absorption of nutrients.



ATHLETES EAT & TRAIN THEY DON'T DIET & EXERCISE



5 THINGS YOU CAN EXPECT

Within the first 2 1/2 days,
weight is lost in the middle area.



By day 4, you will find your
appetite controlled.



By day 5, you will take more
trips to the restroom.



By day 6-8, the inches begin
to come off.



Within 14 days, your endurance
levels will increase dramatically



GENERAL GUIDELINES

- All meals consist mainly of complex carbohydrates, protein & small amounts of fats.
- Other than the first week, this nutritional formula is based upon a daily caloric intake of 1500 calories.
- Other than the first week, meals follow a high carbohydrate, low carbohydrate & "Zone"/balanced cycle.
- On the days that you are not training, it is best to stick with a "Zone"/balanced meal plan.
- You will be starting your mornings off prior to 5:30am. That is the optimal time on average to crank the metabolism. You should have your meal completed by 6:05.
- Upon rising, an exceptional whole food supplement must be consumed.
(Visit masterboxingllc.com for **JUICE PLUS**, our trusted supplement source)

CLEANSE



WEEK 1:

Monday, Tuesday,
Wednesday & Thursday

1 Gallon
of water
minimum
daily!

Monday (Breakfast only):

- ☐ 2 large eggs & 9 T. egg whites scrambled
- 1/2 cup of oatmeal with 1 T. honey & ground flax seed

Tuesday (Lunch only):

- ☐ 4 oz grilled chicken breast
- 1 c. brown rice with 1/2 T. butter
- 2 c. spinach with 1/2 T. avocado oil & 1 T. balsamic vinegar

Wednesday (Dinner only):

- ☐ 4 oz grilled sirloin
- 6 oz sweet potato
- 2 c. asparagus sautéed with 1/2 T. avocado oil

Thursday (Breakfast only):

- ☐ 2 large eggs & 6 T. egg whites scrambled
- 2 slices turkey bacon
- 1 medium banana & 1 cup berries with 1 T. drizzled honey



WEEK 1:

Friday, Saturday & Sunday

1 Gallon
of water
minimum
daily!

Friday (Breakfast & Dinner):

- ☐ 1/2 Cup Cooked Oats, 1/2 scoop Whey Protein, 3 T. PB2, 2 T Chia Seeds & 1 oz Raisins
- ☐ 4 oz. Grilled Chicken Breast, 6 oz. Baked Potato, 1 T. Grass Fed Butter, 2 Cups Steamed Green Beans

Saturday (Breakfast & Dinner):

- ☐ 12 oz. Almond Milk, 1 Scoop Whey Protein, 2 T. Natural Peanut Butter, 1 Medium Banana
- ☐ 4 oz. Baked Parmesan Cod (1/2 T. Butter & 2 T. Parmesan Cheese) 1/2 Cup Quinoa with dried herbs 5 oz. Steamed Asparagus w/ fresh lemon & herbs

Sunday (Dinner only):

- ☐ 4 oz. Grass Fed Ground Beef, 1 Cup cooked Organic Gluten Free Pasta, 1/2 Cup Tomato Sauce, 10 Olives

CARDIO



WEEKS 2-3:

Monday & Thursday

1 Gallon
of water
minimum
daily!

Breakfast:

- ☐ 2 whole eggs & 12 T. egg whites
- ☐ 1 slice sprouted grain bread with 1 T. honey & 1 medium banana

Lunch:

- ☐ 1 gluten free tortilla with 4 oz shredded chicken breast, 2 T. Bolthouse Farms dressing, 2 T. chopped onion & 3 T. Salsa
- ☐ 1 cup grapes

Dinner:

- ☐ 4 oz. broiled salmon
- ☐ 1/2 cup quinoa
- ☐ 2 cups steamed brussel sprouts

STRENGTH



WEEKS 2-3:

Tuesday & Friday

1 Gallon
of water
minimum
daily!

Breakfast:

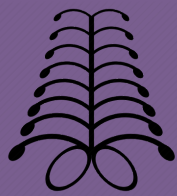
- ☐ 1.5 scoops chocolate whey protein, 6 T. egg whites, 16 oz unsweetened almond milk, 1 T. peanut butter, 1 T. ground flax seed, 2 T. PB2 & 1/2 medium banana

Lunch:

- ☐ 6 oz. can wild tuna
- ☐ 2 cups broccoli sautéed with 1 T. avocado oil & 1 T. raw almonds

Dinner:

- ☐ 3 oz. grilled chicken breast
- ☐ 1 cup cooked brown rice
- ☐ 3 oz. sautéed asparagus with 1 T. avocado oil
- ☐ 2 cups strawberries



WEEKS 2-3:

Wednesday & Saturday

1 Gallon
of water
minimum
daily!

Breakfast:

- ☐ 2 large whole eggs & 6 T. egg whites scrambled
- ☐ 2 slices turkey bacon
- ☐ 1 Medium banana, 1 cup berries drizzled with 1 T. of honey

Lunch:

- ☐ 4 oz. grilled chicken breast
- ☐ 1 cup cooked brown rice with 1/2 T. grass fed butter
- ☐ 2 cups spinach with 1/2 T. avocado oil & 1 T. balsamic vinegar

Dinner:

- ☐ 4 oz. grilled sirloin
- ☐ 6 oz. sweet potato with cinnamon
- ☐ 2 cups mixed greens with 1/2 T. avocado oil & 2 T. balsamic vinegar

CARDIO



WEEKS 4-5:

Monday & Thursday

1 Gallon
of water
minimum
daily!

Breakfast:

- ☐ 1 scoop chocolate whey protein, 3 T. egg whites, 8 oz unsweetened almond milk, 1 T. almond butter & 1/2 cup raspberries

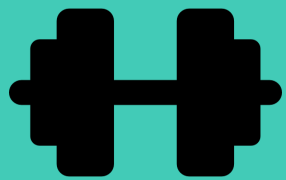
Lunch:

- ☐ 3 oz. grilled ground turkey.
- ☐ 1 cup steamed cauliflower with 1/2 T. butter & 1 T. raw almonds

Dinner:

- ☐ 4 oz. grilled chicken thigh
- ☐ 5 oz. steamed asparagus with 2 T. parmesan cheese

STRENGTH



WEEKS 4-5:

Tuesday & Friday

1 Gallon
of water
minimum
daily!

Breakfast:

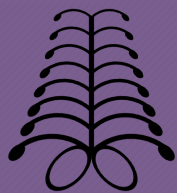
- ☐ 1 scoop whey protein, 1/2 c. cooked whole rolled oats, 1 T. almond butter, 1 T. honey, 1/2 c. blueberries.

Lunch:

- ☐ 4 small sprouted tortillas with 3 oz. ground turkey & 4 T. salsa
- ☐ 1 cup chopped pineapple

Dinner:

- ☐ 3 oz. grilled lean ground beef patty
- ☐ 2 slices sprouted grain bread, 1 T. ketchup & mustard
- ☐ 2 cups spinach with 1 oz dried fruit & 2 T. Bolthouse dressing



WEEKS 4-5:

Wednesday & Saturday

1 Gallon
of water
minimum
daily!

Breakfast:

- ☐ 6 oz. 0% Greek yogurt with 2 T. chopped walnuts, 2 T. honey & 1/2 scoop of vanilla whey protein

Lunch:

- ☐ 5 oz. canned wild tuna combined with 5 T. lite mayo & 2 T. mustard. Wrap in Ezekiel wrap with 1 cup shredded lettuce.
- ☐ 1 apple sliced and drizzled with 1/2 T. coconut manna/coconut butter

Dinner:

- ☐ 4 oz. broiled cod
- ☐ 1 cup cooked organic gluten free or whole wheat pasta
- ☐ 2 cups kale sautéed with 2 T. avocado oil.

WEEK 6:

Monday, Tuesday, Wednesday,
Thursday, Friday & Saturday

**1 Gallon
of water
minimum
daily!**

Meal 1:

- ☐ 4 egg whites
- ☐ 1/2 cup of oatmeal

Meal 2:

- ☐ 4 oz canned tuna
- ☐ 15 almonds
- ☐ 2 cups green veggies

Meal 3:

- ☐ 5 oz grilled chicken breast
- ☐ 4 oz sweet potato
- ☐ 2 cups green veggies

Meal 4:

- ☐ 5 oz canned tuna
- ☐ 15 almonds
- ☐ 2 cups green veggies

Meal 5:

- ☐ 5 oz broiled cod
- ☐ large green salad with lemon Juice
& sliced avocado

Meal 6:

- ☐ Whey protein blended with
4 Egg Whites



WEEKS 7-10:

Monday, Tuesday, Wednesday,
Thursday, Friday & Saturday

DAY 5:

Take a natural diuretic
such as:
Nigella Sativa/ Black
Cumin / Black Seed
before bed.

1 Gallon
of water
minimum
daily!

**Meal 6:

ALTERNATE DAYS
chicken & cod

Meal 1:

- ☐ 1 cup egg whites; 1/2 cup avocado with 1 T. salsa

Meal 2:

- ☐ 1.5 scoops whey protein blended with 8oz of water & 1/2 cup blueberries

Meal 3:

- ☐ 4 oz broiled cod & 2 cups broccoli (add pinch of salt)

Meal 4:

- ☐ 4 oz grilled chicken, 1 cup spinach/kale & 3.5 oz sweet potato

Meal 5:

- ☐ 4 oz whitefish/cod, 2 cups spinach/kale (add pinch of salt)

**Meal 6:

- ☐ 4 oz grilled chicken **OR** cod & 1 T. almond butter



WEEKS 11-12:

Monday, Tuesday, Wednesday,
Thursday, Friday & Saturday

DAY 5:

Take a natural diuretic
such as:
Nigella Sativa/ Black
Cumin / Black Seed
before bed.

**1 Gallon
of water
minimum
daily!**

Meal 1:

- ☐ 1 cup egg whites & 1/2 cup oats

Meal 2:

- ☐ 1.5 scoops whey protein blended
with 8oz of water & 1/2 cup
blueberries

Meal 3:

- ☐ 4 oz broiled cod & 2 cups broccoli
(add pinch of salt)

Meal 4:

- ☐ 4 oz grilled chicken,
1 cup spinach/kale & 3 oz sweet
potato

Meal 5:

- ☐ 4 oz whitefish/cod, 2 cups
spinach/kale (add pinch of salt)
& 3 oz sweet potato

**Meal 6:

- ☐ 4 oz grilled chicken & 1 T. almond
butter



GROCERY LIST

PRODUCE:

- Raspberries
- Banana
- Blueberries
- Pineapple
- Grapes
- Onion
- Brussel Sprouts
- Cauliflower
- Broccoli
- Spinach
- Asparagus

GRAINS:

- Sprouted Grain Bread
- Sprouted Tortillas
- Brown Rice
- Quinoa
- Whole Rolled Oats

PROTEIN:

- Canned Wild Tuna
- Lean Ground Beef
- Chicken Breast
- Wild Salmon
- Ground Turkey Breast
- Turkey Bacon

DAIRY:

- Almond Milk
- Eggs
- Egg Whites
- Boathouse Farms Dressing
- Grass Fed Butter

CONDIMENTS & PANTRY:

- Whey Protein
- Raw Almonds
- Almond Butter
- Natural Peanut Butter
- Balsamic Vinegar & Fresh Herbs
- Natural Honey
- Coconut Manna / Coconut Butter
- Avocado Oil: www.neomega3.com



A collage of fresh vegetables arranged on a light-colored wooden surface. The top section features a head of green lettuce, several yellow potatoes, and two green artichokes. The bottom section includes mushrooms, red onions, purple beets, a bunch of carrots with green tops, and stalks of celery. A semi-transparent grey banner with the text "Eat To Perform!" is centered across the middle.

Eat To Perform!

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DISCLAIMER:

This nutrition plan does not provide medical advice.

Results May Vary: Causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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