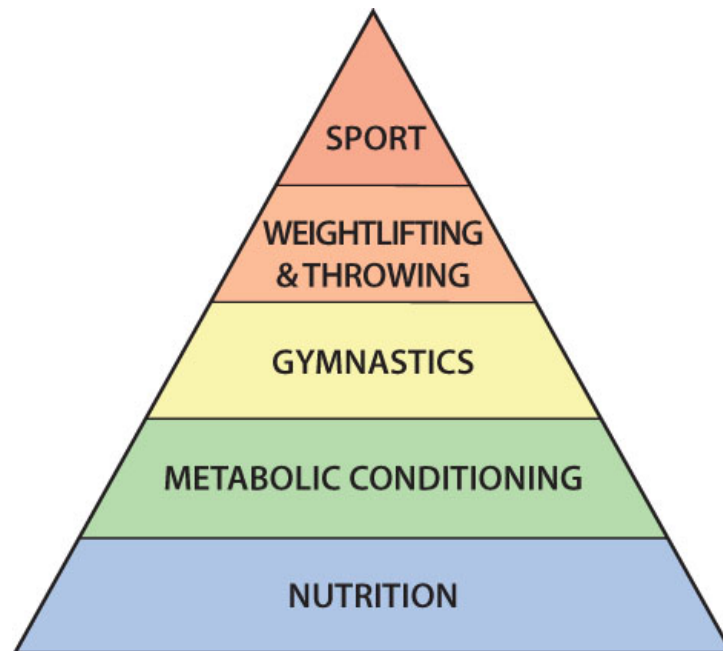


NUTRITION GUIDE & LOG BOOK

Featuring a Comparison of Nutrition Plans



Brought to you by
CrossFit Aggieland



One size does not fit all

Nutrition only works if you stick with it. We all have times in life when we have strayed away from following a healthy diet; life challenges can take priority and clean eating fall to the wayside. It happens. And while there are times we need to crack down on our diet, we do not encourage quick-fix “dieting.” Instead, we want to help you find a nutrition system and plan to fit your lifestyle as a long-term solution. After all, it is much easier to lock in to a nutrition system that fits your lifestyle and personality, rather than fighting yourself with a short-term “diet.”

Nutrition in and of itself should not be hard. When nutrition becomes easy for you, you will find the results you desire also come easy. However, modifying your nutrition to find what works best for you can be challenging.

This Nutrition Guide offers many of the popular programs designed to help you get control of your personal nutrition. There is no one “right” program, and what works best for one person might not work best for you. We encourage you to read each of the different programs and see first which one seems most manageable within your current lifestyle. If it seems overwhelming or too difficult, you will not stick with it. Remember that this booklet is only a snapshot of each program. You can research further online, finding all kinds of information, grocery lists, recipes, and more.

After you select the program you think will work best for you and your lifestyle, discuss it with your coach. Identify potential pitfalls for you and tips to find success. Encourage your group to hold one another accountable, and utilize the food log at the back of this booklet to track your nutrition.

Just like there is no such thing as “one size fits all,” there is also no such thing as one nutrition plan fits all. In fact, you might find that various aspects from multiple nutrition plans work for you! Be flexible and willing to adjust to figure out what is the ideal nutrition system for you. Keep at it until you achieve the results you desire, and nutrition is integrated into your lifestyle. It can be challenging at first, but once you know what works for you, the rest is a piece of cake. 😊



Whole30

Yes: Eat real food.

Eat meat, seafood, eggs, tons of vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're totally natural and unprocessed. Don't worry... these guidelines are outlined in extensive detail in our free shopping list.

No: Avoid for 30 days.

More importantly, here's what NOT to eat during the duration of your Whole30 program. Omitting all of these foods and beverages will help you regain your healthy metabolism, reduce systemic inflammation, and help you discover how these foods are truly impacting your health, fitness and quality of life.

- **Do not consume added sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, Xylitol, Stevia, etc. Read your labels, because companies sneak sugar into products in ways you might not recognize.
- **Do not consume alcohol in any form, not even for cooking.** (And it should go without saying, but no tobacco products of any sort, either.)
- **Do not eat grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains and all of those gluten-free pseudo-grains like quinoa. This also includes all the ways we add

IT STARTS WITH FOOD | SHOPPING LIST

BY DALLAS & MELISSA HARTWIG | FOR OMNIVORES

Items in green are a best choice

PROTEIN	<input type="checkbox"/> Seafood Best: wild-caught + sustainably fished Better: wild-caught and/or sustainable Good: farm-raised	<input type="checkbox"/> Poultry (chicken, turkey, duck, pheasant, etc.) Best: pastured + organic Better: organic Good: store-bought, skin removed	<input type="checkbox"/> Non-Ruminants (pork, wild boar, rabbit, etc.) Best: pastured + organic Better: organic Good: lean, fat trimmed/draind	
	<input type="checkbox"/> Ruminants (beef, buffalo, lamb, elk, venison, etc.) Best: 100% grass-fed + organic Better: grass fed and/or organic Good: lean, fat trimmed/draind		<input type="checkbox"/> Processed Meats (bacon, sausage, deli meat, etc.) Best: 100% grass-fed/pastured + organic Better: organic Avoid: factory-farmed, or those with added sugar, MSG, sulfites or carrageenan	
	<input type="checkbox"/> Eggs Best: pastured + organic Better: organic (omega-3 enriched optional) Good: store-bought			
VEGETABLES	<input type="checkbox"/> Acorn Squash <input type="checkbox"/> Anise/Fennel Root <input type="checkbox"/> Artichoke <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Bok Choy <input type="checkbox"/> Broccoli/Broccolini <input type="checkbox"/> Broccoli Rabe <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Buttercup Squash	<input type="checkbox"/> Butternut Squash <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Collard <input type="checkbox"/> Cucumber <input type="checkbox"/> Delicata Squash <input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Green Beans <input type="checkbox"/> Greens (beet, mustard, turnip)	<input type="checkbox"/> Jicama <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce (bibb, butter, red) <input type="checkbox"/> Mushrooms (all) <input type="checkbox"/> Okra <input type="checkbox"/> Onion/Shallots <input type="checkbox"/> Parsnips <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radish <input type="checkbox"/> Rutabaga	<input type="checkbox"/> Rhubarb <input type="checkbox"/> Snow/Sugar Snap Peas <input type="checkbox"/> Spaghetti Squash <input type="checkbox"/> Spinach <input type="checkbox"/> Sprouts <input type="checkbox"/> Summer Squash <input type="checkbox"/> Sweet Potato/Yams <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Tomato <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <input type="checkbox"/> Zucchini
FRUIT	<input type="checkbox"/> Apples (all varieties) <input type="checkbox"/> Apricots <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries <input type="checkbox"/> Dates/Figs	<input type="checkbox"/> Exotic Fruit (star fruit, quince) <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes (green/red) <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemon/Lime <input type="checkbox"/> Mango <input type="checkbox"/> Melon	<input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches <input type="checkbox"/> Pears (all varieties) <input type="checkbox"/> Pineapple <input type="checkbox"/> Plum	<input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Tangerines <input type="checkbox"/> Watermelon <input type="checkbox"/> Limit: Dried Fruit
FATS	Best: Cooking Fats <input type="checkbox"/> Animal Fats* <input type="checkbox"/> Clarified Butter* <input type="checkbox"/> Ghee* <input type="checkbox"/> Coconut oil <input type="checkbox"/> Extra-Virgin Olive Oil	Best: Eating Fats <input type="checkbox"/> Avocado <input type="checkbox"/> Cashews <input type="checkbox"/> Coconut Butter <input type="checkbox"/> Coconut Meat/Flakes <input type="checkbox"/> Coconut Milk (canned) <input type="checkbox"/> Hazelnuts/Filberts <input type="checkbox"/> Macadamia Nuts <input type="checkbox"/> Macadamia Butter <input type="checkbox"/> Olives (all)	Occasional: Nuts & Seeds <input type="checkbox"/> Almonds <input type="checkbox"/> Almond Butter <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pistachio	Limit: Nuts & Seeds <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Pine Nuts <input type="checkbox"/> Pumpkin Seeds/Peppits <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Sunflower Seed Butter <input type="checkbox"/> Walnuts

*Must be pastured or 100% grass-fed and organic.

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wheat, corn and rice into our foods in the form of bran, germ, starch and so on. Again, read your labels.

- **Do not eat legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).
- **Do not eat dairy.** This includes cow, goat or sheep’s milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or ghee. (See below for details.)
- **Do not consume carrageenan, MSG or sulfites.** If these ingredients appear in any form on the label of your processed food or beverage, it’s out for the Whole30.
- **Do not try to re-create baked**

goods, junk foods, or treats* with “approved” ingredients. Continuing to eat your old, unhealthy foods made with Whole30 ingredients is totally missing the point, and will tank your results faster than you can say “Paleo Pop-Tarts.” Remember, these are the same foods that got you into health-trouble in the first place—and a pancake is still a pancake, regardless of the ingredients.

1. IT'S A TECHNICALITY

Technically “paleo” foods like paleo pancakes, almond-flour brownies, and sweet potato fries don’t promote a healthy psychological response, or maximize nutrition.

2. THE WRONG FATS

Too many nuts, seeds, and paleo “cereals” equals too many fragile polyunsaturated fats, which may promote inflammation in the body.

3. EAT MORE

Energy dragging, but still afraid of fat or carbs? Eating enough of both sustains energy levels, health, and athletic performance.

4. BY-THE-NUMBERS

You’re so focused on your “numbers” - blocks, grams, calories, or body weight - that you override all of the messages your body is trying to send you.

5. NATURE'S CANDY

Using the “natural” sugars found in fruit to satisfy your sugar cravings is a recipe for more cravings, and maybe too much sugar.

DON'T FALL VICTIM TO THESE 5 COMMON WHOLE30 ERRORS.

These foods are exceptions to the rule, and are allowed during your Whole30.

- **Clarified Butter or Ghee.** Clarified butter or ghee is the only source of dairy allowed during your Whole30. Plain old butter is NOT allowed, as the milk proteins found in non-clarified butter could impact the results of your program. Refer to our Butter Manifesto for more details on the milk proteins found in butter, purchasing high quality butter, and how to clarify it yourself.
- **Fruit juice as a sweetener.** Some products or recipes will include fruit as a sweetener, which is fine for the purposes of the Whole30. (We have to draw the line somewhere.)

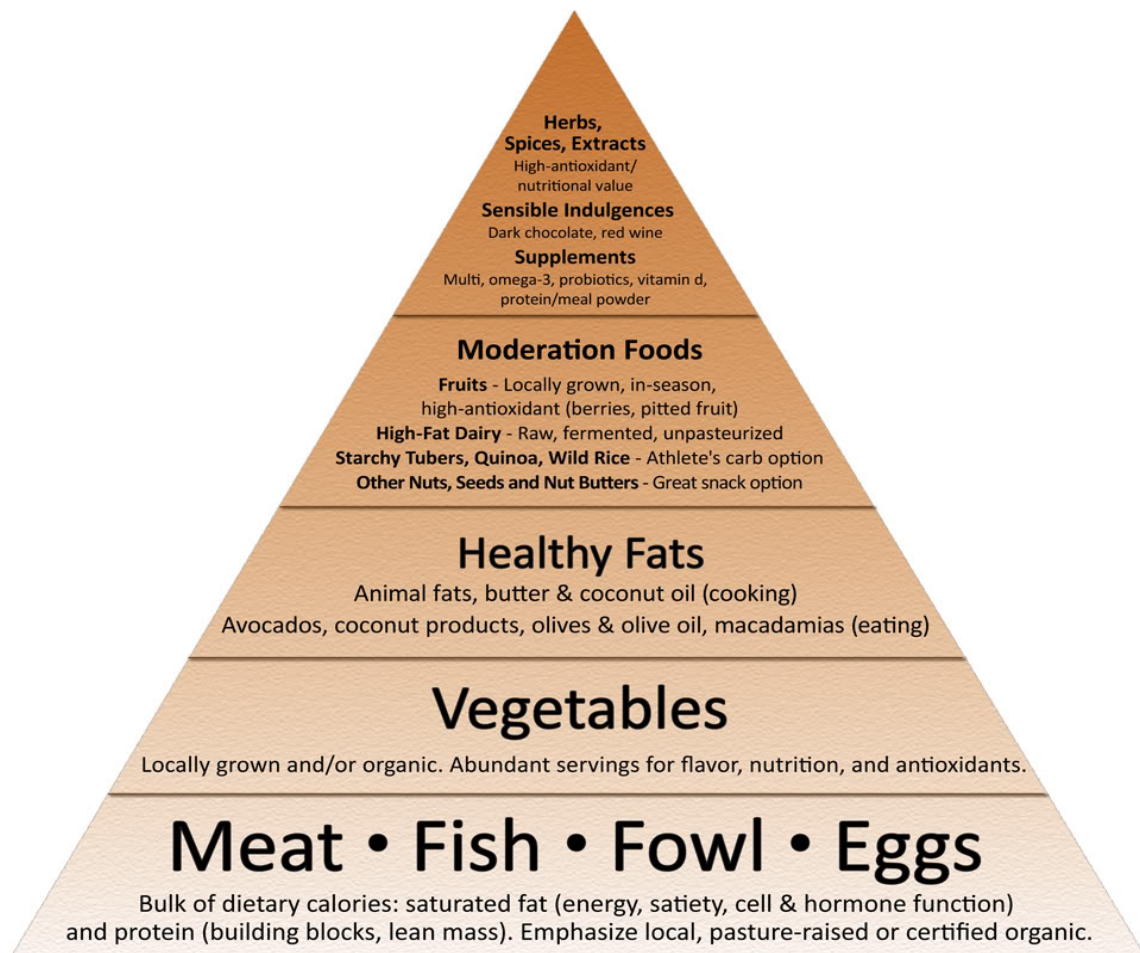
- **Certain legumes.** We're fine with green beans, sugar snap peas and snow peas. While they're technically a legume, these are far more "pod" than "bean," and green plant matter is generally good for you.
- **Vinegar.** Most forms of vinegar, including white, balsamic, apple cider, red wine, and rice, are allowed during your Whole30 program. The only exceptions are vinegars with added sugar, or malt vinegar, which generally contains gluten.
- **Salt.** Did you know that all iodized table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidizing and being lost. Because all restaurant and pre-packaged foods contain salt, we're making salt an exception to our "no added sugar" rule.

Good Eating Habits

- Make your plate 50% fruits and vegetables.
- Drink lots of water.
- Eat three meals. No snacks.
- Eat breakfast before you have coffee.
- Limit processed foods. Bonus points for omitting it completely.
- Limit added sugars. Bonus points for omitting it completely.
- Limit alcohol. Bonus points for omitting it completely.
- Daily exercise.

Primal Diet-

This is the basic description of everything our ancestors ate to get the protein, fats, carbohydrates, vitamins, minerals, antioxidants, phenols, fiber, water and other nutrients necessary to sustain life. But it was a huge list of individual foods – some anthropologists say it may have been 200 or 300 food choices at a time depending upon the geographic area. The net result was a dietary “breakdown” of fat, protein and carbohydrate that was far different from what Conventional Wisdom considers optimum today. This diet provided all the necessary fuel and building blocks that, along with specific exercise, prompted their genes to create strong muscles, enabled them to expend lots of energy each day moving about, to maintain healthy immune systems, to evolve larger brains and to raise healthy children. They ate sporadically, too. When food was plentiful, they ate more than they needed, and stored the excess as fat. When times were scarce, they survived on fat stores. This random or “non-linear” eating pattern kept their bodies in a constant state of preparedness.



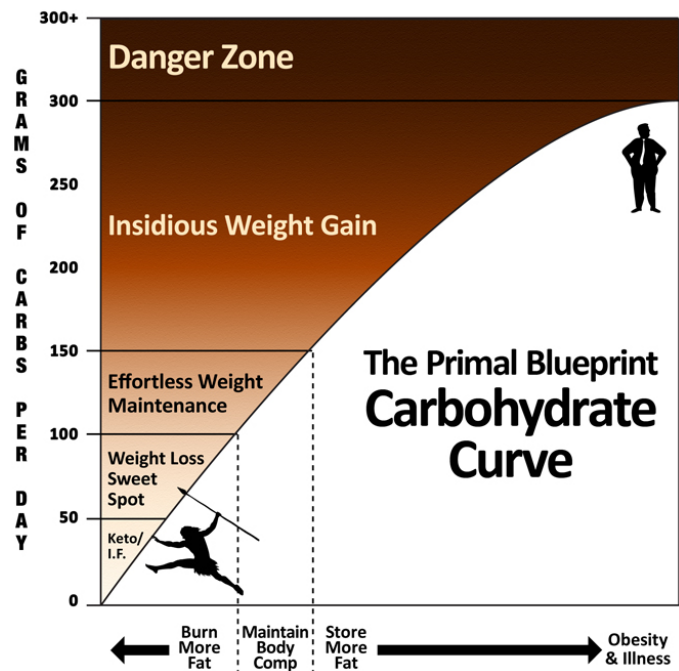
Carbohydrate intake is often the decisive factor in weight loss success and prevention of widespread health problems like Metabolic Syndrome, obesity and type 2 diabetes. These average daily intake levels assume that you are also getting sufficient protein and healthy fats, and are doing some amount of primal exercise. The ranges in each zone account for individual metabolic differences.

- **0-50 grams per day: Ketosis and I.F. (Intermittent Fasting) Zone.** Excellent catalyst for rapid fat loss through I.F. Not recommended for prolonged periods (except in medically supervised programs for obese or Type 2 diabetics) due to unnecessary deprivation of plant foods.
- **50-100 grams per day: Sweet Spot for Weight Loss.** Steadily drop excess body fat by minimizing insulin production. Enables 1-2 pounds per week of fat loss with satisfying, minimally restrictive meals.
- **100-150 grams per day: Primal Maintenance Zone.** Once you've arrived at your goal or ideal body composition, you can maintain it quite easily here while enjoying abundant vegetables, fruits and other Primal foods.
- **150-300 grams a day: Insidious Weight Gain Zone.** Most health conscious eaters and unsuccessful dieters end up here, due to frequent intake of sugar and grain products (breads, pastas, cereals, rice, potatoes – even whole grains). Despite trying to “do the right thing” (minimize fat, cut calories), people can still gain an average of 1.5 pounds of fat every year for decades.
- **300+ grams a day: Danger Zone of the Average American Diet.** All but the most extreme exercisers will tend to produce excessive insulin and store excessive fat over the years at this intake level. Increases risk for obesity, Metabolic Syndrome and type 2 diabetes.

General Guidelines

80% of body composition success is determined by diet. Limit processed carb intake (hence, insulin production), and obtain sufficient protein and fat to fuel and rebuild.

- **Protein:** Average .7 – 1 gram per pound of lean body mass/day – depending on activity levels. At times, eating more protein than average is acceptable.
- **Carbs:** 50-100 grams/day (or less) = accelerated fat loss. 100-150 grams/day = effortless weight maintenance. Heavy exercisers can increase carb intake as needed to replace glycogen stores.
- **Fat:** Enjoy freely, but sensibly, for balance of caloric needs and high dietary satisfaction levels.
- **Avoid Poisonous Things:** Conventional wisdom's dietary guidelines promote fat storage, type 2 diabetes, inflammation and obesity!
- **Eliminate:** Sugary foods and beverages, grains (wheat, corn, rice, pasta, breads, cereals, etc.), legumes (soy and other beans), trans and partially hydrogenated fats, high-risk conventional meat and produce, and excess PUFA's (instead, increase omega-3 oils).
- **Modern Adjustments:** Some modern foods that Grok didn't eat can still be included in a healthy diet.
- **Moderation:** Certain high glycemic fruit, coffee, high-fat dairy products, starchy tuber vegetables, and wild rice.
- **Supplements:** Multivitamin/mineral formula, probiotics, omega-3 fish oil, and protein powder.
- **Herbs, Spices and Extracts:** Offer many health benefits and enhance enjoyment of meals.
- **Sensible indulgences:** Dark chocolate, moderate alcohol, high-fat treats



Reference: [Marks Daily Apple](#), "How to succeed with the primal blueprint"

South Beach Diet

The South Beach Diet, which is named after a glamorous area of Miami, is sometimes called a modified low-carbohydrate diet. The South Beach Diet is lower in carbs (carbohydrates) and higher in protein and healthy fats than is a typical eating plan. But it's not a strict low-carb diet, and you do not have to count carbs.

Purpose

The purpose of the South Beach Diet is to change the overall balance of the foods you eat to encourage weight loss and a healthy lifestyle. The South Beach Diet says it's a healthy way of eating whether you want to lose weight or not.

You might choose to follow the South Beach Diet if you:

- Enjoy the types and amounts of food featured in the diet
- Want a diet that restricts certain carbs and fats to help you lose weight
- Want to change your overall eating habits
- Want a diet you can stick with for life
- Like the related South Beach Diet products, such as cookbooks and diet foods

The South Beach Diet is divided into three different Phases. All three Phases include specific allowable foods, meal plans, and recipes.

Lose Weight and Get Healthy in Three Easy Steps

- PHASE 1**
Phase 1
Eliminate Cravings, Rapid Weight Loss, Only 14 Days
- PHASE 2**
Phase 2
Eat a Variety of Delicious Foods, Reach Your Goal Weight
- PHASE 3**
Phase 3
Maintain Weight Loss for Life!

Phase 1

The first Phase, Phase 1, lasts two weeks and is the strictest of the three. During this time, you will limit the most carbs from your daily diet, including fruit, bread, rice, potatoes, pasta, sugar, alcohol, and baked goods.

	ALLOWED	FORBIDDEN
Meat and Poultry	Boiled ham Lean ground beef Turkey breast Chicken breast Canadian bacon Turkey bacon Low and non-fat lunch meat All types of seafood	Fatty cuts of beef Prime rib Dark meat chicken and turkey Honey-baked ham
Beans	Black-eyed peas Great northern beans Chickpeas Pinto beans	
Vegetables	Tomatoes Squash Onions Mushrooms Lettuce Sprouts Spinach Okra	Beets Carrots Corn Green peas
Starches		Bread Potatoes Cereal Pasta Rice
Nuts	<i>(One serving a day)</i> Almonds Cashews Macadamia Nuts	
Dairy	Low-fat cheeses Eggs	Whole milk

Fats and Oils	Olive Oil Avocado Mayonnaise	
Sugar	Sugar substitutes	All fruits All fruit juice
Treats	Sugar-free gelatin Hard sugar-free candy Fudge pops	Ice cream Baked goods Candy Alcohol

Phase 2

Now you can start adding foods from the Phase 1 “Forbidden” list. It is up to you which ones you re-introduce: bread, pasta, potatoes, rice, cereal, or fruit.

This diet gives you the freedom to cherry pick which of these foods you add back into your diet. While you can't eat them all (nor eat the ones you choose with abandon), they will no longer be off-limits. The key is to re-introduce these foods in *moderation*, and to not eat them as often as you were before.

Phase 3

This is a maintenance phase, meant to be a healthy way to eat for life. You continue to follow the lifestyle principles you learned in the two previous phases, but now you can eat all types of foods in *moderation*.

Reference: [The Mayo Clinic](#), “South Beach Diet”

The Zone Diet-

The Zone Diet is based on balancing your intake of carbohydrates, protein, and fat in each meal. The goal of the diet is to manage your hormonal response to the food you consume. According to Dr. Barry Sears, the developer of the Zone Diet, the ideal ratio for any meal or snack includes 9 grams of carbohydrates, 7 grams of protein, and 1.5 grams of fat.

The term “block” is used to describe these amounts of the macronutrients. For example, one block of protein is equal to 7 grams of protein, and one block of carbohydrates contains 9 grams of carbohydrates.

The Zone Diet is not a one-size-fits-all plan. You will customize it to fit your body type, fitness goals, and activity level. To be done well, the Zone Diet takes patience and commitment to begin, but after a few weeks, it becomes much easier to implement and maintain.

Choose which body type best fits you to determine your block requirement.

Beakfast	Lunch	Snack	Dinner	Snack	Total daily blocks	Body type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium female
3	3	2	3	2	13	Large female
4	4	1	4	1	14	Athletic - well muscled female
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	X-Large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic - well muscled male

The first step in beginning the Zone Diet is to determine how many blocks you need. The chart below is a guide to help you determine this number. Choose the number of blocks that fits your current body type, not the body type you wish to have. Also, remember to consider your height as you determine your body type. The nutritional needs of someone who is over six feet tall are not the same as someone under five feet, regardless of their weight. A “hard gainer” is someone who finds it hard to gain weight.

This chart is simply a guide; after eating this way for a few days, you may feel the need to adjust the number of blocks you are eating. You will be eating five times a day, so you should

not feel hungry. If you feel hungry or lack energy, increase the number of blocks you are consuming. To workout the way we do at CrossFit Aggieland, you cannot be calorie

deficient, and it is counter-productive for lasting weight-loss. When your body experiences a calorie deficit, you may initially lose some weight, but soon those results will slow down or stop as your body tries to preserve the few calories you are consuming.

After you have determined the appropriate number of blocks, you will now need to plan what, and how much, to eat. There is a block chart, full of wonderful Paleo foods, to help you plan your meals and snacks. The Zone Diet is much easier if you plan ahead and pre-package your snacks and most of your meals.

The following is a sample day for a medium female:

Breakfast (3 blocks) 6:00 am

- 3 scrambled eggs (3 blocks of protein)
- 1 apple (2 blocks of carbohydrates)
- 1 cup of strawberries (1 block of carbohydrates)
- 9 almonds (3 blocks of fat)

Snack (1 block) 9:00 am

- 1 oz. of low-sodium turkey breast (1 block of protein)
- 1 cup of baby carrots (1 block of carbohydrates)
- 1 macadamia nut (1 block of fat)

Lunch (3 blocks) 12:00 pm

- 4½ oz. hamburger patty (3 blocks of protein)
- 2½ cups of steamed broccoli (2 blocks of carbohydrates)
- 1 plum (1 block of carbohydrates)
- 3 tablespoons of avocado (3 blocks of fat)

Snack (1 block) 3:00 pm

- 1 hard-boiled egg (1 block of protein)
- ½ cup of salsa (1 block of carbohydrates)
- 1 walnut (1 block of fat)

Dinner (3 blocks) 6:00 pm

- 3 oz. of chicken breast (3 blocks of protein)
- 2½ cups of yellow squash (2 blocks of carbohydrates)
- ½ cup of grapes (1 block of carbohydrates)
- 1 teaspoon of olive oil (3 blocks of fat) – used for cooking the chicken and squash

When I was first introduced to the Zone Diet, I was admittedly a little overwhelmed. I had never weighed or measured my food before, but after a few weeks, I learned my portion sizes and only had to measure my foods when I was trying something new. I also kept my block chart on my refrigerator, so I could access that information easily. For those of you who don't own a food scale, a little math can save you that expense. For example, if I buy a package of ground beef that weighs 1 pound (or 16 ounces), I can divide that number by the number of ounces in 1 block of ground beef (1½ ounces) to find the number of blocks in that package ($16/1.5 = \sim 11$). If I were making hamburger patties out of this, I would make three 3-block patties and two 1-block patties. I would just eyeball it, making the 3-block patties about 3 times as large as the 1-block patties.

If you want to elevate your fitness to a different level, I highly recommend that you try the Zone Diet. It takes a little effort, but I truly believe the results are well worth it.

References:

http://library.crossfit.com/free/pdf/cfjissue21_May04.pdf

<http://crossfitimpulse.com/the-zone-diet-explained-edited>

http://www.zonediet.com/portals/0/resources/food_block_guide.pdf

<http://www.webmd.com/diet/zone-what-it-is?page=2>

Zone Block Chart

Protein (7 grams)	
Whole Egg	1 Large
Egg Whites	2 Large
Chicken	1 oz
Turkey	1 oz
Ground Turkey	1 1/2 oz
Beef	1 oz
Ground Beef	1 1/2 oz
Duck	1 1/2 oz
Ham	1 oz
Pork	1 oz
Ground Pork	1 1/2 oz
Lamb	1 oz
Ground Lamb	1 1/2 oz
Catfish	1 1/2 oz
Crabmeat	1 1/2 oz
Flounder/Sole	1 1/2 oz
Lobster	1 1/2 oz
Salmon	1 1/2 oz
Scallops	1 1/2 oz
Swordfish	1 1/2 oz
Shrimp	1 1/2 oz
Tuna Steak	1 1/2 oz
Canned Tuna	1 oz

Fat (1.5 grams)	
Almonds	3
Avocado	1 Tbsp
Bacon Bits	2 1/2 tsp
Cashews	3
Coconut Oil	1/3 tsp
Macadamia Nuts	1
Olive Oil	1/3 tsp
Olives	5
Sunflower Seeds	1/4 tsp

Carbohydrates (9 grams)			
Acorn Squash	3/8 cup	Kale	1 1/4 cups
Alfalfa Sprouts	7 1/2 cups	Kiwi	1
Apple	1/2	Lemon	1
Apple Sauce	3/8 cup	Lemon Juice	1/3 cup
Apricots	3 small	Lime	1
Artichoke	1 small	Mango	1/3 cup
Asparagus	12 spears	Mushrooms	3 cups
Banana (9-inch)	1/3	Nectarine	1/2
Beets	1/2 cup	Okra	3/4 cup
Blackberries	1/2 cup	Onions (cooked)	1/2 cup
Blueberries	1/2 cup	Onions (raw)	2/3 cup
Broccoli (cooked)	1 1/4 cups	Orange	1/2
Broccoli (raw)	2 cups	Papaya	2/3 cup
Brussel Sprouts	3/4 cup	Peach	1
Butternut Squash	1/3 cup	Pear	1/2
Cabbage (raw)	2 1/4 cups	Peppers	1 1/4 cups
Cabbage (cooked)	1 1/3 cups	Pineapple	1/2 cup
Cantaloupe	1/4	Plum	1
Carrots (cooked)	1/2 cup	Radishes	2 cups
Carrots (raw)	1 cup	Raisins	1 Tbsp
Cauliflower (cooked)	1 1/4 cups	Raspberries	2/3 cup
Cauliflower (raw)	2 cups	Romaine Lettuce	6 cups
Celery	2 cups	Salsa	1/2 cup
Cherries	7	Spaghetti Squash	1 cup
Collard Greens	1 1/4 cups	Spinach (cooked)	1 1/3 cups
Cranberries	1/4 cup	Spinach (raw)	4 cups
Cucumber (9-inch)	1	Strawberries	1 cup
Dates	2	Sweet Potato (5-inch)	1/3
Eggplant	1 1/2 cups	Swiss Chard	1 1/4 cups
Grapefruit	1/2	Tangerine	1
Grapes	1/2 cup	Tomato (cooked)	3/4 cup
Green Beans	1 cup	Tomato (raw)	1 cup
Honeydew	1/2	Tomato Sauce	1/2 cup
Iceberg Lettuce	1 head	Watermelon	1/2 cup

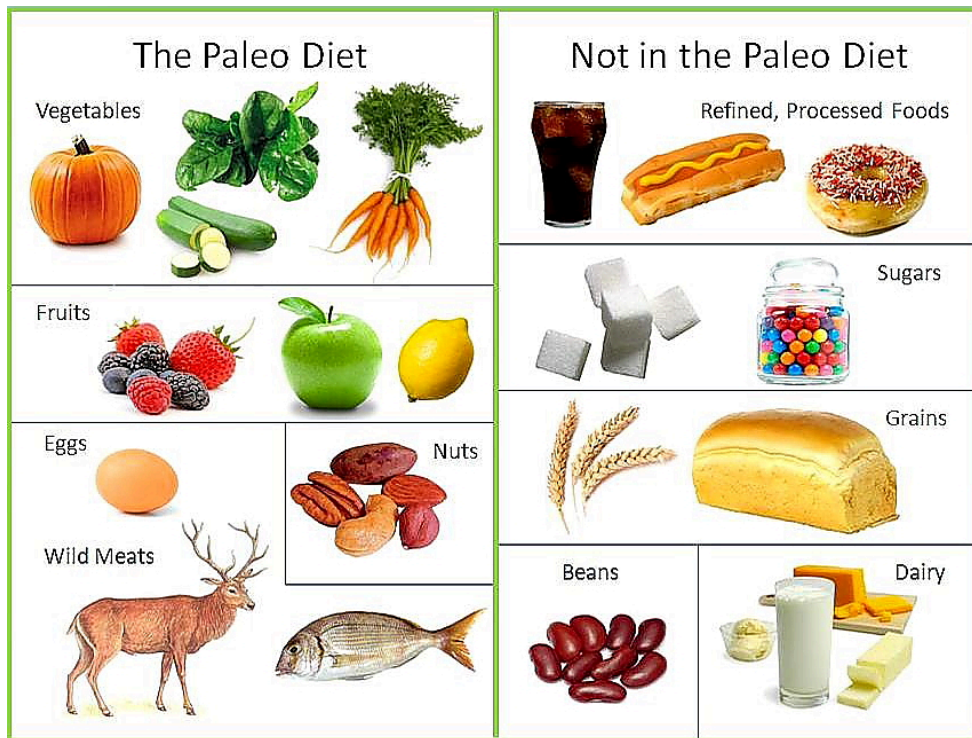
For more information and inclusive block chart see the website:
http://library.crossfit.com/free/pdf/cfjissue21_May04.pdf

Paleo Diet

The Paleo Diet, also known as the Caveman or Stone Age Diet, is based around the idea of eating like ancient humans did 10,000 years ago. Benefits to eating a Paleo-style diet include eating more fruits and vegetables, as well as lowering your sugar and sodium intakes. The other issue is that this diet might be difficult to sustain. For this reason, it's important to have a solid meal plan in place when starting on a Paleo plan.

Think like a hunter-gatherer and you'll be on the right track. All types of meats, preferably organic, grass-fed, range-free, or wild game. All types of vegetables. Some fruit. Daily nuts and seeds.

Having a clear understanding of the foods you can eat while eating Paleo will help you design your daily meal plan. Always remember to keep things simple when preparing a meal. The more complicated it is, the less Paleo it's likely to be. By keeping it simple you keep it clean and free of additives and chemicals that many meals in our society are full of.



For a full list of Paleo-approved foods, see [Paleo Grubs](#), "Paleo Diet Food List."

Mass Gainer Diet

For those athletes that are looking to put on more weight, gain size, increase strength, and continue to participate in CrossFit, than this is the diet plan for you.

Most people like to eat to maintain their current body mass. The way to maintain? “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.” What happens when you’re looking to gain not maintain?

The first step is to find out how many calories your body needs to maintain its current weight, and then adjust from there. Remember, at the end of the day, calories in versus calories out determines your body composition. If you want to build muscle, then you are going to need to eat big.

Another thing to remember is that simply eating meat and a little fat will not help you add much weight. If you are eating low carb, the protein you eat is going to be used for energy, not for building muscle. To gain body mass, you must help protein do its job by adding more carbs back into your diet.

If you want to put on some decent quality weight, try adding in ½ cup (measured before cooking) of rice to your meals 3-4 times a week. (*We recommend white rice, as the shell of the whole grain kernel can cause GI problems similar to gluten.*) If you do not want rice, add in 3-4 sweet potatoes a day.

Protein Shakes will be added post workout or during the day as a “snack.” It is important to remember that shakes and post-workout drinks are *supplements*, not *replacements*. Add them in to compliment your solid food intake, not replace it.

The foundation of your nutrition should absolutely be comprised of whole, natural foods. There is no denying that. However, there are a few unique situations where integrating supplements into your plan can really take your athletic performance to the next level.

One of the most important times to ensure you have adequate energy available is before and after training. By prioritizing carbohydrate intake around your workouts through properly formulated liquid nutrition, you can make a dramatic impact on your energy levels and recovery. If you go this route, there are a plethora of options available to suite your preferences and tastes.

For a while, carbohydrates have been demonized as the enemy of nutrition, but they are in fact a great source of energy and an integral part of any nutrition plan that's aimed at keeping performance at peak (or improving it).

- Fruits are not necessarily the best choice as an energy source, since most are just not dense enough. Still, fruits are packed with vitamins and minerals and are absolutely a part of a great nutrition plan.
- Starches are your best friend. Rice, potatoes, ripe bananas, and oats are additions you might consider. Make sure that you eat plenty of these in the evening to replenish muscle glycogen.
- Liquid nutrition in the form of pureed foods and supplements like maltodextrin powder can be consumed before, during, and after training. These supplements can help you maintain performance during long training sessions or competitive events.

How to EAT:

22 Calories per pound of body weight (200 = 4400 cal/day)

Protein: 1.5g per pound of body weight (200 = 300g pro/day)

Carbs: 2g per pound of body weight (200 = 500g carb/day)

Fat: Rest or for 200lb person = 1200 cal of fat = $1200/9=133.3$ g fat/day

27.27% Pro

45.45% Carbs

27.27% Fat

To help calculate calorie, protein, fat, and carbs intake here is a calculator from EAT to Perform. Just follow the instructions in the video:

<http://www.eattoperform.com/eat-to-perform-calculator/>

References:

[Eat to Perform](#), *"The Best Carbs for Fat Loss and Muscle Gain"*

[Breaking Muscle](#), *"Can You Look Like a Body Builder Doing CrossFit?"*

[Lift Big Eat Big](#), *"How To Get Big While Doing CrossFit"*

The Importance of Tracking Your Nutrition

There are many reasons to track your nutrition. No, the goal of a food log is not to make you feel bad about what you put in your body. It is a very helpful tool, if used correctly, to help you find what works for you.

We have included a very standard log in this booklet for you to get an idea of areas worth tracking. There are also many online tools and apps that you can use from your phone for easy tracking.

<http://www.myfitnesspal.com/mobile/iphone>

<http://www.livestrong.com/myplate/>

1. It identifies what you are consuming.

How do you know how many calories a day you are actually consuming? Unless you are tracking it diligently, I argue that there is no way of truly knowing. Even when you think you are eating “healthy,” until you crunch the numbers and really see what you are putting in your body (compared to what you are expending from your body), you have no idea. For those of us who feel like we have plateaued or are stuck at the same weight and cannot seem to drop (or gain), this is critical. You have to know what you are putting in your body.

2. It indicates how *what* you are consuming effects your overall health and wellness.

If you track what you eat along with how you feel and the effects of your nutrition on your sleep and workout patterns, it becomes very telling of how your body responds to certain nutritious components. For example, if every time you eat a turkey sandwich for lunch, you feel sluggish in the afternoon and require a coffee in the afternoon, perhaps you can adjust your nutrition accordingly. Perhaps you notice that on evenings when you only eat salad and chicken you wake up starving in the middle of the night. Maybe you realize the need to intake more calories than you thought you needed. Etc.

If you do not log it, you will never see the trend, and can chalk it up to a rough day or the effects of a long weekend. Nutrition effects every aspect of our life, and keeping a log can help pinpoint exactly the positive and negative effects of what we eat.

3. It provides a resource of how nutrition is working for you, and therefore options for adjusting nutrition in the future.

Similar to above, logging your nutrition can help pinpoint if the food choices you are making are helping you achieve your desired results. If you desire to lose 10 pounds, and you are eating clean, whole food, and yet not losing the weight you want, adjusting the *type* of food or the *amount* of food might be needed. Again, you can't know or remember it all if you don't have it written down in one organized location.

4. It helps to have a record of what you have done in the event you need help adjusting your nutrition, either with a coach or team member.

When things are not working the way you want, and you try to explain it to a coach, the first thing they will want to know is, "what are you doing." What are you eating? How much are you working out? Are you getting enough sleep/rest and recovery? Being able to show your detailed log can help an outsider see exactly what you are doing, and allow them to offer suggestions where you might be able to change up your plan to achieve the results you desire.

5. It provides personal accountability without the remorse.

Let's be honest. If you sneak that piece of candy from the receptionist's desk and no one sees, those calories don't really count, right? But, when you are diligently tracking everything you consume, *everything* counts. If you know you are going to have to write it down, it might make you pause long enough to not take that second helping. But you know what else? It also provides a guilt-free way of writing it down, without making you feel like you screwed up the whole day. Honestly, some of the most fun things to log are the cheat meals! After all, if you can see all the nutritious options you have selected throughout the week, it doesn't make that margarita on Friday night look so bad. ;)

WEEK 1



"Success is piece of mind which is a direct result of self-satisfaction in knowing that you did your best to become the best you are capable of becoming." –John Wooden

WEIGHT	WAIST	THIGH(S)	ARM(S)	NECK

DAY 1

Total Sleep (hours): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

	FOOD LOG
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 2

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 3

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 4

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 5

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 6

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 7

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

WEEK 2



"Champions aren't made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision." —Muhammad Ali

WEIGHT	WAIST	THIGH(S)	ARM(S)	NECK

DAY 8

Total Sleep (hours): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 9

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 10

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 11

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 12

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 13

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 14

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

WEEK 3



"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.." –Aristotle

WEIGHT	WAIST	THIGH(S)	ARM(S)	NECK

DAY 15

Total Sleep (*hours*): _____ Quality (1-5): _____
 Energy Level (1-5): _____
 Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

	FOOD LOG
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 16

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 17

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 18

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

DAY 19

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

DAY 20

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

DAY 21

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

WEEK 4



"Success is where preparation and opportunity meet." –Bobby Unser

WEIGHT	WAIST	THIGH(S)	ARM(S)	NECK

DAY 22

Total Sleep (hours): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 23

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 24

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 25

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 26

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 27

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

	FOOD LOG
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 28

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

	FOOD LOG
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

WEEK 5



"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." –Jesse Owens

WEIGHT	WAIST	THIGH(S)	ARM(S)	NECK

DAY 29

Total Sleep (hours): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT	WOD
_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 30

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 31

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 32

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

DAY 33

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast

Snack

Lunch

Snack

Dinner

**Pre/Post Workout
and Supplements**

DAY 34

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

DAY 35

Total Sleep (*hours*): _____ Quality (1-5): _____

Energy Level (1-5): _____

Comments: _____

SKILL/ LIFT

WOD

_____	_____
_____	_____
_____	_____
_____	_____

FOOD LOG

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Pre/Post Workout and Supplements	

*“Set your goals high, and don't stop
'till you get there.”*

-Bo Jackson

