ENFUSION
NUTRITION

TRAIN.
CREATE.
EVOLVE.

OFFICIAL COOKBOOK

FUEL THE FIGHT

NUTRITIOUS RECIPES FOR
WEIGHT LOSS, MUSCLE GAIN & PERFORMANCE

15 MIN
MAX. PREP TIME

PERFORMANCE
TARGETED NUTRITION

KISS-METHOD
KEEP IT SHORT & SIMPLE.

TESTED BY
TOP ATHLETES

THIAN DE VRIES
X
ENFUSION
NUTRITION

Thian de Vries

THIAN DE VRIES
PROFESSIONAL FIGHTER

THE KISS METHOD
KEEP IT SHORT & SIMPLE

TRAIN HARD. EAT SMART. FIGHT GLOBAL.

PRACTICAL & EASY

FOR EVERY GOAL AND EVERY PHASE

STRENGTH, ENERGY & RECOVERY

FROM THE GYM TO THE WORLD STAGE

ENFUSION NUTRITION

OFFICIAL COOKBOOK

THIAN DE VRIES
X
ENFUSION NUTRITION
OFFICIAL COOKBOOK

TRAIN.
CREATE.
EVOLVE.

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FAST & SIMPLE
MAX. 15 MINUTES

PERFORMANCE
TARGETED NUTRITION

KISS-METHOD
KEEP IT SHORT & SIMPLE

TESTED BY
TOP ATHLETES

FUEL FOR
CHAMPIONS

TRAIN HARD. EAT SMART. FIGHT GLOBAL!

FOREWORD

EDWIN VAN OS, CEO ENFUSION



NUTRITION IS FUEL. THIS IS YOUR GUIDE.

As CEO of Enfusion, I've seen firsthand how athletes push themselves, time and time again, to reach higher levels. What sets them apart? Not just their training, but also what they do outside the gym. And nutrition plays the most important role of all.

This cookbook is built on that philosophy. Together with a team of experts and top athletes, we've created recipes, strategies, and insights that not only contribute to top performance, but also to a healthy and sustainable lifestyle. From high-performance meals to quick, practical, and delicious options that support your goals as a top athlete.

Whether you're training for strength, building muscle, losing fat, or simply aiming to feel better in your body, this cookbook gives you a solid foundation in the kitchen. What you eat, how you prepare it, and how you recover with the KISS-method – that's where it starts: Keep It Short & Simple. No complicated recipes, but food that works.

I believe that the right combination of hard training, smart nutrition, and a strong mindset is the key to success. Enfusion stands for the very best. This cookbook gives you the tools to build an even stronger, healthier, and more resilient version of yourself.

Use this as your roadmap.
Eat smart. Train hard. Live without compromises.

And above all: enjoy the process.

Edwin van Os

EDWIN VAN OS
CEO ENFUSION

THE INTRODUCTION
(KISS-METHOD & THEORY)

CHAPTER 1: THE FIGHTER'S PHILOSOPHY

Your body is your weapon. This book is your guide to keeping that weapon in top condition. It's not a cookbook for chefs, but a toolkit for athletes.
The goal? Maximum performance with minimal hassle in the kitchen.

KEEP IT SHORT & SIMPLE (KISS-METHOD)

- **Time-saving:** Max. 15 minutes of prep time per recipe.
- **Efficient:** Use common and easily accessible ingredients.
- **Focus:** Every ingredient has a function: we eliminate "empty" calories.

THE TRIANGLE OF SPORTS NUTRITION

MACRONUTRIENT	FUNCTION
Protein	The building blocks. Crucial for muscle repair.
Carbohydrates	The fuel tank. Provides quick and explosive energy.
Fats	The motor oil. Essential for hormone production and weight maintenance.

THE 3 TYPES OF FIGHTER KITCHENS & RECIPES

STRATEGY	CORE STRATEGY	MACRONUTRIENT FOCUS	MOST IMPORTANT LESSON
I. The Dropper	Moderate calorie deficit, maximize muscle retention.	Protein: High, Carbohydrates: Lowered	Patience is your best friend.
II. The Mass Builder	Caloric surplus, maximize energy and recovery.	Protein: High, Carbohydrates: Increased	Caloric density is crucial.
III. The Optimal Performer	Balance: focus on timing around training.	Protein: Balanced/Equal, Carbohydrates: Balanced/Equal	Consistency is the key.

WASTE LESS

CUTTING & WEIGHT MANAGEMENT

LIGHTER, LEANER, SHARPER.

Weight loss is not an art. It's a science, discipline and strategy.
Every kilo you lose must improve your performance – not weaken it.

This section is all about cutting without losing muscle, strong mindset in the kitchen, eating clean on a budget, energizing and focusing your mindset to get the job done.



STRATEGIC FAT LOSS

It's not about eating less, but about precision. Every choice counts.

MAINTAIN AS A PRIORITY

How you maintain muscle, how you train it, and how you recover and restore it.

HYDRATION & ELECTROLYTES

The key to a strong, energized body – in and out of the gym.

MENTAL CONTROL

Weight loss is 90% mental. Train your mind to win on the podium.

A SLIM CUT DOESN'T JUST MAKE YOU LIGHTER.
IT MAKES YOU MORE DANGEROUS.

The recipes in this chapter are designed to help you lose fat, stay energized, stay sharp and compete with a strong mindset.

DISCIPLINE IN THE KITCHEN. ADVANTAGE IN THERING.

THE 3 PILLARS OF PERFORMANCE

1. BUILD & RECOVER
ISO WHEY

High-quality protein for muscle repair, growth and maintenance.
The perfect post-workout or anytime snack.

2. STRENGTH & POWER
CREATINE MONOHYDRATE

Boosts strength, explosiveness and training capacity. Scientifically proven.
Every day. Every set. Every advantage.

3. FOCUS & ENERGY
TOTAL WAR PREWORKOUT

Clean, powerful energy, laser-sharp focus and maximum pumps. No crash.
Your edge for every training session.

HOW TO USE IT SLIM?

- Protein: 1-2 shakes per day (post-workout or between meals).
- Creatine: 3-5 g per day, every day, for long-term results.
- Preworkout: 20-30 minutes before training.
- Combine with the recipes in this cookbook for a complete approach.

ENFUSION PROMISE

No unnecessary fillers. No empty promises.
Only high-quality ingredients, tested for quality and developed for fighters.

OWN THE EFFORT. FUEL THE EVOLUTION.

PREMIUM QUALITY | LAB TESTED | DEVELOPED FOR ATHLETES | TRANSPARENT & RELIABLE | TRUSTED BY FIGHTERS WORLDWIDE

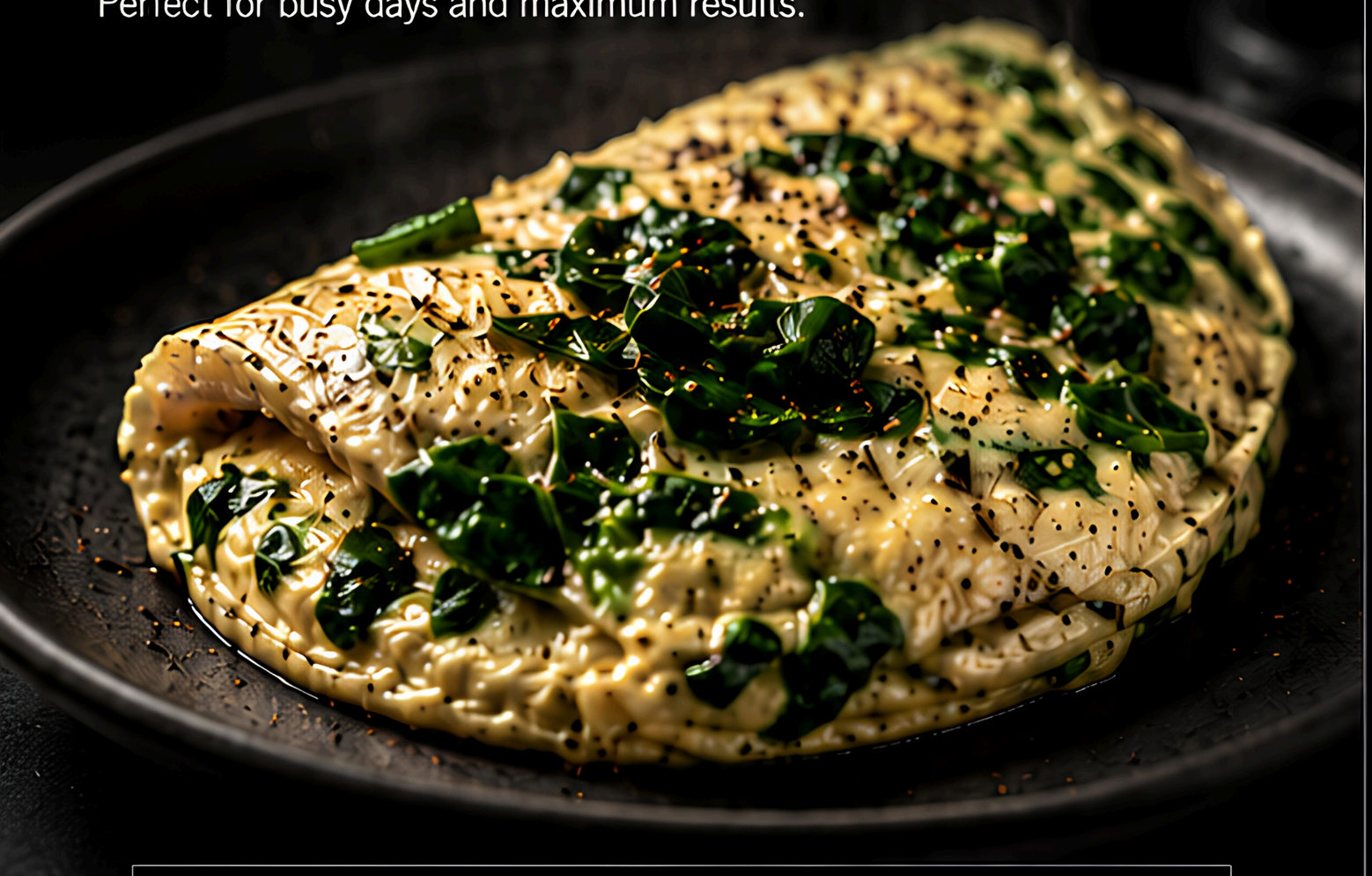
TRAIN HARD. EAT SMART. FIGHT GLOBAL!

POWER OMELET

MADE IN THE MICROWAVE

FAST. SIMPLE. POWERFUL.

A fluffy, protein-packed omelet ready in minutes.
Perfect for busy days and maximum results.



READY IN: 5 MINUTES

PREPARATION: 1–2 MINUTES IN THE MICROWAVE

INGREDIENTS

- 4 Eggs
- A handful of fresh spinach
- 1 teaspoon olive oil
- Herbs to taste *(pepper, salt, garlic powder, chili flakes, etc.)*

NUTRITION FACTS

PER SERVING

CALORIES	~150 kcal
PROTEIN	28 g
CARBOHYDRATES	2 g
FATS	3 g
FIBER	1 g
SUGARS	1 g

** Values are estimates and may vary.*

COOKING INSTRUCTIONS

01 Crack the eggs into a bowl.

02 Add the spinach, olive oil, and herbs.

03 Whisk everything well with a fork.

04 Place the bowl in the microwave and cook on high for 1–2 minutes.
(Check after 1 minute and stir if needed.)

05 Let it rest for a moment and enjoy!

TIP: Add extra flavor and nutrients with cherry tomatoes or feta!

WHY THIS OMELET?

POWERFUL
High in protein for muscle repair and growth.

LOW IN CALORIES
Low in calories, ideal during a cut or weight loss.

FAST & EASY
Ready in 5 minutes.
Perfect for busy days and meal prep.

NUTRITIOUS
Spinach provides essential vitamins and minerals for optimal performance.

- Minimal ingredients, maximum result.
- Perfect as breakfast, lunch or light dinner.
- Budget-friendly and always ready to make.
- Easy to adapt to your taste.

SUPER FAST
TUNA SALAD BOWL



FRESH. CREAMY. PROTEIN-PACKED.

A simple, nutritious bowl packed with protein, healthy fats, and fresh flavor.
Perfect for any time of the day.

READY IN:	PREPARATION:
10 MINUTES	NO COOKING

INGREDIENTS

1 can tuna in oil	~300 kcal (drained)
1 can tuna in water	~120 kcal (drained)
(Pre-washed) lettuce	to taste
Light mayonnaise/ yogurt	2 teaspoons
Red onion	½ piece (finely chopped)
Apple	1 teaspoon

PREPARATION STEPS

01 Drain the tuna well.

02 Combine the tuna in a bowl with mayonnaise or yogurt. Add the finely chopped red onion and apple.

03 Season with pepper and a pinch of salt.

04 Spread the lettuce over a bowl and spoon the tuna mixture on top.
Add extra toppings if desired.

NUTRITION FACTS

PER SERVING (1 BOWL)

CALORIES	~350 kcal
PROTEIN	35 g
CARBOHYDRATES	6 g
FATS	20 g
FIBER	2 g

** Values are estimates and may vary.*

WHY THIS BOWL?

POWERFUL
Tuna is a complete protein source that supports muscle repair and growth.

LIGHT & SATISFYING
Rich in protein, low in carbs, and full of nutrients.

FAST & EASY
Ready in 10 minutes. Perfect for busy days and meal prep.

FRESH & BALANCED
A perfect mix of healthy fats, fiber, and fresh flavor.

- Use tuna in water for fewer calories.
- Add avocado for extra healthy fats.
- Top with cucumber, tomato, or capers.
- Perfect as lunch, dinner, or post-workout meal.

NEXT: PEANUT & BERRY QUARK



CHICKEN & BROCCOLI POWER SOUP

WARM. NUTRITIOUS. RECOVER IN A BOWL.

This creamy soup is packed with protein and essential nutrients. Perfect as a recovery meal, light lunch, or whenever you need comfort food without the guilt.

READY IN:	PREPARATION:
15 MINUTES	BLENDER NEEDED

INGREDIENTS

Pre-cooked chicken breast	100 g
Chicken bouillon	500 ml
Fresh broccoli (a handful)	100 g
Light crème fraîche	1 teaspoon
Pepper & salt	to taste

WHY THIS SOUP?

POWERFUL
High in protein for muscle repair and maintenance.

LIGHT & NUTRITIOUS
Easily digestible, full of micronutrients, and low in calories.

FAST & EASY
Ready in 15 minutes.
Perfect for busy days.

RECOVERY BOOST
A warm meal that supports your body's recovery.

SMART CHOICE
Rich in vitamins, minerals, and flavor – without junk.

NUTRITION FACTS

PER SERVING (1 BOWL)

CALORIES	~320 kcal
PROTEIN	32 g
CARBOHYDRATES	10 g
FATS	14 g
FIBER	4 g

* Values are estimates and may vary.

PREPARATION STEPS

01 Add the chicken bouillon to a pot and bring to a boil.

02 Add the broccoli and cook for 5–7 minutes until tender.

03 Add the pre-cooked chicken and simmer for 2 minutes.

04 Remove the pot from the heat and add the crème fraîche.

05 Blend everything with a stick blender (or regular blender) until smooth.

06 Season with pepper and salt.

07 Serve warm and enjoy your recovery meal.

- Use lean chicken breast for less fat.
- Extra flavor? Add garlic or onion while cooking.
- Make a larger batch and store in the fridge (2–3 days).
- Perfect as a pre- or post-workout meal.



NUTS & BERRIES QUARK BOWL

FRESH. CREAMY. NUTRITIOUS.

A creamy, protein-rich bowl packed with antioxidants, healthy fats, and fiber. Perfect as a breakfast, snack, or light dinner.
Simple ingredients, powerful effect.

READY IN:	PREPARATION:
5 MINUTES	NO COOKING

INGREDIËNTS

Low-fat quark	200 g
Fresh berries (red)	100 g
Chia seeds	10 g
Nuts (unsalted)	10 g

WHY THIS BOWL?

POWERFUL
Low-fat quark is an excellent source of protein and supports muscle repair.

ANTIOXIDANT POWER
Berries are packed with antioxidants that support your immune system.

HEALTHY FATS
Nuts and chia seeds provide healthy fats and long-lasting energy.

FIBER BOOST
Berries, nuts, and chia seeds work together for healthy digestion.

FAST & EASY
Ready in 5 minutes. Perfect for busy days and meal prep.

NUTRITION FACTS

PER SERVING (1 BOWL)

CALORIES	~280 kcal
PROTEIN	28 g
CARBOHYDRATES	20 g
FATS	8 g
FIBER	5 g

** Values are estimates and may vary.*

PREPARATION STEPS

01 Add the quark to a bowl.
02 Add the fresh berries.
03 Sprinkle the chia seeds over the top.
04 Add the nuts.
05 Mix everything well.
06 Let it sit for 2–5 minutes so the chia seeds can absorb some liquid.
07 Enjoy it right away, fresh and nutritious!

TIP: Use frozen berries – they keep the quark cold and extra tasty!

- Use Greek yogurt for extra creaminess.
- Add a dash of cinnamon or vanilla extract for variety.
- Perfect as breakfast, post-workout or healthy snack.
- Meal prep tip: store dry ingredients separately.

BLACK BEAN POWER SALAD

SATISFYING. FRESH. PACKED WITH PROTEIN.

This colorful salad is packed with protein, fiber, and healthy fats. Ideal as lunch, a light dinner, or whenever you need a meal prep that fuels your busy days.



READY IN:	PREPARATION:
10 MINUTES	NO COOKING

INGREDIENTS

Black beans (rinsed)	100 g
½ avocado	1 piece
Corn (1 can, drained)	60 g
Pre-cooked shrimp or chicken breast *(in pieces)*	100 g
Lime juice (freshly squeezed)	1 teaspoon
Pepper & salt	to taste
Chili flakes or paprika powder (optional)	to taste
Fresh coriander or parsley	optional

NUTRITION FACTS

PER SERVING (1 SALAD)

CALORIES	~430 kcal
PROTEIN	35 g
CARBOHYDRATES	30 g
FATS	20 g
FIBER	11 g

** Values are estimates and may vary.*

WHY THIS SALAD?

POWERFUL
Black beans and shrimp or chicken provide high-quality protein for muscle repair.

FIBER BOOST
Rich in fiber and supports digestion while keeping you full longer.

HEALTHY FATS
Avocado delivers healthy fats that are essential for hormone balance and recovery.

LIGHT & FRESH
Lime and herbs make this salad fresh, light, and perfect for every day.

FAST & EASY
Ready in 10 minutes. Perfect for busy days and meal prep.

PREPARATION STEPS

01 Rinse the black beans under cold water and let drain.
02 Dice the avocado.
03 Add the corn, beans, avocado, and shrimp or chicken to a bowl.
04 Squeeze the lime juice over the salad.
05 Season with pepper, salt, and chili flakes or paprika powder.
06 Optionally, finely chop fresh coriander or parsley and add.
07 Mix everything well.
08 Taste and adjust the herbs.
09 Serve directly or store covered in the fridge (max. 1 day).

TIP: Add halved cherry tomatoes, red onion, or cucumber for extra crunch and flavor!

- Use grilled shrimp or rotisserie chicken for extra convenience and taste.
- Perfect on its own or as lunch or meal prep.
- Making a big batch? Double the ingredients!
- Combine with a slice of whole grain bread for an extra satisfying bite.

THE MASS BUILDER
(BULKING & MUSCLE BUILDING)

BUILD. FUEL. RESULTS.

Muscle mass doesn't come from nothing. It's the result of hard training, recovery and one crucial factor: enough and the right nutrition.
In this section, you'll find recipes that help you build a caloric surplus – without unnecessary calories.

The focus? Build lean muscle, take your performance to the next level and get stronger, every single day.

Expect meals that are rich in high-quality protein, complex carbs and healthy fats.
Nutritious, filling and above all:
made to perform.



WHO IS THIS SECTION FOR?

TARGET GROUP	GOAL	WHAT DO YOU NEED?
Hardgainers	Gain muscle mass and weight	Caloric surplus, focus on consistent nutrition and training
Advanced athletes	More muscle mass and strength	High training intensity, high protein & calories
Strength trainers	Improve performance and build explosive strength	Energy-dense meals and optimal recovery nutrition
Fanatical athletes	Build muscle mass combined with performance	Strategic nutrition around training & competition

WHAT MAKES THESE RECIPES DIFFERENT?

- **High in calories, but clean:** More calories, but always with nutrient-dense ingredients that truly support your body.
- **Protein-optimized:** Every meal is designed to support muscle repair and growth.
- **Complex carbohydrates:** For energy during training and to replenish glycogen stores.
- **Healthy fats:** Essential for hormone balance, recovery and long-lasting energy.
- **Practical & achievable:** Recipes that fit easily into a busy schedule and are simple to prepare.

MASS IS MORE THAN FOOD. IT'S A STRATEGY.

You can train as hard as you want, but without the right fuel, you won't get anywhere.
In this section, you'll get the tools you need to grow.
Consistency in the kitchen = consistency in the gym.

EAT BIG. TRAIN HARD. GROW STRONG.

POWER OVERNIGHT OATS
FROM THE FRIDGE

PREPARED. READY. CRUSHED.

No time in the morning? These overnight oats are your secret weapon.
Rich in protein, complex carbs and healthy fats.
Set it up in the evening, and wake up ready to perform.



READY IN:
5 MINUTES

CHILL TIME:
MIN. 6 HOURS
(OR OVERNIGHT)

PREPARATION STEPS

01 Add the oats to a sealable jar or container.

02 Add the milk, protein powder and peanut butter.

03 Slice the banana and add it.

04 Stir everything well until smooth.

05 Cover and place in the fridge for at least 6 hours or overnight.

TIP: Stir well before eating. Add a splash of extra milk for a creamier texture.

INGREDIENTS

- 50 g rolled oats
- 250 ml whole milk
- 30 g Enfusion whey protein *(vanilla)*
- 1 banana
- 15 g peanut butter *(100% peanuts)*

NUTRITIONAL VALUES

PER SERVING

CALORIES	~560 kcal
PROTEIN	38 g
CARBOHYDRATES	62 g
FATS	16 g
FIBER	7 g
SUGARS	12 g

** Values are indicative and may vary.*

WHY THESE OVERNIGHT OATS?

MUSCLE BUILDING
High-quality protein for muscle repair, growth and maintenance.

SUSTAINED ENERGY
Complex carbs provide long-lasting energy.

FIBER & SATIETY
Keeps you full longer and supports smooth digestion.

TIME SAVING
Prepare in 1 second, score in the morning.

NUTRITIONALLY BALANCED
The perfect balance of protein, carbs and fats.

PREPARE IS PERFORM.
The best performances start outside the gym. With these overnight oats you start your day with a head start. Consistency is the key. You do the work.

TRAIN HARD. EAT SMART. BECOME ENFUSION.

QUICK CHICKEN-PESTO POWER PASTA

QUICK. FLAVORFUL. POWERFUL.

This pasta is packed with flavor, protein and energy. The combination of tender chicken, fresh pesto and cherry tomatoes makes it a favorite for every day.



INGREDIENTS

- 150 g whole grain pasta
- 150 g chicken breast (cubed)
- 1 tablespoon pesto *(to taste)*
- 100 g cherry tomatoes *(halved)*
- 20 g arugula

NUTRITION FACTS

PER SERVING

CALORIES	~520 kcal
PROTEIN	46 g
CARBOHYDRATES	55 g
FATS	12 g
FIBER	7 g
SUGARS	5 g

** Values are estimates and may vary.*

ENFUSION NUTRITION

READY IN: 20 MINUTES

PREPARATION: 1 PAN, 1 FLAVOR BOMB

PREPARATION STEPS

01 Cook the pasta according to the instructions on the package.

02 Heat a little oil in a large pan and cook the chicken breast until golden brown.

03 Add the cherry tomatoes and cook for 2–3 minutes until they start to soften.

04 Drain the pasta and add it to the pan.

05 Stir everything well so the pasta and chicken are evenly coated.

06 Add the arugula and stir briefly until it wilts slightly.

07 Season with pepper and salt to taste.

TIP: Add a splash of pasta water for an extra creamy and flavorful pesto sauce.

WHY THIS PASTA?

MUSCLE BUILDING
Rich in protein for recovery and muscle growth.

LONG-LASTING ENERGY
Whole grain pasta provides steady energy throughout the day.

FAST & EASY
A complete, nutritious meal ready in 20 minutes.

FULL OF FLAVOR
Pesto, tomato and arugula deliver a fresh and powerful taste.

PERFECT BALANCE
Great mix of protein, complex carbs and healthy fats.

- Rich in protein and fiber.
- Supports muscle repair and growth.
- Quick to prepare, perfect for busy days.
- Deliciously fresh, full of flavor and super nutritious.

BEEF & RICE
1-PAN POWER MEAL

QUICK. SATISFYING. MUSCLE-BUILDING.

This 1-pan meal is packed with protein, complex carbohydrates and flavor. Perfect for muscle building without hassle. Everything you need in one pan for maximum results.



READY IN: 25 MINUTES

PREPARATION: 1 PAN, 1 FLAVOR BOMB

INGREDIENTS

- 100 g lean ground beef
- 180 g pre-cooked rice *(basmati or silver rice)*
- 60 g black beans *(rinsed & drained)*
- 1 bell pepper *(diced)*
- 1–2 tsp taco seasoning *(to taste)*

NUTRITION FACTS

PER SERVING

CALORIES	~620 kcal
PROTEIN	44 g
CARBOHYDRATES	75 g
FATS	16 g
FIBER	9 g
SUGARS	6 g

** Values are estimates and may vary.*

PREPARATION STEPS

01 Heat a little oil in a large pan over medium-high heat.

02 Brown the ground beef. Season with salt, pepper and half of the taco seasoning.

03 Add the bell pepper and cook for 3–4 minutes until it starts to soften.

04 Add the pre-cooked rice and black beans. Stir everything well.

05 Sprinkle in the rest of the taco seasoning and mix well.

06 Simmer for 5–7 minutes over medium heat.

07 Taste and add extra seasoning if needed.

TIP: Garnish with fresh coriander, a squeeze of lime or a little grated cheese for extra flavor.

WHY THIS MEAL WORKS?

MUSCLE BUILDING
Rich in protein from beef and beans for optimal muscle repair.

LONG-LASTING ENERGY
Rice and beans provide steady energy throughout the day.

RICH IN FIBER & NUTRIENTS
Supports digestion and keeps you full longer.

FAST & EASY
Ready in 25 minutes. A complete, nutritious meal in one pan.

PERFECT IN BALANCE
Great mix of protein, complex carbs, fiber and healthy fats.

- Full of flavor, minimal ingredients.
- Ideal for meal prep or busy days.
- High in protein, fiber and satisfying.
- Easy to adapt to your taste.

FULL-FAT QUARK POWER SHAKE

CREAMY. POWERFUL. NUTRIENT-DENSE.

The shake for muscle growth and recovery.
Packed with protein and healthy calories
that is easy to digest — anytime, anywhere.



INGREDIENTS

- 250 g full-fat quark
- 2 scoops Enfusion whey protein powder (60 g)
- 1 banana
- 20 g peanut butter *(100% peanut)*
- 100 ml milk or water *(as preferred)*

NUTRITION FACTS

PER SERVING

CALORIES	~700 kcal
PROTEIN	60 g
CARBOHYDRATES	70 g
FATS	22 g
FIBER	4 g
SUGARS	22 g

* *Values are approximate and may vary.*

READY IN: 5 MINUTES

PREPARATION: BLEND UNTIL YOU GET A THICK SHAKE

PREPARATION STEPS

01 Add the full-fat quark to the blender.
02 Add the whey protein powder.
03 Slice the banana and add it.
04 Add the peanut butter.
05 Add the milk or water.
06 Blend everything until smooth and creamy.
07 Pour into a large glass and enjoy immediately!

TIP: For an extra creamy shake: use milk instead of water.

WHY THIS SHAKE?

MUSCLE GROWTH BOOST
High protein intake supports muscle growth and recovery.

CALORIE-DENSE & EFFECTIVE
Ideal for extra calories without feeling too full.

FAST & EASY
Ready in 5 minutes. Perfect as a post-workout or as a quick meal.

CREAMY & DELICIOUS
The combination of banana and peanut butter makes this shake irresistible.

FLEXIBLE
Drink at home, on the go or after your workout. Fits always in your routine.

- Rich in protein and healthy fats.
- Ideal for bulking and muscle recovery.
- Adjust to your own taste and preference.
- Easy to take with you in a shaker.

LOADED TOAST

MAXIMUM FLAVOR. MAXIMUM NUTRITION.

CRISPY. CREAMY. SATISFYING.

This toast is packed with protein, healthy fats, and complex carbs. Ideal for a powerful start to your day or a nutritious lunch.



READY IN: 15 MINUTES

PREPARATION: 1 PAN, 1 TOASTER

INGREDIENTS

- 2 slices whole grain bread
- 2 eggs
- 20 g cheese *(grated)*
- 30 g avocado *(in slices)*

NUTRITION FACTS

PER SERVING

CALORIES	~560 kcal
PROTEIN	28 g
CARBOHYDRATES	48 g
FATS	28 g
FIBER	9 g
SUGARS	2 g

** Values are approximate and may vary.*

PREPARATION STEPS

01 Toast the slices of bread until nice and crispy.

02 Heat a little oil or butter in a pan.

03 Crack the eggs into the pan and fry to your liking.

04 Spread the grated cheese over the warm toast.

05 Place the avocado slices on top of the cheese.

06 Place the fried eggs on the avocado.

07 Season with pepper and a pinch of salt.

TIP: Add chili flakes, lemon juice, or fresh herbs for extra flavor.

WHY THIS TOAST?

MUSCLE BUILDING
High in protein to support muscle growth and recovery.

LONG-LASTING ENERGY
Complex carbs and healthy fats provide steady energy.

SATISFYING & NUTRITIOUS
Keeps you full for longer and helps prevent cravings.

QUICK & EASY
Ready in 15 minutes. Perfect any time of day.

PERFECT BALANCE
The ideal mix of protein, carbs, and healthy fats.

- Rich in protein and healthy fats.
- Supports muscle growth and recovery.
- Versatile with whole grain bread and avocado.
- Easy to customize to your taste.



THE OPTIMAL ATHLETE

PERFORMANCE & MAINTENANCE

CONSISTENCY. ENERGY. SUSTAINABLE RESULTS.

You go for the best version of yourself. Every training, every round, every choice counts. In this phase, everything revolves around performance and maintenance. You train hard, your body pushes limits – and your nutrition ensures you stay at your best, recover and become stronger.

Good nutrition is your secret weapon. It provides the fuel for explosive performance, supports your recovery, and helps keep your immune system strong. That way, you're ready to perform in the gym, in the ring, and in everyday life.

EAT LEAN. PERFORM MAXIMALLY. STAY CONSISTENT.

NUTRITION GUIDELINES FOR PERFORMANCE & MAINTENANCE

GOAL	CALORIES	PROTEIN	CARBOHYDRATES	FATS	MEALS
FAT LOSS	300–500 kcal deficit	2.2 – 2.5 g/kg	3 – 5 g/kg	0.8 – 1 g/kg	3–5 per day
MAINTENANCE	± maintenance	1.8 – 2.2 g/kg	4 – 6 g/kg	0.8 – 1.1 g/kg	3–5 per day
MUSCLE GAIN	300–500 kcal surplus	2.0 – 2.5 g/kg	5 – 7 g/kg	0.8 – 1.1 g/kg	4–6 per day
POWER & PERFORMANCE	± maintenance or slight surplus	1.8 – 2.2 g/kg	5 – 8 g/kg	0.8 – 1.1 g/kg	4–6 per day

* *Guidelines are indicative. Adjust based on your body, goals and training load.*

THE PILLARS OF OPTIMAL PERFORMANCE

ENERGY ON DEMAND
Sufficient carbohydrates at the right time for maximum power and endurance.

MUSCLE RECOVERY
High-quality protein and the right timing support recovery and muscle growth.

BALANCE IN MACROS
The right balance between protein, carbs and fats for optimal hormones, energy and balance.

HYDRATION
Adequate fluids and electrolytes for focus, performance and faster recovery.

MICRONUTRIENTS
Vitamins and minerals from nutrient-dense foods for a strong immune system and more energy.

CONSISTENCY
The smallest daily choices determine your biggest results in the long run.

BUILT IN THE KITCHEN. WON IN THE GYM.

You may train hard, but without the right nutrition you won't see results. These recipes help you eat smarter and perform better, day after day. Small steps lead to big results. Every choice has an impact.

- Smart recipes for every training day
- Optimal performance, every day again
- Nutrition that grows with you

PRE-WORKOUT RICE CAKES

LIGHT. FAST. POWERFUL.

The perfect pre-workout snack for quick energy, focus, and maximum performance.
Light, easy to digest, and simple to prepare.



INGREDIENTS

- 2 rice cakes
- 12 g peanut butter *(100% peanut)*
- 40 g banana *(in slices)*
- Cinnamon to taste

NUTRITION FACTS

PER SERVING

CALORIES	~200 kcal
PROTEIN	5 g
CARBOHYDRATES	24 g
FATS	9 g
FIBER	2 g
SUGARS	6 g

* *Values are an indication and may vary.*

READY IN: 5 MINUTES

TIMING: 30 MINUTES BEFORE YOUR WORKOUT

HOW TO PREPARE

01 Spread the rice cakes with peanut butter.

02 Top with banana slices.

03 Sprinkle with cinnamon to taste.

TIP: Eat this 30 minutes before your workout for optimal energy and focus.

WHY THIS SNACK?

QUICK ENERGY
Rice cakes and banana provide fast-absorbing carbohydrates.

LIGHT & EASY TO DIGEST
Easy on your stomach, ideal before your workout.

FOCUS & PERFORMANCE
Cinnamon can help support focus and stable blood sugar levels.

PRACTICAL & EASY
Simple to make, easy to take with you, and perfectly timed.

- Combine with enough water.
- Fits perfectly into a balanced pre-workout meal.
- Use 100% peanut butter without added sugars.
- Experiment with extra toppings such as cocoa powder.

THE PERFECT RECOVERY SHAKE



RECOVER. GROW. PERFORM.

After an intense workout, the right nutrition is crucial. This shake delivers the perfect mix of protein and carbohydrates for optimal recovery and maximum muscle growth.

Drink it right after your workout during THE GOLDEN HOUR and give your body what it deserves.

INGREDIENTS

- 2 scoops Enfusion whey protein powder *(60 g)*
- 150 mL milk *(as preferred)*
- 50 g (mixed) berries *(e.g. mixed berries)*
- 5 g honey

NUTRITION FACTS

PER SERVING

CALORIES	~270 kcal
PROTEIN	34 g
CARBOHYDRATES	28 g
FATS	3 g
FIBER	3 g
SUGARS	21 g

* *Values are an indication and may vary.*

READY IN: 5 MINUTES

TIMING: DIRECTLY AFTER YOUR WORKOUT (THE GOLDEN HOUR)

HOW TO PREPARE

01 Add all ingredients to a shaker or blender.

02 Blend until smooth.

03 Shake well if using a shaker.

04 Drink it right after your workout.

TIP: Use cold milk and frozen berries for an extra fresh and creamy shake.

WHY THIS SHAKE?

MUSCLE RECOVERY
Protein supports muscle repair and rebuild after your workout.

GLYCOGEN REPLENISHMENT
Carbohydrates help replenish glycogen stores so you're ready for your next session.

IMMUNE SUPPORT
Berries are rich in antioxidants that support your immune system.

FAST & EASY
Ready in 5 minutes, perfect to drink right after your workout.

- Experiment with different berries.
- Use almond or oat milk for variation.
- Add extra honey for more energy.
- Combine with creatine for optimal results.

EASY
SALMON & QUINOA BOWL

CLEAN. COMPLETE. POWERFUL.

This bowl is packed with protein, healthy fats, and complex carbs. Perfect for muscle recovery, energy, and a long-lasting satisfied feeling.



READY IN:
15 MINUTES

PREPARATION:
10 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS

- 130 g salmon fillet *(fresh or frozen)*
- 150 g cooked quinoa *(white or tri-color)*
- 30 g baby spinach *(fresh)*
- 50 g avocado *(in cubes)*
- Olive oil & lemon juice *(to taste)*

NUTRITION FACTS

PER SERVING

CALORIES	~490 kcal
PROTEIN	34 g
CARBOHYDRATES	32 g
FATS	21 g
FIBER	7 g
SUGARS	1 g

* *Values are an indication and may vary.*

HOW TO PREPARE

01 Season the salmon with pepper and salt.

02 Pan-fry the salmon in a little olive oil or cook it in the air fryer or at 180°C (356°F) for 10–12 minutes.

03 Heat the quinoa following the instructions on the packaging.

04 Cut the avocado into cubes.

05 Add the spinach, avocado, and salmon.

06 Drizzle with olive oil and lemon juice to taste.

TIP: Add chili flakes or garlic powder for extra flavor.

WHY THIS BOWL?

MUSCLE RECOVERY
Salmon and quinoa provide high-quality protein to support muscle repair and growth.

HEALTHY FATS
Avocado and olive oil support your hormones and general health.

SUSTAINED ENERGY
Quinoa delivers long-lasting energy for stable performance throughout the day.

VITAMINS & MINERALS
Spinach and salmon provide essential nutrients such as iron, omega-3, and magnesium.

FAST & EASY
Ready in 15 minutes: a complete, balanced meal you can always rely on.

- Use lemon for a fresh boost.
- Swap quinoa for brown rice as an alternative.
- Add cherry tomatoes or cucumber for extra crunch.
- Meal prep friendly: ideal to prepare in advance.

EGG WRAPS WITH AVOCADO

FAST. NUTRITIOUS. ON-THE-GO.

These egg wraps are packed with protein, healthy fats, and fiber. Perfect as a nutritious lunch, light dinner, or post-workout meal.



READY IN:
15 MINUTES

PREPARATION:
10 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 whole grain wrap *(60 g)*
- 2 eggs *(beaten)*
- 35 g avocado *(mashed)*
- 20 g arugula or spinach *(fresh)*
- Salt and pepper *(to taste)*

NUTRITION FACTS

PER SERVING

CALORIES	~420 kcal
PROTEIN	24 g
CARBOHYDRATES	38 g
FATS	20 g
FIBER	8 g
SUGARS	2 g

* *Values are an indication and may vary.*

HOW TO PREPARE

01 Whisk the eggs and season with pepper and salt.

02 Heat a pan over medium heat and cook the eggs.

03 Warm the wrap briefly in a pan or microwave.

04 Spread the wrap with the mashed avocado.

05 Add the arugula or spinach and the beaten eggs.

06 Roll the wrap tightly and slice in half.

TIP: Add cherry tomatoes or a squeeze of lemon juice for extra flavor.

WHY THIS WRAP?

MUSCLE BUILDING
Eggs provide high-quality protein for muscle repair and growth.

HEALTHY FATS
Avocado supports your hormones and provides long-lasting energy.

LIGHT & FIBER-RICH
High in fiber for a full feeling without feeling heavy.

QUICK & EASY
Ready in 15 minutes and perfect for any time of day.

- Use extra egg: add 1 extra egg.
- Make a double batch and store 1 wrap for later.
- Tasty with hot sauce or chili flakes.
- Ideal for meal prep: quick, simple, and nutritious.

RECOVER OATMEAL

WARM. NUTRITIOUS. RESTORING.

The perfect post-workout meal to refuel your glycogen stores, nourish your muscles, and support recovery.



INGREDIENTS

- 20 g oats *(whole)*
- 80 mL milk *(of choice)*
- 30 g apple *(grated)*
- 3 g flaxseeds or chia seeds *(of choice)*
- Cinnamon to taste

NUTRITION FACTS

PER SERVING

CALORIES	~280 kcal
PROTEIN	9 g
CARBOHYDRATES	38 g
FATS	8 g
FIBER	6 g
SUGARS	12 g

** Values are approximate and may vary.*

READY IN: 10 MINUTES

TIMING: WITHIN 60 MINUTES AFTER YOUR WORKOUT

PREPARATION

01 Add the milk to a pot.

02 Add the oats and cook over low heat for 5–7 minutes.

03 Stir regularly until the oatmeal is creamy and cooked through.

04 Remove from heat and let sit for 1 minute.

05 Top with grated apple, flaxseeds/chia seeds, and cinnamon.

TIP: For extra creaminess: add a splash of extra milk or a spoonful of quark.

WHY THIS OATMEAL?

MUSCLE RECOVERY
Carbohydrates and protein support muscle repair and glycogen replenishment.

SUSTAINED ENERGY
Oats provide long-lasting energy for stable recovery without crashes.

FIBER-RICH & SATIATING
Fiber from oats and apple helps keep you full and supports healthy digestion.

MICRONUTRIENTS
Apple, seeds, and cinnamon provide essential vitamins, minerals, and antioxidants.

PERFECT TIMING
Ideal within 60 minutes after your workout for maximum recovery.

- Replace apple with banana or berries for variation.
- Use plant-based milk for a lighter option.
- Add a scoop of protein powder for extra protein.
- Make a larger portion and store in the fridge.

THE BODYBUILDER'S SWEET SHOP



SWEET. LEAN. STRATEGIC.

Cravings are inevitable.
But giving in doesn't have to mean failure.
In this sweet section, you'll find 3 simple recipes that support your goals without the guilt.

- Satisfy cravings with goal-oriented recipes.
- High in protein, low in junk.
- For champions who combine discipline with great taste.

KISS-TIP: SWEET TREATS = A MOMENT, NOT A WEAKNESS. BE PREPARED, STAY IN CONTROL.

KISS-Tip: Enjoy your sweet treat right after training or in the evening to avoid cravings.

Recipe	Time	Protein (approx.)	Calories (approx.)	Focus
16. Baked 'Snickers' Bananas	5 min	8g	180 kcal	Muscle Gain / Recovery
17. Enfusion Protein Fluff	3 min	25g	120 kcal	Fat Loss (High Volume)
18. Greek Yogurt 'Bark'	5 min	15g	150 kcal	Performance / Snack

IT TAKES EFFORT. STAY LEAN. | CHAMPIONS CHOOSE AWARELY. | ACHIEVE MORE THAN YOUR GOALS. | FUEL THE FIRE. STAY STRONG.

BAKED ‘SNICKERS’ BANANAS



FAST. SIMPLE. POWERFUL.

All the flavor of Snickers, without the guilt.
These frozen bites are your guilt-free weapon against cravings.



READY IN: 10 MINUTES

FREEZE TIME: 1 HOUR

INGREDIENTS

- 1 banana
- 1 tbsp peanut butter
- A handful of chopped peanuts

NUTRITION FACTS

PER SERVING (1 PIECE)*

CALORIES	~90 kcal
PROTEIN	2 g
CARBOHYDRATES	11 g
FAT	4 g
FIBER	1 g
SUGARS	4 g

* Values are an estimate and may vary.

PREPARATION STEPS

01 Slice the banana into thick rounds.

02 Spread a thin layer of peanut butter on each slice.

03 Add a few chopped peanuts on top.

04 Place in the freezer for 1 hour.

05 Take out and enjoy! Tastes like a treat, but healthier.

TIP: Store in an airtight container in the freezer. Perfect as a post-workout snack.

WHY THIS SNACK?

CRAVING-KILLER
All the flavor, no guilt.
Packed with sweet satisfaction.

FROZEN & FUNCTIONAL
Freeze and you’re always ready when cravings hit.

PROTEIN & ENERGY
Peanut butter and peanuts deliver healthy fats and lasting energy.

CHAMPION SNACK
Smart choice for champions who perform and enjoy.

EAT SMART. STAY LEAN. | CHAMPIONS CHOOSE AWARELY. | ACHIEVE MORE THAN YOUR GOALS. | FUEL THE FIRE. STAY STRONG.

ENFUSION
PROTEIN FLUFF

AIRY. CREAMY. IRRESISTIBLE.

The ultimate high-protein treat that tastes like dessert,
but is built for results.
Perfect as a snack, a topping or post-workout boost.



- High in protein, low in calories.
- Perfect for freshness and volume.
- Huge volume, creamy texture, guilt-free indulgence.

KISS TIP: EVEN IN THE FREEZER = EVEN THICKER.
PERFECT AS AN ICE CREAM SNACK.

INGREDIENTS

- 1 scoop Enfusion Whey (Vanilla)
- 150g frozen berries
- Splash of almond milk

PREPARATION STEPS

01 Add the Enfusion Whey, frozen berries and a splash of almond milk to a blender.

02 Blend until thick, airy and ice cream-like.

03 Serve immediately for the fluffiest texture.

04 Want it even thicker? Freeze for 10–15 minutes.

05 Enjoy this high-protein treat!

TIP: Add a few extra berries or some cacao nibs for an extra flavour boost.

NUTRITIONAL VALUES

PER SERVING (1 FLUFF BOWL)*

CALORIES	~120 kcal
PROTEIN	25 g
CARBOHYDRATES	8 g
FATS	1 g
FIBER	2 g
SUGARS	5 g

** Values are indicative and may vary.*

AIMS BIG. STAY HUMBLE. | BE A CHAMPION. BE AWARE. | ENJOY WITHOUT GUILT. YOU EARN IT. | FUEL TODAY. DON'T WEAKEN.

TRAIN HARD. EAT SMART. FIGHT GLOBAL!

GREEK YOGURT ‘BARK’

SIMPLE. FRESH. ADDICTIVE.

This frozen yogurt bark is the perfect mix of creamy, sweet, and crunchy.
A guilt-free snack that always hits the spot.





- High in protein, low in calories.
- Better choice for freshness and volume.
- Enormous volume, creamy texture, guilt-free enjoyment.

KISS-TIP: EVEN IN THE FREEZER = EVEN THICKER. PERFECT AS AN ICE CREAM SNACK.

READY IN:	FREEZE TIME:
10 MINUTES	2 HOURS

INGREDIENTS

- 250g Greek yogurt
- 1 tbsp honey
- A handful of pomegranate arils

NUTRITION FACTS

PER SERVING (1 PIECE)*

CALORIES	~80 kcal
PROTEIN	7 g
CARBOHYDRATES	8 g
FAT	2 g
FIBER	0.5 g
SUGARS	6 g

* Values are an estimate and may vary.

PREPARATION STEPS

01 Spread the Greek yogurt thinly on a baking sheet lined with parchment paper.

02 Drizzle with honey.

03 Sprinkle the pomegranate arils on top.

04 Place in the freezer for 2 hours.

05 Break it into pieces and enjoy!

TIP: Use frozen fruit for extra crunch and an even fresher bite.

WHY THIS SNACK?

HIGH PROTEIN
Packed with protein from Greek yogurt for muscle recovery and satiety.

FRESH & LIGHT
Refreshing, light, and perfect as a snack or dessert.

NATURALLY SWEET
Honey and fruit provide natural sweetness without unnecessary added sugar.

SIMPLE & EFFECTIVE
Few ingredients, maximum results.

EAT SMART. STAY LEAN. | CHAMPIONS CHOOSE AWARELY. | ACHIEVE MORE THAN YOUR GOALS. | FUEL THE FIRE. STAY STRONG.

THE FIGHTER'S BREAKFAST (KISS-FOCUS)

KEEP IT SIMPLE, STAY CONSISTENT.

No complicated diets. No endless choices.
Just the right basics at home, every day.
That way, you make healthy choices
that are easy to stick to.



SAVES TIME

With the right groceries, you always have healthy options within reach.

STAY FOCUSED

Less thinking, more doing. Food becomes automatic.

PERFORM BETTER

Good nutrition is your fuel for training, recovery, and results.

SIMPLE IS POWERFUL

With KISS, you know what to do. Every day. Again.

THE BASICS OF YOUR BREAKFAST

PROTEIN	Chicken, turkey, eggs, tuna, salmon, quark, Greek yogurt, whey protein.
CARBOHYDRATES	Oats, brown rice, sweet potatoes, quinoa, whole grain pasta, rice cakes, whole grain bread.
HEALTHY FATS	Avocado, nuts, peanut butter (100%), olive oil, flaxseed, chia seeds.
VEGETABLES	Berries, spinach, broccoli, bell peppers, cucumber, zucchini.
EXTRAS	Fruit, herbs, spices, lemon, honey, dark chocolate (85%+), soy sauce, vinegar.

YOUR BREAKFAST. YOUR EDGE.

Successful fighters plan ahead. Make sure you're prepared so you can focus on what really matters: training, recovery, and winning.

KISS-FOCUS CHECKLIST

- ✓ Keep it simple.
- ✓ Choose quality, unprocessed food.
- ✓ Plan ahead and prepare together.
- ✓ Do 1–2 times per week for efficient meal prep.
- ✓ Stay consistent, not perfect.
- ✓ Focus on progress, not perfection.



THE KISS RULES: GENERAL NUTRITION ADVICE

KEEP IT SIMPLE. BUILD RESULTS.

Nutrition doesn't have to be complicated. With the KISS rules, we give you an ironclad foundation that works – every day. Simple, effective, and easy to follow. That's how champions reach their goals.

1. KEEP IT SIMPLE
No gimmicks. Real food, clear choices.
80% good is good enough.

2. PROTEIN EVERY MEAL
Protein supports muscle recovery, growth, and maintenance. Aim for 20–40 g per meal.

3. CARBS AROUND YOUR WORKOUT
For energy during training, and recovery after. Timing is key.

4. HEALTHY FATS, EVERY DAY
Supports hormones, recovery, and overall health. Think: avocado, nuts, olive oil.

5. HYDRATION = PERFORMANCE
Drink enough water. Dehydration = less focus, energy, strength, and recovery.

6. CONSISTENCY OVER PERFECTION
You can't be perfect every meal, but you can be consistent every day.

7. LISTEN TO YOUR BODY
Hunger, energy, recovery, and performance tell you what you need. Adjust, learn, grow.

THE KISS MINDSET
- ✓ No rules, but guidelines.
- ✓ No prohibitions, but smart choices.
- ✓ No stress, but structure.

You're in control. Nutrition is your fuel.
Use it as your weapon.

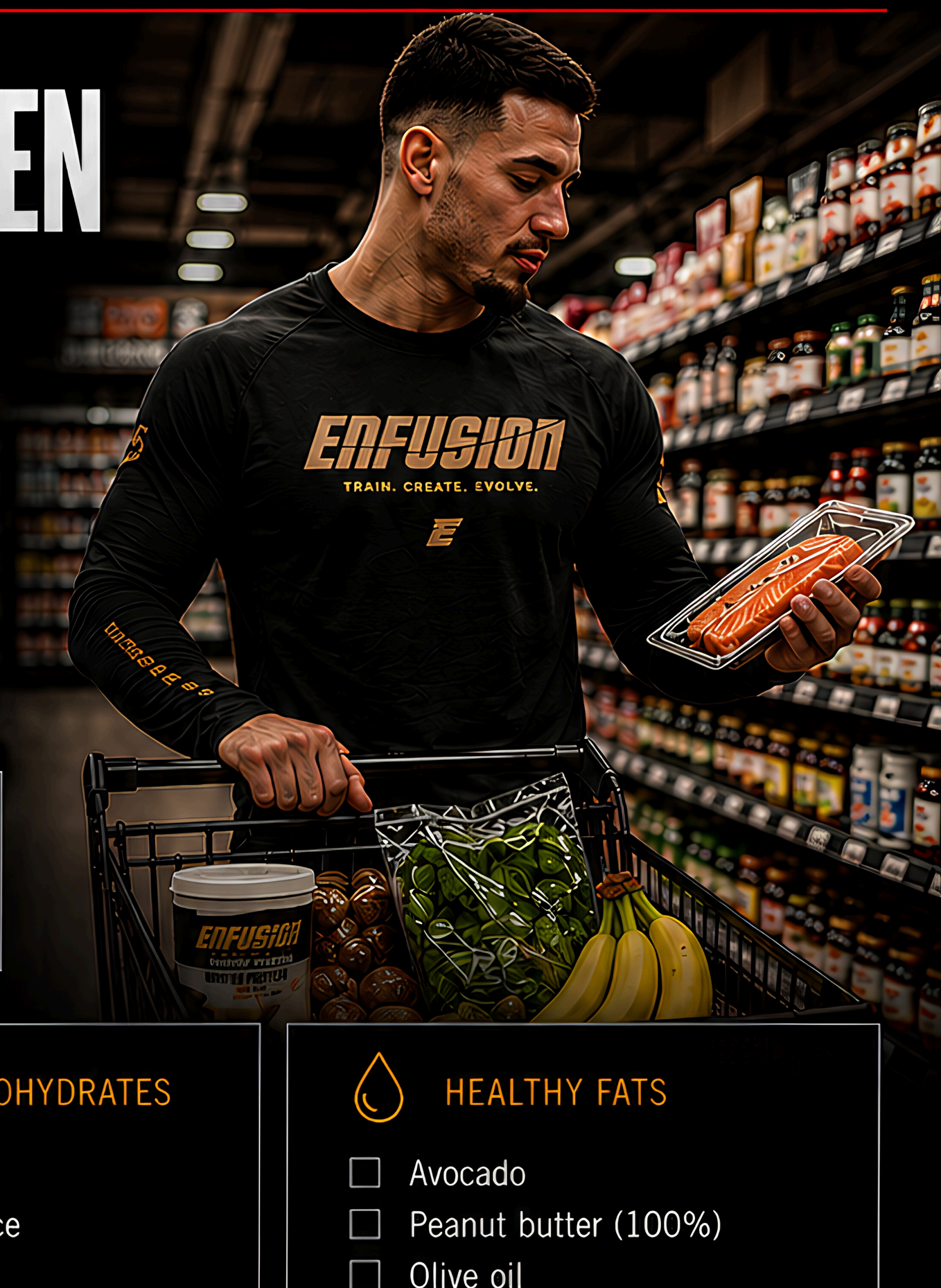
NUTRITION = ADVANTAGE
Talent gets you in the ring.
Nutrition gets you to the top.

Eat like a fighter. Perform like a champion.

QUICK TIPS
- ✓ Plan your meals ahead.
- ✓ Eat colorful and varied.
- ✓ Prepare in bulk and save time.
- ✓ Avoid highly processed snacks and sugars.
- ✓ Sleep, recover, and repeat.

Real food. Real results. | Knowledge + action = transformation. | Discipline in the kitchen, dominance in the ring. | Train hard. Eat smart. Fight global.

THE THREE KITCHEN SHOPPING LIST



EVERYTHING YOU NEED.

With this list, you'll get everything you need in one go for strength, recovery, and performance. Simple, complete, and no guesswork.

TIP: PLAN YOUR MEALS SMART
Create a shopping list, choose consciously, and stay consistent.

PROTEIN

- [ ] Chicken breast
- [ ] Turkey breast
- [ ] Eggs
- [ ] Canned tuna
- [ ] Salmon fillet
- [ ] Quark
- [ ] Greek yogurt
- [ ] Whey protein

CARBOHYDRATES

- [ ] Oats
- [ ] Brown rice
- [ ] Quinoa
- [ ] Whole grain pasta
- [ ] Sweet potatoes
- [ ] Rice cakes
- [ ] Whole grain bread
- [ ] Whole wheat tortilla wraps

HEALTHY FATS

- [ ] Avocado
- [ ] Peanut butter (100%)
- [ ] Olive oil
- [ ] Flaxseeds
- [ ] Chia seeds
- [ ] Nuts (almonds, walnuts)
- [ ] Eggs (as extra source of fat)

VEGETABLES

- [ ] Spinach (fresh & frozen)
- [ ] Arugula
- [ ] Broccoli
- [ ] Bell peppers
- [ ] Cucumber
- [ ] Zucchini
- [ ] Tomatoes
- [ ] Frozen mixed vegetables

EXTRAS

- [ ] Bananas
- [ ] Apples
- [ ] Berries (fresh & frozen)
- [ ] Honey
- [ ] Cinnamon
- [ ] Salt & pepper
- [ ] Herbs (paprika, garlic powder, etc.)

ESSENTIALS TO HAVE

- [ ] Meal prep containers
- [ ] Shaker bottle
- [ ] Food scale (kitchen scale)
- [ ] Kitchen utensils (pan, knife, cutting board, etc.)
- [ ] Ice packs

GROCERIES. PREPARATION. PERFORMANCE.
Smart choices, every day. Your performance starts in the supermarket.

REAL LESSONS. REAL VICTORIES.



STORIES FROM THE LIFE OF THIAN DE VRIES.

Behind every training session, every fight, and every victory there's a story. No filters. No excuses.
Only discipline, mindset, and the will to win.
Welcome to my world.

> I wasn't born a champion.
> I became one by doing what others didn't feel like doing.
>
> – THIAN DE VRIES



FROM DREAMS TO DOING

Everyone has dreams. But only those who are willing to work for them, make them real.

From my very first training to my biggest victories: it was never easy, but it was always worth it.

Dreams without action remain dreams.
Action without excuses takes you to the top.

MY MINDSET IN 3 WORDS

FOCUS
Stay on goal.
Don't get distracted.

DISCIPLINE
Do what needs to be done, even when no one is watching.

VICTORY
It's not just about getting in the ring, but about doing everything I can.

KEY TAKEAWAYS FROM THE RING

- **THE BREAKTHROUGH –** My first big victory. Proof that hard work pays off.
- **THE TITLE FIGHT –** Fights for the title. Give everything, hold nothing back.
- **THE COMEBACK –** Coming back after a setback. That's what champions do differently.
- **THE MISSION CONTINUES –** The journey never ends. Every day, one step closer to my legacy.

> It's not the will to win that separates you – everyone has that.
> It's the will to prepare that makes the difference.
> – THIAN DE VRIES

Real stories. Real lessons. | No excuses. Only results. | Stay hungry. Stay humble. | In the ring. In life.

TRAIN HARD. EAT SMART. FIGHT GLOBAL!

STORIES & EXPERIENCES FROM THE RING

Every training session, every fight, every food choice, and every recovery has shaped who I am today. These are the lessons I've learned in the ring – and the ones that continue to help me grow.

> "The ring doesn't lie.
> You get instant feedback on who you are, what you do, and how serious you are about it."
>
> – LESSONS FROM THE RING

THE WEIGHT CUTTER: THE WATER-CUT HELL

The scale isn't your enemy, but manipulating it is an art.
The last kilos are the heaviest – physically and mentally.

LESSONS:

- Start early. Don't let weight loss come at the last minute.
- Water is everything. Salt, carbs, and timing determine success.
- Plan a smart deficit. Recover without losing too much.
- Mental focus is key. Panic makes it worse.

THE MASS BUILDER: EATING AS WORK

Muscles grow in the gym, but in the kitchen and during rest.
Food is the task. Discipline at the table = results in the mirror.

LESSONS:

- Eat with a goal, not for pleasure.
- Consistency > perfection. Make good choices every day.
- Calories tell the truth, but quality counts double.
- Growth takes time. Trust the process.

THE OPTIMAL PERFORMER: THE GOLDEN HOUR

What you do after training is just as important as the training itself. The Golden Hour is your opportunity to win.

LESSONS:

- Direct refueling + fluids = faster recovery.
- Protein + carbs refuel muscles and glycogen.
- Don't wait too long. The sooner, the better.
- Hydration starts right after the last round.

JOINTS AND FIGHTING

Your joints are your weapons. Without healthy joints, there's no long career. Prevention is better than recovery.

LESSONS:

- Strengthen your joints = fewer injuries.
- Omega-3, collagen, and adequate protein are essential.
- Mobility & stretching keep you flexible and resilient.
- Listen to your body and take small signals seriously.

KISS LESSON

PROTEIN PROTECTS

Protein is the building block for muscle repair and maintenance. Aim for a consistent daily intake of high-quality protein.

LIQUID CALORIES

Shakes are the easiest way to consume extra calories without feeling overly full. Perfect for busy days or high calorie goals.

RECOVER NOW

Recovery starts right after training.
Protein + carbs + fluids = faster recovery, less fatigue, better performance.

FATS ARE MEDICINE

Healthy fats (like omega-3) support hormones, recovery, and overall health. Essential for a long-lasting fighting career.

PRACTICAL TAKEAWAYS

- ☑ Plan ahead: Success starts with preparation.
- ☑ Train hard, recover harder: Rest and nutrition make the difference.
- ☑ Discipline everywhere: Not only in the gym, but also at the table and in rest.
- ☑ No excuses: Actions take you to the top.
- ☑ Focus on the long term: A champion isn't made in a day.
- ☑ Learn daily: Every fight, every training session, every day is a lesson.

These lessons come from experience, defeats, and victories.
Use them as your advantage. The ring is always watching:

BE BETTER THAN YESTERDAY

SUPPLEMENT SYNERGY



FUEL YOUR AMBITION. AMPLIFY YOUR RESULTS.

Champions train hard. Champions train smart.
And champiens use the right tools.
The Enfusion Nutrition line is specially developed to support your training, nutrition and recovery – without unnecessary fillers, with maximum impact.

THE POWER OF COMBINATION

Our supplements are not magic, but science. They complement each other and strengthen your daily routine. Use them smartly, consistently, and in combination with the recipes in this cookbook for maximum progress.

TRAIN HARD. SUPPLEMENT SMART.

THE 3 PILLARS OF PERFORMANCE

1. BUILD & RECOVER
ISO WHEY

High-quality protein for muscle growth, recovery and maintenance.
Perfect as a training or between-meal snack.

2. STRENGTH & POWER
CREATINE MONOHYDRATE

Increases strength, explosiveness and endurance. Scientifically proven.
Every day. Every set. Every rep.

3. FOCUS & ENERGY
TOTAL WAR PREWORKOUT

Sharp focus, explosive energy, measurable focus in maximum pumps. No crash.
Your edge in every training session.

HOW TO USE THEM SMARTLY?

- **Whey:** 1–2 shakes per day (post-workout or between meals).
- **Creatine:** 3–5 g per day, every day, for lasting effect.
- **Preworkout:** 20–30 minutes before training.
- Combine with the recipes in this cookbook for a complete approach.

THE ENFUSION PROMISE

No unnecessary fillers. No empty promises.
Only high-quality ingredients, tested for quality and developed for athletes.

OWN THE EFFORT. FUEL THE EVOLUTION.

PREMIUM QUALITY | LAB TESTED | DEVELOPED FOR ATHLETES | TRANSPARENT & RELIABLE | TRUSTED BY ATHLETES WORLDWIDE

TRAIN HARD. EAT SMART. FIGHT GLOBAL!



THE CRAVING KILLERS GUIDE

MORE CONTROL. FEWER CRAVINGS. MAXIMUM RESULTS.

Cravings are the biggest saboteur of your progress.
They'll always come, but you decide if they win.
Use these science-backed, no-nonsense hacks
to manage your hunger, stay lean,
and crush your goals every single day.

DISCIPLINE IS SHORT-TERM PAIN.
REGRET LASTS FOREVER.



1. THE 15-MINUTE RULE

Got an intense craving for sugar?
Drink a large glass of cold water
and wait 15 minutes.
Cravings are often just
thirst signals in disguise.



2. BRUSH YOUR TEETH

A simple but highly effective hack:
brush your teeth right after your
last meal (e.g. around 8:00 PM).
The fresh mint taste makes food
less appealing and signals your brain
that the "kitchen is closed".



3. THE CASEIN HACK BEFORE BED

Often hungry at night? Have a bowl
of low-fat cottage cheese before bed.
The slow-digesting protein (casein)
keeps you full throughout the night
and helps prevent muscle breakdown
while you sleep.

THE MINDSET SHIFT

- You don't need to suppress cravings, you need to manage them.
- Every choice you make today builds your best version.
- Strength isn't about never feeling weak, it's about always showing up.

YOU HAVE THE CONTROL.
USE IT.

FOCUS ON YOUR GOAL. NOT YOUR CRAVING. | SMALL CHOICES. BIG IMPACT. | DISCIPLINE TODAY. FREEDOM TOMORROW. | BEAT THE CRAVINGS. OWN YOUR FUTURE.

THE CRAVING KILLERS SHOPPING LIST

SHOP SMART. CHOOSE SMARTER. BECOME STRONGER.

The right ingredients and supplements at home
make it easy to stay lean, eat smart,
and crush your goals. This is your ultimate list
for the leanest mindset and a shredded body.



1. SUPPLEMENTS

- **Whey Protein (Isolate)**
  For muscle growth, recovery, and control.
- **Casein (Micellar)**
  Slow-digesting protein for the night.
- **Creatine Monohydrate**
  For strength, energy, and lean muscle.
- **Omega 3 (Fish Oil)**
  Supports heart health and brain function.
- **Magnesium**
  Supports sleep quality and stress balance.
- **Multivitamin**
  Fills nutrient gaps and supports overall health.

2. LEAN NUTRITION

- **Low-Fat Cottage Cheese / Greek Yogurt**
  High in protein, low in fat, keeps you full.
- **Frozen Berries**
  Sweet, rich in antioxidants and low in calories.
- **Oats**
  Slow energy release and high in fiber.
- **Eggs**
  Complete, nutritious, and versatile.
- **Brown Rice / Quinoa**
  Good source of carbohydrates and fiber.
- **Vegetables (Fresh & Frozen)**
  Rich in fiber, vitamins, and micronutrients.

3. CRAVING KILLERS ESSENTIALS

- **Cinnamon**
  Helps stabilize blood sugar levels.
- **Sugar-Free Chewing Gum (Mint)**
  Kills sugar cravings and provides a fresh win.
- **Cocoa Powder (Unsweetened)**
  Rich in magnesium and antioxidants.
- **Green Tea (Lemon / Peppermint)**
  Supports fat burning, relaxes and improves focus.
- **Lemon & Mint**
  For flavor, freshness and zero calories.

SMART SHOPPING TIPS

- Plan your snacks and meals in advance.
- Shop the edges of the supermarket
  (fresh products, no packages & bags).
- Avoid the aisles.
- Make sure you get enough protein every day.

**YOUR PREPARATION. YOUR ADVANTAGE.
YOUR RESULTS.**

SHOP WITH A PLAN. | COOK WITH FOCUS. | PREPARE LIKE A CHAMPION.

THE CRAVING KILLERS GUIDE

DON'T FORGET:
Cravings are temporary.
Your discipline is permanent.
Every choice you make
brings you closer to your goal.



4. ICE-COLD WATER (BUBBLE WATER)

Ice-cold water helps you feel full faster.
Add a slice of lemon or a sprig of mint
for a refreshing feeling without calories.

✓ Masks hunger. Keeps you hydrated and wins.



5. SLEEP IS YOUR BEST FRIEND

When you're tired, your body produces more
ghrelin (the hunger hormone).
If you get 7–8 hours of quality sleep, you'll have
no trouble sticking to your plan.

✓ Good night's rest = less cravings, more control, better results.



6. CINNAMON AGAINST BLOOD SUGAR SPIKES

Add cinnamon to your coffee, yogurt or oatmeal.
Cinnamon helps stabilize blood sugar levels,
preventing the infamous "sugar dips" (and the cravings
that come with them).

✓ Stable blood sugar = stable energy, stable you.



7. CHEWING GUM (SUGAR-FREE)

Keep your mouth busy.
Sometimes the urge to eat is just an oral fixation.
A strong mint-flavored gum can instantly take
away the craving for something sweet.

✓ Fresh breath, fresh mindset. You stay in control.



YOU HAVE THE POWER.

Cravings can be tough, but you're tougher.
Use these tools. Stay consistent. And win the day –
again and again.
No perfection, just progress.

YOUR FOCUS.
YOUR DISCIPLINE.
YOUR DESTINY.

 MANAGE YOUR MIND.

 FEED YOUR BODY, NOT YOUR CRAVINGS.

 FOCUS ON THE GOAL, NOT THE COMFORT.

 DISCIPLINE TODAY, RESULTS TOMORROW.

TRAIN HARD. EAT SMART. FIGHT GLOBAL!

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FOREWORD

THIS IS NOT THE START.

You now have all the tools in your hands to overcome cravings and achieve both physical and mental goals.

Remember: it's not about perfection, but about consistency. Small choices add up. Every day.

Thank you for downloading this cookbook.

Your transformation starts now.

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CHAMPIONS AREN'T BORN.
THEY'RE BUILT.
IN THE GYM. IN THE KITCHEN.
IN THE MIND.

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TRAIN.
CREATE.
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ENFUSION

NUTRITION

OFFICIAL COOKBOOK

DISCIPLINE BUILDS WHAT MOTIVATION CAN'T.

Own Your Effort.

THANK YOU FOR BEING PART OF THE ENFUSION COMMUNITY.

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