Fitness and Nutrition Challenge Guide
Members of CrossFit Viral:

This month starts the beginning of our Fitness and Nutrition Challenge. This is a chance for you to take a look at what you’ve been eating and see how altering those habits with real, clean food can change your life. No matter whether you’re the next Rich Froning or in your first week at CrossFit Viral, you are an athlete and need to fuel yourselves accordingly. Your nutrition is paramount; it affects every part of your life. It determines your energy levels, aides in your recovery and helps to defend against illness.

Below are a few of the most frequently asked questions but do not hesitate to ask us anything and we will provide you with further clarification.

What does Paleo mean?

The “Paleo Diet” is based on the principle that our hunter-gatherer ancestors as well as modern hunter-gatherer’s ate a diet and lived a lifestyle that was vastly different to our current lifestyle and dietary patterns. Those ancestors did not suffer a great deal from the chronic illness that is plaguing western nations today. The foundation of the Paleo Diet is that adoption of our modern diet has led to these diseases of civilization and if we model our nutrition patterns closer to our ancestors we may eliminate some of those causes.

How will I benefit from Paleo?

Our modern diet is so highly processed and inflammatory that moving to a more “traditional” diet of real foods can provide you with so many benefits it would be hard to list them all here. Some potential benefits are: reduced allergies and inflammation, improved sleep patterns, more efficient workouts, burning off stored body fat, stabilized blood sugar, balanced energy, better skin and teeth and a reduced risk for chronic illness as well as an overall improvement in health and well being. We have seen this lifestyle literally change people lives!

So, what can I eat?

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.” If you’ve been into Crossfit for awhile you have probably seen this description by Crossfit’s founder Gregg Glassman. The “spirit” of the Paleo challenge is ingrained in the words above. Processed foods are HIGHLY ADDICTIVE and as such, many who start eating a Paleo diet find ways to make processed foods out of Paleo ingredients. With this challenge, we are challenging you to eat real food. So, what is real food? To keep it as simple as possible real food has one ingredient…itself. Protein had a face or a mother and carbs came from a plant and not from grass. There are various sources for recipes etc, some of which will be listed below, but to keep it
simple follow the instructions above written by coach Glassman. Please, be advised that all products sold at CrossFit Viral are challenge approved; i.e, FitAid, RxBars and supplements.

**How much should I eat?**

It is important that we are eating enough. In the famous quote above, Coach Glassman reminds us to “keep intake levels that will support exercise but not body fat”. We do a lot of work in this gym and need to stay nourished. Therefore, you need to be eating every 3-4 hours as 3 full meals and 2-3 snacks. Easiest way to portion meals is follow the Zone method and to divide your days into meal blocks. **To get started with Zone, please read the Crossfit Journal Zone Meal Plans PDF that is attached.** If you do not wish to try the zone method try dividing your plate in thirds, then cover 1/3 in protein, and the other 2/3 in colorful carbohydrates (preferably from vegetables), lastly add a small amount of health fat. What about snacks? That’s easy, imagine a smaller plate. Now, if you’re thinking that volume of food per day sounds like too much? Remember, as long as your eating from the recommended list of foods, keeping to these portion standards and continuing to train; this quantity of food is nothing to worry about.

**Where can I get food ideas?**

The internet is going to be your best ally and worst enemy in this challenge. I Googled “Paleo recipes” and received a shocking 21.5 million results. There is a plethora of sites that will provide you with Paleo meals and snack ideas but stay focused on the goal. If we are striving to eat healthy, lose weight and improve performance in our daily lives; is Paleo Chicken Nuggets and Paleo Cheesecake really what we’re needing? I’ve listed a few of the websites that I use to help you get started:


Otherwise, we’ve attached a reference sheet of what foods are optimal for this challenge so get creative and let us know about it. We have an amazing, encouraging community here at CrossFit Viral! We share in each other's successes and failures (and that also includes in the kitchen).

**What about Paleo treats?**

This goes back to what is written above. Paleo treats are just that…TREATS! We don’t want you basing your Paleo diet for this challenge on Paleo pancakes, Paleo chicken nuggets with Paleo barbeque sauce, and Paleo muffins. These are foods that end up being high in sugar and defeat the purpose of this challenge. **If you are following Zone you may have paleo treats as long as they are accounted for within your blocks. If you are not following Zone**
then Paleo Treats will cause a deduction of points. What are points!? Keep reading!

**How does this challenge work?**
As CrossFitters we love having a score, so this is a point based challenge giving you a score at the end of the 30 days. We have provided a food diary for you to use; in your journal you will keep a daily log of your food/exercise intake. Each Monday the journal for the previous week will be turned in to the coaching staff for review. **There will be a 1-week grace period due to rest days, vacations etc.**

- Each week you start with 140 free points. If you do not log your food and activity 20 points will be deducted for each day no entry occurred.
- Need to eat a minimum of 3 meals per day. Any skipped meals will cause a deduction of 10 points.
  - Not eating a Protein, Carb and Fat at every meal deducts 2 points per missing item per meal. (Zone will make this eaay)
- Drink a minimum of 2L of water each day. Any less will cause a deduction of 5 points.
- Not eating 3 servings of vegetables at 3 different times per day = 2 points per serving missed.
- Eat some form of protein within an hour of working out. Forgetting to do this will result in a loss of 2 points.
- Every time during the week you have an item from the list of “foods to avoid” 2 points per serving/drink will be deducted from your score. *See reference sheet for list

**Bonus Points:**
- If you follow zone you will get 3 points per day for blocking your meals correctly.
- Each day that you take Fish Oil, Magnesium or Vitamin D will add 1 bonus point per supplement per day
- Each day that you come to CrossFit will add 1.5 bonus points
- If you workout outside of CrossFit, it will add 1 bonus points- but leisurely walking, yard work, and bicep curls DO NOT COUNT! You know what exercising feels like at this point, don’t short yourselves!
- Outside of your 1 hour class, if you dedicate 10+ minutes to foam rolling, stretching, and/or trigger point work, you will receive 1 bonus points.
Zone Participants Only:

If you are following the Zone Method you may have:

- grass fed dairy including butter.
- “Paleo Treats” as long as they are accounted for within your blocks.

At the end of the 30 days all points will be tallied up and the participant with the highest score wins!

Best of Luck on the CrossFit Viral Fitness and Nutrition Challenge! And remember, we want you to succeed and get results. So if you find yourself struggling, let us know and we will give you the knowledge, praise, and support you need to step away from the cookie jar and get back on track to reaching your goals!

- From the CrossFit Viral Coaches
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
• Cod
• Grouper
• Halibut
• Red snapper
• Scrod
• Striped bass
• Trout

Shellfish:
• Clams
• Crayfish
• Mussels
• Scallops

Fruit:
• Apple
• Blackberries
• Cherries
• Grapes
• Honeydew melon
• Lemon
• Nectarine
• Peaches
• Pineapple
• Pomegranate
• Rhubarb
• Tangerine

Fruits in moderation (high in sugar):
• Mango
• Banana
• Fig
• Guava

Vegetables: Can’t get enough!!
• Artichoke
• Beets
• Broccoli
• Cabbage
• Cauliflower
• Cucumber
• Endive
• Kale
• Mushrooms
• Onions
• Parsnip
• Spinach
• Tomato (actually a fruit, but most people think of it as a vegetable)

Nuts and Seeds:
• Almonds
• Chestnuts
• Macadamia nut
• Pine nuts
• Sesame seeds
• Walnuts

Oils/ Good Fats:
• Olive oil
• Avocado

Protein Powder: * Protein powder is not Paleo but we understand that daily life can sometimes interfere with our eating. We recommend that you ingest some form of protein within 1 hour of exercising therefore a protein shake is a good solution if we’re pressed for time.

Note - This is not to be a replacement for any meal and points will be deducted accordingly.

All Products Sold At CrossFit Viral Are Challenge Approved!!
Foods that should be eaten in moderation:
• Bacon
• Black Coffee
• Deli meat
• Sausage
• Dried fruit
• Flaxseed oil
• Pumpkin/Squash
• Sweet potatoes
• Bacon
• Sausage
• Flaxseed oil
• Black Coffee
• Dried fruit
• Sweet potatoes
• Deli meat
• Pumpkin/Squash

Foods to Avoid (Deduction of 2 points/ serving of the following):
Paleo Treats - Unless you are following Zone and are accounting for them in your blocks.

Dairy Foods: All processed foods made with any dairy products unless they are from grass fed cows and you are following the Zone method
• Butter
• Cheese
• Dairy spreads
• Milk
• Yogurt
• Cream
• Ice cream/ Frozen yogurt
• Nonfat dairy creamer

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)
• Rice (brown or white rice, wild rice, top ramen, rice noodles, 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, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)

Cereal Grain-like Seeds:
• Amaranth
• Quinoa
• Buckwheat

Legumes:
• All beans: (GREEN BEANS, black beans, broad beans, fava beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans, red beans, string beans, white beans)
• All Lentils and Peas (Black-eyed peas, Chickpeas, snow peas, sugar snap peas)
• Miso
• Peanuts and therefore, peanut butter
• Soybeans and all soybean products

Soft Drinks and Fruit Juices:
• All sugary soft drinks and diet beverages
• Sports Drinks (Gatorade, Vitamin Water)
• Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

Alcohol
Artificial Sweeteners: ***deduction of 2 points per packet when using***
• Sweet and Low
• Splenda
• Equal

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