

# **CROSSFIT TOGETHER'S PALEO** **CHALLENGE**



*World-Class Fitness in 100 Words:*

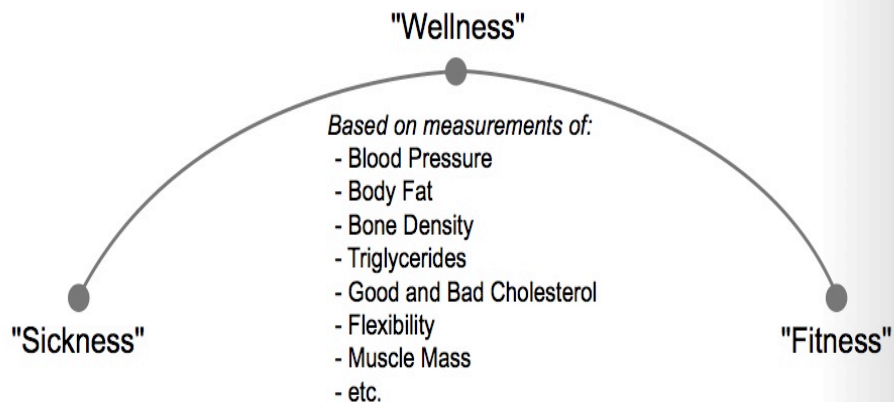
*Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports. ~Coach Greg Glassman, CrossFit Founder and CEO*

# The CrossFit Way

## FITNESS HIERARCHY

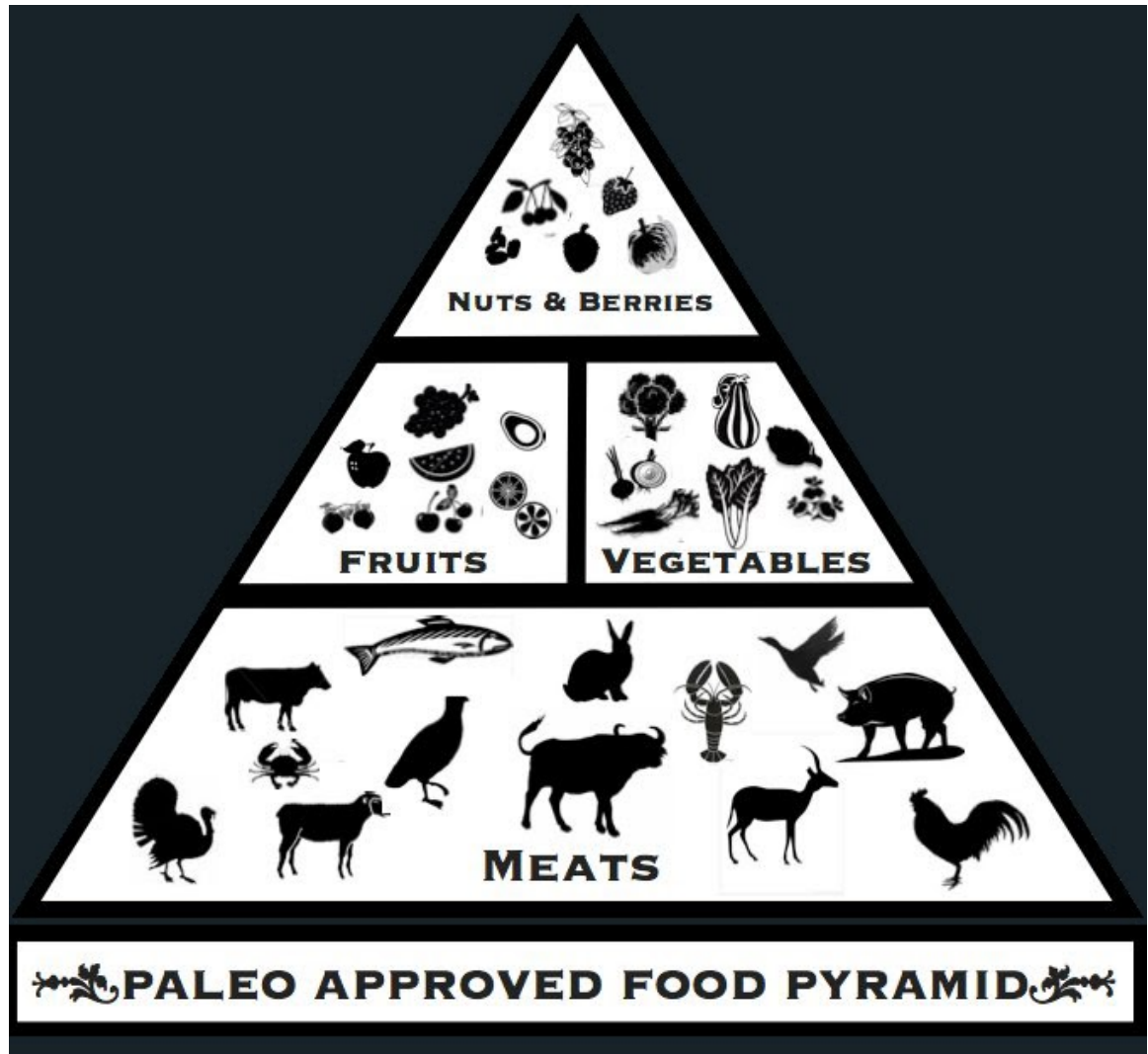


## SICKNESS-WELLNESS-FITNESS CONTINUUM

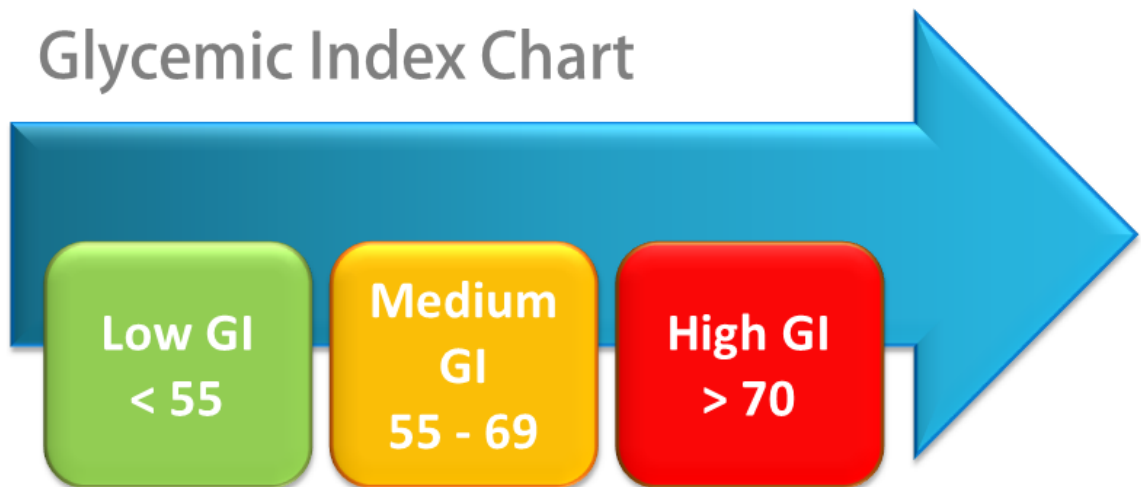


Our assumption is that if everything we can measure about health will conform to this continuum then it seems that sickness, wellness, and fitness are different measures of a single quality: health.

## WHAT SHOULD I EAT?



## Glycemic Index Chart



## **Paleo Foods/Highly Encouraged**

### **Lean Meats:**

- Lean beef (trimmed of visible fat)
- Beef Jerky (check label for added sugar)
- Flank steak
- Top sirloin steak
- Extra-lean hamburger
- Lean veal
- Lean pork (trimmed of visible fat)
- Pork loin
- Pork chops
- Lean poultry
- Chicken breast
- Turkey breast

### **Eggs**

### **Fish:**

- Bass
- Bluefish
- Cod
- Eel
- Grouper
- Haddock
- Halibut
- Herring
- Red snapper
- Salmon
- Scrod
- Shark
- Striped bass
- Tilapia
- Trout
- Tuna

### **Shellfish:**

- Clams
- Crab
- Crayfish
- Lobster
- Mussels

- Oysters
- Scallops
- Shrimp

**Fruit:**

- Apple
- Apricot
- Avocado
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Nectarine
- Orange
- Passion fruit
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangerine
- Watermelon
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**Fruits in moderation (high in sugar):**

- Mango
- Banana
- Fig
- Guava

- Papaya

**Vegetables:**

- Artichoke
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Eggplant
- Endive
- Green onion
- Kale
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Spinach
- Squash (all kinds)
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnip greens

**Nuts and Seeds:**

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (filberts)
- Macadamia nuts

- Pecans
- Pine nuts
- Pistachios (unsalted)
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

**Oils:**

- Olive oil
- Coconut oil

**Whey/Egg white protein powder**

**Seltzer water**

**Coconut water**

**Foods that should be eaten in moderation**

**(not cheats unless in excess)**

- Bacon • Sausage • Chicken wings • Ribs • Canola oil • Flaxseed oil • Quinoa • Dried fruit • Sweet potatoes • Coffee • Red Wine • Cidars • Tequila • Deli meat

## **CHEATS (-5/Serving)**

### **Dairy Foods:**

- All processed foods made with any dairy products
- Butter
- Cheese
- Cream
- Dairy spreads
- Frozen yogurt
- Ice cream
- Milk
- Nonfat dairy creamer
- Yogurt

\*\*\* We are reducing the amount of points deducted for plain non-fat greek yogurt. You may deduct 3 points rather than the full 5 because of the high protein content. If there is added sugar subtract 5 points. \*\*\*

### **Cereal Grains:**

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats) \*\*\* Subtract 3 instead of 5 points for plain oatmeal.
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Ricebasmati rice, rice cakes, Rice flour (all processed foods made with rice))
- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

### **Cereal Grainlike Seeds:**

- Amaranth



- Buckwheat

### **Legumes:**

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidneybeans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Chickpeas
- Lentils
- Peas
- Miso
- Peanut butter
- Peanuts
- Snowpeas
- Sugar snap peas
- Soybeans and all soybean products

### **Soft Drinks and Fruit Juices:**

- All sugary soft drinks and diet beverages
- Gatorade
- Vitamin water
- Coke
- Diet Coke
- Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

### **Alcohol:**

- White wine
- Vodka
- Gin
- Rum
- Beer
- Fourloco

### **Artificial Sweeteners:**

- Sweet and Low
- Splenda
- Equal

\*\*\* Subtract 2 points per packet when using\*\*\*

**Condiments:**

- Processed salad dressings
- BBQ sauce
- Ketchup
- Mustard (unless just mustard seeds and vinegar; check the label)
- Miracle Whip
- Anything made with soybean oil
- Anything made with high fructose corn syrup  
Anything with added sugar

## **The Challenge**

- As CrossFitters we love points, so yes we have a point system.
- In your journal you will keep a daily log of your food intake. At the very least you must keep track of everything. EVERYDAY THAT YOU DO NOT SUBMIT A LOG ENTRY YOU ARE MISSING OUT ON 15 FREE POINTS!! There will be a 1 week grace period.
- Each week you start with 105 points. If you do not log your food for one day -15 points. If you log your food for each day, 7 days = 105 pts.
- For every cheat that you have during the week you need to subtract 5 points per serving.
- Cheats constitute:
  - Dairy (Milk in coffee is only -1)
  - Grains- Rice, bread, pasta, cake, cookies, cereal ect.
  - Legumes- Peanuts, soy beans, lima beans, kidney beans, ect.
  - Packaged/processed food
  - Fast food

- Alcohol other than red wine, cider and tequila (2 serving allowance/day) More than that -5
- Each day that you take 2.5g of fish oil add 1 points
- Each day that you come to CrossFit add 2 points
- If you workout outside of CrossFit add 2 points- walking, the elliptical, and bicep curls DO NOT COUNT! You know what is worth doing at this point, don't cheat!
- Outside of your 1 hour class, if you dedicate 20+ minutes to foam rolling, stretching, and/or trigger point work add 2 points.
  - You are not following the Paleo diet if you are not consuming any fruits or vegetables. Each day that you eat less than 3 servings of fruits and vegetables **subtract 10 points.**

Helpful links:

<http://paleomg.com>

<http://whole30.com>

<http://nomnompaleo.com>

<http://robbwolf.com>