

# PALEO CHALLENGE

CrossFit Maximus Summer 2010

# PALEO

- Paleolithic period: 2.5 million years-10,000 years ago
- Hunter Gatherers
- Before agriculture, before grains, before fast food!

# PALEO

- Focus on quality foods: non-processed “REAL” food
  - Lean meat/fish/poultry, veggies, nuts/seeds, some fruit, little starch, no sugar
- Meat is from grass fed or free range animals - Quality!
- No dairy...babies drink milk, not adults
- When eating a meal always include a protein, carbohydrate and fat

# BUILD YOUR MEALS

A. Meat

B. Fruits/Veggies

C. Oils/Nuts

Flank Steak	Apple	Almonds
Pork loin	Grapes	Olive Oil
Chicken Breast	Oranges	Avocado
Turkey Breast	Spinach	Flaxseed
Eggs	Blueberries	Pecans
Top Sirloin	Cucumber	Pistachios
Pork Chops	Lettuce	Sunflower seeds
Bison	Carrots	Canola Oil
Tilapia	Onions	Pumpkin seeds
Salmon	Watermelon	Cashews

# SAMPLE MEALS/TYPICAL DAY

- Breakfast

- Omelet with ham

- Fruit

- Snack

- Orange

- Pistachios

- Beef Jerky

- Lunch

- Salad with Chicken

- Dressing (Oil/Vinegar)

- Dinner

- Flank Steak

- Seasonal Vegetables

# CHALLENGE

- \$20 to Join
  - all of this goes towards the cash prizes for the top 3 winners
- Not a weight loss competition
  - Want to see results across performance, measurements, and diet

# SCORING

- You will be scored on:
  - Nutrition Log
  - Before and After Photos
  - Measurements: weight, hip/waist, and body fat (optional)
  - Performance: before and after of 1 mile run, max push ups, and “Christine”

# SCORING

- Start out with 10 points for nutrition log
  - subtract points for:
    - 1 point for serving of: Deli meats, bacon, sausage, beans, hummus, peanuts, agave, honey, salt, peas, dried fruit, most salad dressings
    - 2 points for serving of: Dairy (milk, yogurt, cheese, butter), soy products, quinoa
    - 3 points for serving of: Cereal, grains, wheat, oats, corn, tortilla chips, bread, rice, pasta, noodles, hot dogs
    - 4 points for serving of: soda, juice, sports drinks, potato, fried food, chicken wings, most restaurant appetizers, cookies, baked goods, ice cream, frozen yogurt, sweets, pancakes, ketchup, processed marinades, BBQ sauce, sugar added dried fruit, beer, wine and all alcohol drinks, pizza

# BONUS POINTS

- You can potentially earn up to 4 points per day back and 3 points per week!
  - 1 point for WODs
  - 1 point for taking 6 Grams of Fish oil
  - 1 point for stretching more than 20 minutes
  - 1 point for sleeping > 8 hours
  - 3 points for attending the Paleo Challenge Seminars

# BLOG PAGE

- Keep an eye on the blog page for recipes, questions, comments
- Need support or have a question yourself...POST IT

# QUESTIONS

- If you have questions throughout email Kelli or Seth
- Post questions on the blog page...we'll get back to you!

# TIPS FOR HEALTHY “MANNER OF LIVING”

- Reduce Stress!
- Plan out your meals
- Don't starve yourself!!! When you're hungry EAT, just eat RIGHT.
- Have a drink of water if you are hungry...still hungry 20 minutes later...eat!
- Eat slowly, and wait 20 minutes before seconds
- Eat BEFORE you go shopping and BEFORE eating out
- Shop perimeter of store, that is where all of the food is
- Buy wide selection varying in color
- Fresh or frozen is better than canned
- Take a day off...1 out of 7 or 10 days

# MORE KEYS TO SUCCEED

- Set goals (realistic, measurable, and TIME sensitive)
- Develop a plan
- Be MINDFUL
- Get your friends and family on board
- Keep track of your progress (weight, BP, cholesterol, take pics)
- Talk is cheap...Action is priceless