

MBS CrossFit 30-Day Paleo Challenge

OBJECTIVE:

To improve the overall performance of the MBS athlete by adhering to logging what you are consuming and focusing on improving your eating habits which will lead to better health and increased performance. Lock it down and get lean!

REQUIREMENTS:

- Attend pre-challenge meeting
- Submit a 3 "before" pictures (front, side & back)

- Keep an accurate food log, and turn it in to be reviewed by coach
- Attend a minimum of 3 WOD/week

RESOURCES:

www.Robbwolf.com
CrossFit Journal Issue 21 (MAY 2004)
MBS Nutrition Blog

ADDITIONAL INFO AND QUESTIONS CAN BE ANSWERED BY PAT AND JANELLE.

NUTRITION INTRODUCTION (Paleo Diet information obtained and adapted from www.robbwolf.com)

Food quality matters. You need to learn how to cook. Acknowledge, accept, and move on.

People are "too busy". If you are "too busy to cook" you need to reevaluate your life. How much time do you spend watching TV? Be honest and realistic because if you legitimately do not have time to feed yourself correctly you are heading towards serious health problems.

People go absolutely fetal if they do not have their bread, rice, pasta and all the other garbage carbs. Inevitably the question arises "how do I cook this?" It is simply a cover for "I want my comfort food". If you want results you need to alter what you are doing. I know this seems obvious, but apparently it is not! If you want to keep doing the same old thing join a Globo gym, don't go (most people don't) and keep eating what you have been eating. Wasn't that easy?! Not surprisingly you will continue to get the same results.

TOOLS YOU NEED FOR THIS CHALLENGE!

- Use this logbook for to log everything that goes in your mouth.
- Measuring cups and spoons and a crazy amount of Tupperware. The worst thing to do while trying to avoid fast-food is to be unprepared. Have Tupperware, be prepared.
- The overwhelming desire to change your life for the better. Take this challenge seriously and it will change your life for the better. We promise.

SHOPPING

As day follows night, eating can only follow shopping. You cannot and likely should not eat out all the time. That means you need to stock your pantry and have the vitals on hand to cook nutritious, possibly even tasty meals. Hence the handy guide that follows. You CAN do this. If you fall off the pony, get up, catch the lil'buggar and get back on. If you are not committed to this please step away from the ride, do something else.

Shopping the store exterior:

Fruit & Veggies- Frozen berries and vegetables are a must! For fresh fruit & veggies hit the farmers market and buy what is in season. Avoid bananas and other tropical fruit. Buy local. Try buying some non-traditional veggies like Napa cabbage and some other goodies. Expand your horizons for crying out loud! That said however you should ALWAYS have the following in the freezer: Broccoli, green beans, asparagus, blueberries. We love the steam in the bag type of mixed veggies (broccoli, cauliflower, carrots), from freezer to dinner plate in 5 minutes.

Fresh meat- Get good grass fed meat. This is your first choice with all varieties of meat. Grass fed is better than organic. Free Range chicken, wild meat if available. Conventional cuts like London broil for beef and pork loin are good options if the organic and or grass fed options are not available. Costco has good prices and good quality. Stock up! People tend to make bad food choices when they run out. Don't be on of "those" people.

Fish and shellfish- Frozen fish and shellfish or canned Wild Alaskan Salmon. Great stuff for salads! When you buy any type of salmon make sure it is WILD. "Fresh" does not mean wild.

Eggs- Omega-3 enriched only. Costco has a great deal on these and they are top quality.

Shopping the store interior:

Coconut milk- If you like curries this is a great carrier.

Olive oil- Pacific Sun or one of the other top shelf brands will lighten your pocketbook a bunch but they are amazing. You get what you pay for with olive oils.

Tomato paste/sauce -canned marinara, you can pour this over any meat/veggie dish and LOVE it.

Spices- The more the better. If you do not know how to cook, learn. Use your resources!

Green tea- Any

Coffee- Any

Whole Foods store items:

seeds

nuts (raw, but **not** peanuts)

nut butters

organic fruit and vegetables

unsweetened coconut flakes

nut flours (almond, pecan, and chestnut)

PALEO FAQ'S

Q: What is Paleo?

A: Meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. It's the way our bodies are designed to feed.

Q: What about potatoes and corn.

A: Not vegetables, sorry. Too high on the glycemic index, too high a glycemic load.

Q: What's that mean?

A: The sugar these foods carry is too rapidly delivered into the bloodstream (glycemic index) and the amount is much too high (glycemic load).

Q: There's no bread on here?

A: No grains here at all. Pretty high on the glycemic index, high glycemic load and the gluten issues.

Q: What about whole grains? Aren't they good for you?

Q: What about portions? Isn't portion control a big deal?

A: Baby steps. Eat when you are hungry and try to balance your fat, protein, and carbohydrates. A good rule of thumb; a palm size serving of protein, as many vegetables as you like, and a chunk of fat.

Q: Hold on one minute! No dairy, either?

A: Everybody is allergic to cow dairy to some extent. It's an immune system stressor. Avoid it as best you can. Again, it's only 30 days, you can go back to it if you want. Think of this as a chance to break out of your old life...

Q: What about eating out?

A: Same basics apply. Sub the potato for the steamed vegetables, hash browns, out, fruit plate, in. Don't eat the bread. Evaluate your priorities and make smart choices.

Q: I travel for work/school/because I don't like you. What do I do?

A: Prep ahead. Ziplocs and disposable plastic tubs are your friend. Wave or eat cold. Whatever works.

Q: What about when the Challenge is over?

A: You'll have a whole new outlook on eating and a new set of skills to go forward with. As your performance improves you'll need to dial in your nutrition more and more and you'll be ready. But, the results you get are gonna make you want to continue. Hear me now, believe me later.

PRODUCE	MEAT DEPT.	FROZEN	DAIRY	CANNED	BAKING/CON/MISC
Apples	Chicken breast	Steam in the bag	Almond milk (we like	Tomatoes	Olive oil
Salad	Steak	veggies	Silk brand)	Olives	Coconut oil
Spinach	Ground beef	Berries	Coconut milk	Green Chilies	Raw
Berries (what ever is on sale)	Salmon patties (Costco)		Butter	Coconut Milk	Almonds/walnuts/pecans
Grapes	Ground turkey		Eggs – Omega 3 enriched	Tomato Paste	Balsamic Vinegar
Celery	Lunch meat (Hormel Natural Choice)			Marinara Sauce (no sugar)	Spices
Sweet potatoes/Yams	Bacon (Hormel Natural Choice)				Almond flour
Onions	Wild caught fish/shrimp				Cocoa – 100%
Carrots					Honey – Natural
Tomatoes					Almond butter – (no sugar)
Peppers					Coffee
Mushrooms					Green Tea bags
Garlic					Terra sweet potato chips (special treat)
Lemon					Salsa (Jack's Special All Natural is our fav – Costco or King Soopers)
Cilantro					
Cucumber					
Asparagus					
Spaghetti squash					

JANELLE'S COOKBOOK

Some of our favorite meals:

Chili

- 1+ pounds of ground beef or turkey
- 2 cans diced tomatoes
- Chopped peppers (green, red, yellow, & orange)
- Chopped onion (red & yellow)
- Sliced mushrooms
- Diced sweet potatoes
- Chopped garlic
- Spinach
- Salsa

Brown meat; in separate pan start cooking everything else with the exception of the spinach. Add meat, spinach, and season as you like (chili powder, cayenne pepper, cumin, cilantro, garlic powder, pepper). Serve, and you'll have plenty of leftovers.

Taco Salad

- Ground turkey
- Chopped Onion
- Sliced Mushrooms
- Salad
- Sliced Tomatoes
- Diced Avocado
- Salsa (our fav is Jacks Special all natural – Costco/King Soopers)
- Terra Sweet Potato Chips

Brown meat, add favorite Mexican seasonings. Saute the onion & mushrooms in butter. Get your serving bowl ready, crunch up terra chips in the bottom, put meat on top, next places your sauteed veggies on top. Next put your salad, tomatoes, and avocado on top. Top with Salsa & enjoy!

Spaghetti

Spaghetti Squash
Ground beef/turkey
Marinara sauce
Onion
Tomatoes
Mushrooms
Garlic

Soften Spaghetti squash by placing in the microwave for 3-5 minutes, now cut it in ½ length wise. Scoop out the seeds & such, place a couple of tablespoons of water in each half, cover with saran wrap, and cook in microwave for 7-9 minutes. Meanwhile, Brown meat, add veggies, and sauce. Once the squash has cooled a bit take a fork and make spaghetti by sticking your fork in a sweeping across the narrow way. Place on plate, top with sauce. Serve with a side or steamed veggies.

Grilled Chicken & Veggies

Chicken
Steam in the bag veggies

Grill chicken, steam veggies & serve.

Skillet Sensation

Ground beef/pork
Sweet potatoes
Onion
Cilantro
Garlic

Brown & cook meat with your favorite seasonings (we like it spicy). Cook the sweet potatoes in the microwave in a vegetable steamer for 3 minutes per potato. Dice, add to cooked meat, add sliced onion & garlic, cook on med-low heat, a few minutes before you are done throw in the cilantro and serve!

Chef Salad

Salad
Hard boiled eggs
Lunch meat
Your favorite veggies
Olive oil & balsamic vinegar

Make a salad & enjoy! Throw some berries & nuts on tops for a special treat!

Spicy Beef

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Beef sliced fajita style

Celery

Onion

Mushrooms

Quinoa

Start the quinoa as directed on the package. Cook beef w/ favorite seasonings, remove and add sliced veggies in the juice. Place a serving of quinoa on a plate, add beef & veggies. Tip... make extra quinoa, you can add it to a soup or have it for breakfast with butter, apples & cinnamon.

PALEO FOOD MATRIX

Protein	Carbohydrate (VEGGIES)	Fat
chicken breast	artichoke	almonds
turkey breast	asparagus	avocado
ground turkey	green beans	lard
veal	broccoli	macadamia nuts
beef	brussel sprouts	olives
ground beef	cabbage	coconut oil
Canadian bacon	cauliflower	walnuts
corned beef	dill pickles	olive oil
duck	eggplant	tahini
ham	leeks	nut butters
lamb	lentils	sesame oil
ground lamb	onions	sunflower seeds
pork	sauerkraut	bacon bits
ground pork	spaghetti squash	butter
calamari	spinach	pistachio (kernel)
catfish	tomato sauce	Spices/Seasoning
clams	yellow squash	garlic
crabmeat	zucchini	pepper
flounder/sole	celery	salt
lobster	cucumber	onion powder
salmon	lettuce, iceberg	chili powder
scallops	lettuce, romaine	basil
swordfish	mushrooms	oregano
shrimp	onions	dill
tuna steak	peppers	tarragon
canned tuna	radishes	horseradish
eggs	Salsa (no added sugar)	cumin
uncured bacon	snow peas	rosemary
flank steak	tomato	bay leaf
top sirloin steak	Carbohydrate (FRUIT)	curry
london broil	apple	parsley
pork loin	apricots	cardamom
pork chops	blueberries	ginger
game hen breast	blackberries	cilantro
rabbit	pear	paprika
goat	raspberries	chilies
organ meats	strawberries	sage
	orange	jerk spices
	cantaloupe	thyme

DATE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					

DATE	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					

DATE	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					

DATE	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					

DATE	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					

DATE	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
BREAKFAST					
BLOCKS					
LUNCH					
BLOCKS					
DINNER					
BLOCKS					
SNACKS					
BLOCKS					
NOTES/COMMENTS					