



Paleo
Challenge
Winter 2012

Why a Paleo Diet:

The Paleo Diet is the “ideal diet” based on how our ancestors ate before the agricultural period, 10,000 years ago. Compared to our ancestral humans, modern humans have substantially less lean muscle. This diet has been proven to improve glucose tolerance, blood cholesterol, improve fitness performance and recovery, lose weight, support muscle growth, reduce or eliminate your risk of disease such as cancer, heart disease, diabetes, and the vast majority of all chronic degenerative diseases that affect humanity.

To enter the challenge it costs 25\$, which will go into the pot for prizes for the first place, second place, and third place winners.

The Challenge:

The challenge begins February 15 and will last for 45 days.

Be prepared the week before we start the challenge: we will be doing before and after photos so whatever day is best for you, notify any of the coaches to take your photo (girls: shorts and sports bra, guys: shorts no shirt)

To measure how the Paleo Diet can improve performance, we will record your 1/2 murph performance before and after the challenge.

You are expected to hand in your food journal every friday or saturday when you come into Crossfit Orange for you workout. Your journal will be a small notebook/ notepad and you MUST write now every bite, and lick! You also need to write in your workouts and which days you took a rest day from exercise.

Every day that you do not submit a food entry, you will be deducted 10 points!

Each week begins with 100 points for every cheat, you will subtract 5 points per serving. You want as many of the 100 points as possible at the end of each week in order to win!

You also must drink a glass of water with EVERY Meal!! record that in your journal

The Cheats -5 points per serving!:

- Dairy butter, cheese, cream, frozen yogurt, ice cream, milk, yogurt etc. (in your coffee, use coconut milk!)
- Grains: cereal, bread, pasta, cake, cookies, rice barley, corn (of any kind) Rye etc.
- Legumes: All beans! Peanuts, soy beans, lima beans kidney beans, chickpeas, lentils, peas, peanut butter, snow peas, sugar snap peas soybeans etc.

- Any packaged or processed foods (read the package! some have more than one serving... 1 serving is -5 points!)
- soft drinks and Fruit Juices: Gatorade, Vitamin water, Sodas, diet drinks, etc.
- Artificial Sweeteners: Splenda, Equal, Sweet and Low, etc. (subtract 2 points per packet)
- Fast foods!
- Condiments: Processed salad dressings (use olive oil) BBQ sauce, Ketchup, Mustard, Miracle whip, anything made with soybean oil, anything made with high fructose corn syrup, anything with added sugar.
- Alcohol other than red wine or Tequila (limited to two a day, more than that -5. Keep in mind mixing it with fruit juices and sodas will cost you even more points!)
- Each day that you consume less than three servings of fruit or vegetables, take away 10 points! this means you are not following the diet.
- Each day that you attend crossfit, add 3 points
- If you take a rest day but dedicate your time to foam rolling or stretching, add 3 points

So what CAN you eat!?:

- **Lean Meats:** Lean beef (trim the fat), beef jerky(check for added sugars), Flank Steak, Top sirloin steak, extra lean hamburger, lean veal, lean pork (trim the fat), Chicken breast, Turkey Breast, ect.
- **Eggs**
- **Fish:** Bass, Bluefish, Haddock, Halibut, Salmon, Tilapia, Trout, Tuna, ect.
- **Shellfish:** clams, crab, lobster, mussels, oysters, scallops, shrimp, ect.
- **Fruit:** Apple, Avocado, Blackberries, Blueberries, Cantaloupe, Cherries, grapefruit, orange, pears, pineapple, strawberries, watermelon, etc.
- **Fruit in moderation (high in sugar):** Mango, banana, Fig, Guava, Papaya
- **Vegetables:** Asparagus, Beets, Broccoli, Brussels Sprouts, Carrots, Celery, Kale, Lettuce, mushrooms, onions, Parsley, Parsnip, Peppers, Spinach, Tomato (technically a fruit), Cucumber, eggplant, sweet potatoes, etc.
- **Nuts and seeds:** Almonds, Brazil nuts, Cashews, Chestnuts, Hazelnuts, Macadamia nuts, Pecans, Pine nuts, Pistachios, Pumpkin seeds, sesame seeds, sunflower seeds, walnuts
- **Oils:** Olive oil, coconut oil
- **Whey Protein Powder, Tofu, Vinegar, and Honey**

Foods that Should be eaten in moderation (not cheats unless you eat in excess!)

- Bacon, Sausage, Chicken wings, Ribs, Canola oil, Flaxseed oil, Quinoa, Dried Fruit, Sweet Potatoes, Coffee, Red wine, Tequila, Deli Meat

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Remember: check your labels....is there anything non Paleo in the food?
Is there more than one serving in this package?

Half a serving of a cheat: -2.5 points

Dont eat a bite your kids food! that will be full point deductions!

Think of your ancestors....when they were nomads, what could they get their hands on to eat throughout the day? Eat REAL food!

Your Food diary determines the winner, so remember to record EVERYTHING in order to win! (remember, lack of submitting each day -10 points !)

How to Win:

We will generate prizes based on total weight loss:

2 points for each pound lost through weekly weight ins

Body Fat analysis through weekly weight ins

Winners are also determined on Performance:

1/2 murph before starting the diet and 1/2 murph at the end.

based on your performance and improvement on the

performance section, points will be awarded accordingly

First Place Prize: 3 months free crossfit

Second Place Prize: 2 months free crossfit

Third Place Prize: 1 month free crossfit