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The Definitive Guide To MMA Nutrition: Hi Jimmy, I am a 24 year old male amateur Mixed Martial Arts fighter, looking for ways to compete at the bantamweight division.

## **Eat like an mma fighter - boston magazine**

MMA fighter Jon Manley opens his fridge (literally) to show us how to eat like an MMA fighter.

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1. Drink lots of water. The body needs around 2 litres of fluid a day, this doesn't have to just be water, and it can be a mixture of juice, skimmed milk a cup of

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MMA fighters know that the ultimate way to achieve a winning edge over the fighting competition is through MMA Nutrition.

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