

40-Day Nutrition Challenge

Presented by CrossFit Southside

Overview:

Over the course of 40 days, each person will commit to either eating quality food in any quantity (Paleo) or closely measure their intake of protein, carbs and fat (Zone). We will collect performance data for both groups, and compare it before and after the challenge. The Challenge will end on Thanksgiving day, and everyone will be encouraged to eat like a horse (cranberries, stuffing, pie...the whole nine yards)! After the Challenge we will post the standings and all Challengers will be eligible for prize drawings...good stuff!!!

Goals:

1. Improve your health, wellness and fitness through smart nutrition.
2. Grow our community by encouraging support and accountability.
3. Collect data, and share the performance results with the group.

PALEO RULES:

The Paleo group may eat meats, eggs, veggies, fruits, nuts and oils (like EVOO and coconut) in any amount that works for them. Quality is king here. Eat like a Caveman, shop the perimeter of the grocery store, don't buy foods with weird ingredients or that comes in boxes/cans.

Now, I would highly recommend that you read "The Paleo Diet", by Loren Cordain. It goes into why all this makes sense, and what is going to be happening in your body when you eat the way we were designed to eat. However, there are a couple other resources that I encourage you to check out:

- ThePaleoDiet.com – Loren Cordain's site, a good cliff notes summary of the diet
- RobbWolf.com – Robb is a crossfitter and nutrition guru, lots of clinical stuff
- MarksDailyApple.com – This guy is a modern day caveman with a super blog
- Googling "Paleo Recipes" is a great and fun way to get rolling with this.

Now, that is all well and good, but what *can't* you eat for the challenge?

1. **No Grains** (bread, rice, pasta, seitan, quinoa or any pseudo-grains)
2. **No Dairy** (butter, cream, yogurt, cottage cheese, goat cheese, etc.)
3. **No Legumes** (No beans, lentils, peanuts, tofu)
4. **No Sugar** (of any kind...honey, stevia, splenda, agave nectar, etc.)
5. **No Processed Stuff** (nondairy creamers, shakes, bars, etc.)
6. **No Alcohol** (it's only a couple weeks...relax and give it a chance)

For the challenge, it will count as a cheat if you eat/drink anything on the list above. For instance, if you went 23 full days and on the 24th you cave in and eat a piece of cheesecake...you keep track of it and pick back up at the next meal. At the end, we'll compare your food with your improvements in fitness and feel-good-ness (just made a word there). Remember, the goal is 39 days and then throw down at Thanksgiving!!!

ZONE RULES:

The Zone is a way of tracking your food intake so that you can keep your hormone levels balanced. We highly recommend that you eat quality foods, but the Zone is more concerned with balancing your macronutrients (protein, carbs and fats). No food is necessarily off limits.

However, you will need to determine your Daily Block Prescription, and eat that same amount of food each day. Each meal and snack will need to be zoned out and precisely measured. If you are up for an interesting read, check out “Mastering the Zone” or “Toxic Fat” by Dr. Barry Sears.

In addition, here are some very good resources for learning more about the Zone method:

- ZoneDiet.com – Click on the “Eating” tab...TONS of good resources
- CrossFit Journal #21 – Free, gives an easy overview to starting with Zone
- <http://journal.crossfit.com/2005/10/getting-off-the-crack-by-nicol.tp>
 - This is Nicole Carol’s story...read it if you are considering Zone.

In order to be in the Zone group, please talk with your coach. They will help you decide if Zone is right for you. Here is what Zoners will do for the Challenge:

1. **Weigh and measure** your food for meals, snacks and drinks
2. **Must eat all your blocks** each day (not more or less)
3. **Check in with your coach** after weeks 1 and 3, to ensure you’re on track

For the Zone, we highly recommend keeping a detailed food journal. This helps your coach take a quick look and diagnose any problems with your intake, and it also helps you track which foods are working for you. Remember, this doesn’t have to be for the rest of your life. Keep the details and you can decide afterward whether to implement it long term or not (you’ll be surprised).

If you do not follow the Block layout (ie you fall for a Frappuchino and don’t balance it out with your protein and fat), or you don’t eat enough Blocks in a day (or too many), then you cheated. Just jot it down, and get back on track at the next meal or next morning.

The Zone adds precision and accuracy to your nutrition, but it requires more discipline and thought than Paleo. Zone has also been touted as the best diet for high performance...but you have to work for it! Consider this before you make your decision, since we want you to pick ONE and stick with it for the whole Challenge.

3...2...1...GO!!!

Read over the resources provided, talk with your family, friends, and coach and decide which program you will commit to. Sign the following sheet and hand it in to your coach by Saturday, Oct. 17 and join the group. Eat Clean and Train Hard for 39 days...Thanksgiving will be here in no time!!!

40-Day Nutrition Challenge

Commitment Sheet

Directions:

1. Fill out your contact info (so we can email you if you win a prize).
2. Take two pictures of yourself (front and side/back). You can keep these to yourself, but you must take them.
3. Record your scores for the workouts at the bottom of the sheet.
4. Sign-up for either Paleo OR Zone and hand this into your coach!

Name: _____

Email: _____

Affiliate: _____

Coach: _____

Paleo Sign-Up:

I agree to eat only meats, veggies, fruits, seeds, healthy oils and nuts from Sunday, October 18 until Thanksgiving Day. I will not eat grains, dairy, legumes, sugar or processed foods. I will follow the spirit of the Challenge, and not try to cut corners or game my nutrition. If I cheat at any meal, I will keep record of it and get back on the tracks for the following meal.

Signature

Date

Coach's Initials

Zone Sign-Up:

I agree to weigh and measure my food from Sunday, October 18 until Thanksgiving Day. I will eat the same amount of food for the whole challenge, and each meal or snack will follow the Zone Block prescription. I will follow the spirit of the Challenge, and not try to cut corners or game my nutrition. If I cheat at any meal, I will keep record of it and get back on the tracks for the following meal. I've talked with my coach and will check in with him after the 1st and 3rd weeks.

Signature

Date

Coach's Initials

	Before	After
Body Weight		
CrossFit Total		
500m Row		
Max Pushups		
"Helen"		
I HAVE A FRONT PIC	Keep in private, but have it!	
I HAVE A BACK/SIDE PIC	Keep in private, but have it!	