



UNITED KUNG FU PRESENTS

NUTRITION FOR PERFORMANCE

A MASTER'S GUIDE TO EATING WELL

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Proper diet combined with regular exercise will help you lose fat as well as strengthen and tone.

Eating Recommendations

- Eat at least 6 small meals daily (meals should be no bigger than the size of your fist if you are trying to lose weight), i.e.; have a maximum time of three (3) hours between meals.
- Make each meal count. If you eat anything consider it a meal.
- Eliminate any and all refined sugars and sweets, sweeteners and sugar substitutes. This includes: sugar, honey, maple syrup, corn syrup, stevia, aspartame, Splenda, and any derivatives, including all words that end in "... -ose".
- Reduce caffeine intake and increase water intake (should be half your body weight in ounces daily). If you must have caffeine, focus on tea, and use organic herbal teas as much as possible. No Alcohol!
- Avoid all heavy starches. If you must, any heavy starches should be consumed by 1 p.m. or the 3rd meal of the day. For example: no bread, pasta, or rice after 1 p.m. All breads and pastas should be gluten and sugar-free.

- 1 serving of protein should be consumed with every meal. For example: one 4-6 ounce piece is considered one serving.
- Limit dairy intake to 1st or 2nd meal. Try to stay away from dairy entirely.
- All fruits should be consumed before 1 p.m. No fruit juice!!!
- Take a multi-vitamin daily if you are not focused on the nutritional content of the food you are eating.
- Protein is always the 1st choice, then vegetables, with carbohydrates to be added last.
- Use condiments and dressings that do not have wheat, sugar or artificial sweeteners, colors or flavors.
- Eat meal replacement bars and shakes only if they are sugar free. Make sure they don't spike your blood sugar and you then experience a crash.
- No fast food.
- If you really want to go hardcore, follow all of the above plus:

NO WHEAT / NO SUGAR

- Remember to plan your meals! If you do not plan to succeed, you plan to fail. Gratefully and graciously stick to your plan.

Food Choices:

Vegetables

Broccoli, Snow Peas,
Peppers, Lettuce, Eggplant,
String Beans, Spinach,
Carrots, Celery, Beets

Proteins

Fish, Chicken, Turkey,
Egg Whites, Lean Steaks,
Tuna, Salmon, Beans

Gaining or Peak
performance 1.5-2 grams
per pound of bodyweight
daily, losing .5-1 gram
/pbw daily

Fruits

Green Apple, Grapefruit,
Cantaloupe, Honeydew
Melon, Blueberries,
Raspberries, Cucumbers,
Kiwi, Mango, Bananas,
Mandarin

Oranges/Tangerines
**No Canned or Dried
Fruits Except Prunes,
and NO Fruit Juice**

Carbohydrates

Every carb item should be
one cup (8 oz.) or less.
Steamed Brown Rice,
Steamed White Rice, Rice
or Corn Pasta only, Quinoa,
Oatmeal, Squash, Yams

Sample Meal Planning:

7:00 a.m.	1 fruit, 1 vegetable or 1 protein, 1 carb
9:30 a.m.	1 fruit, 1 vegetable or 1 protein, 1 carb
12:30 p.m.	1 protein, 1 carb
2:30 p.m.	1 protein, 1 vegetable
5:30 p.m.	1 protein, 1 vegetable
7:00 p.m.	1 protein, 1 vegetable

Thank you for reading!

We hope you enjoyed this eBook and found the information beneficial. For more tips on health, wellness, and living a better life, check out [our blog!](#)

In the Phoenix area? Give us a call at 623-972-7900 and book a complimentary class - we'd love to have you join us!

ABOUT

JERRY

DIBBLE

Master Instructor Jerry Dibble is currently a registered 7th degree Black Belt in Kung Fu with the United Martial Arts Association of America. He is a Professor of Masters and has obtained black belt rankings in many other styles of martial arts including Aikido, Jiu-Jitsu, Shorei Kenpo, Kendo, Karate and Doh-yi. Along with Instructor ratings in each of these disciplines; he is an accomplished Yoga Instructor. In addition to teaching over 50 pole, bladed and flexible weapons, he is certified by the NRA as a Training Counselor and teaches classes and certifies Instructors in Pistol, Rifle, and Shotgun - the modern weapons of our time. He also teaches classes and certifies Instructors in Archery.

Master Instructor Dibble has been a lifelong student of physical mastery, starting at an early age with boxing and shooting with his father, and was recognized as a musical prodigy when he was very young. He continues his training in martial arts with Grandmaster Jerry Cook, Grandmaster Jinheng Li, Grandmaster Xiao, Master Leone, and Master Campbell. In addition to his own training, he runs the United Kung Fu and United Tai Chi Academies, trains Instructors in martial arts, Tai Chi and Qi Gong around the world; operates the highly acclaimed Zen Marksmen Firearms training and Firearms Instructor training; and still finds time to take on projects as a recording artist.