



Black Belt Menu



FROM BLACK BELT PROFESSOR THOMAZ

"I use these as base ideas, modify them as you would like."

BJJ Breakfast

- 1 1/2 cups oatmeal
- 1/2 teaspoon kosher salt
- 1/2 teaspoon of cinnamon
- 1 banana, sliced
- 1/2 cup berries
- 1/3 cup walnuts
- 1 serving of protein powder

- Use any type of oats that you like, I prefer rolled oats for their texture as steel cut tend to be a bit mushy. I also prefer quick cooking oatmeal, not instant!
- Use any type of nuts, I like to break them up to have smaller pieces
- You can substitute the banana for any other sweet fruit such as apple, peach, etc. You can also add this to the oats before cooking.
- Substitute the berries for any tart fruit such as fresh strawberries, pomegranate etc..
- I prefer vanilla protein as other flavors tend to overwhelm the fruits.
- I will set the oats in the water to soak as I get ready for the day, once I'm ready I will cook them (Microwave works well for hasty mornings)
- I change the fruits regularly to keep the meal new and exciting
- If you add dried fruits such as raisins, dried coconut, dried cranberries you can soak them in water to soften them or cook with the oatmeal

Directions

Cook the oats with the salt (fruits if you want to cook them as well) according to the directions on the package.

Add cinnamon, fruits, nuts and protein and you're done!



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Jiu Jitsu Juice

Ingredients

1 apple (your favorite fruit can be used here, I like to change pretty often. e.g. Melon, watermelon, banana)

2 large kale leaves or 1 cup of green leaves mix (I use a mix of kale, chard and spinach)

$\frac{3}{4}$ cup of Broccoli

$\frac{1}{2}$ cup of frozen berries

1 Roma tomato

1 serving of your favorite protein

Ps. you can always adjust the portions to your liking or to accommodate for more people.

Directions

BLEND thoroughly. I am very partial to the blender as opposed to a juicer as it leaves the fiber in which makes your body absorb the sugars in a timely manner.

Second Degree Sandwich

Ingredients

1 Slice of bread, toasted (get something with whole grains, nuts and seeds)

Hummus

Turkey

Spinach

Directions

Spread the hummus, lay the spinach leaves on top then top off with the turkey



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#DoJiuJitsu Dinner

Grilled chicken salad

1 chicken breast

1 bunch of leafy greens (I use spinach, kale and chard)

Pick 3 veggies (onions, tomatoes, cucumber, broccoli, zucchini, mushrooms, grilled eggplant, asparagus, corn etc.. you can really pick any 3 you like, I tend to go with what looks good at the market or what is in season)

¼ cup of extra virgin olive oil

¼ cup of vinegar (use what you prefer, Apple cider, white wine, red wine, rice...) or lime juice

Directions

1. Salt and grill the chicken (I use a bbq grill so there are less dishes to clean, but you can pan sear it as well)

*make sure to cook the chicken all the way through.

*use any seasoning that you like e.g. black pepper, ready seasoning

2. As the chicken is being cooked add the leaves to a large bowl and chop up the vegetables (I prefer to cut the vegetables into strips as opposed to small squares to make it easier to get with the fork)

3. Cut the chicken into strips

4. Add all the ingredients to the bowl pour the dressing on top in small parts and taste after each time so you can get the right flavor for you.

5. Add salt and/or pepper to taste

* If you know you're going to have a long day you can cook the chicken the night before, refrigerate it and add it on to make dinner in less than 10 minutes.