

Pre-Fight Nutrition Guide

Your Blueprint for Peak Performance and Recovery

- **Why is pre-fight nutrition critical?** Fuels glycogen stores, stabilizes blood sugar, and prevents fatigue for peak performance.
- **How does protein help fighters?** Repairs muscles, reduces breakdown, and supports recovery post-fight.
- **Why are carbohydrates important?** Replenish glycogen for energy bursts during high-intensity activity.
- **What about hydration?** Prevents cramps, maintains focus, and supports muscle function with electrolytes.
- **Key mistakes to avoid?** Skipping meals, high fiber, new foods, and ignoring hydration.
- **Are supplements necessary?** Only if needed—examples include creatine, BCAAs, and electrolyte powders.

Eat Right For The Fight Nutrition Guide

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