

Like Mahler, Danzig doesn't overthink his nutritional input by breaking out calculators and slide rules over nutrient percentages. "I've never tried to break it down into a ratio. I'd say the majority of my diet is complex carbs. I just try to eat clean and keep my protein intake over 100 g per day when I'm in training and that's all I really think about." (For more of his views on eating, especially protein, see sidebar "Mac's Macronutrients.")

One of Danzig's good friends, Elite XC Welterweight World Champion Jake Shields, is a strict vegetarian. Other fighters are finding similar success with meat-free eating, leading Danzig to conclude that vegan fighters are growing in number. "I know there are some up-and-coming MMA fighters who are vegan," he says. "I think you'll be seeing a lot more of them in the years to come."

## ➤ NO MEAT, LOTS OF GUTS

The type of iconoclastic individualism represented by Danzig and Mahler is similar to the approach of past bodybuilding greats like Dave

Draper, Arnold Schwarzenegger, Bill Pearl, Jack La Lanne and Vince Gironda, who didn't give a damn what the masses thought about the way they were eating. These trailblazers enlightened millions of people about physical fitness. They changed the course — and shape, literally — of humankind, rep by rep, workout by workout, superset by superset.

If they'd had all the options we have now, and a chance to do things differently, more of the Golden Era greats may have opted for less meat in their diets in the service of living a long, comfortable and healthy life. It's a sentiment echoed by Danzig. "As far as veganism is concerned, my philosophy is to lead by example, rather than telling people what I think they should do," says the UFC fighter. "Each person can decide for himself what the right path to take is. All I want people to know is that if they think a vegan diet is right for them — whether it be for moral reasons, health reasons or both — go for it! It might be one of the best decisions you ever make. It has been for me." **MB**