

CARLSBAD CROSSFIT

no more excuses

60-Day Nutrition Challenge

Begins Monday, January 26, 2015

Ends Saturday, March 28, 2015

This year we are going to perform a 60-day Nutrition Challenge that will start on Monday, January 26th. This week is education and prep week. On Saturday, January 24th we will perform a baseline test of body composition with a DEXA Scan. If you are interested in signing up we still have a few spots left, please RSVP here (\$49.00).

<http://signup.body-comp.com/Request/carlsbadcrossfit>

Step 1:

As part of the education process we will provide information on simple, effective nutrition guidelines.

Zone Diet

Paleo Diet

Calorie Balance

Coach Sage will provide a schedule when she will be available to further assist in the understanding, prep and maintenance of whichever nutrition plan you choose.

Step 2:

Once you pick a nutrition plan that works for you, you will commit to the plan and fill out two **commitment and goal cards**. This is the **ONLY** requirement for the challenge. One commitment and goal card will be placed at the gym and the other will be for you to place anywhere you would see it on a regular basis. For fun, you can take a picture of your commitment and goal card and post to instagram: #CarlsbadCrossFit, #C2Nutrition, or #C2NutritionChallenge

The commitment and goal card will have this information:

Name:

Commitment: "Strict Paleo"

Goal:

Body Comp Goal:

60 Day: Lose 10lbs/ x% of body fat

30 Day: Lose 5lbs/ x % of body fat

Training Goal:

5 Strict Pull-Ups



Step 3:

Stick to the plan. Consult with Sage for any additional nutrition advice. At the end of the challenge we will perform another DEXA scan to see changes in body composition.

Allow yourself a few cheat days – Maybe 1 meal per week, 1 day per week or special events (Superbowl, Birthdays, etc).

Questions?

Contact Coach Sage: sage@carlsbadcrossfit.com or text (757) 348-8016



Zone Diet Basics...

What is the Zone diet?

The Zone diet is an anti-inflammatory approach to nutrition that focuses on balancing intake of protein, carbohydrates, and fat.

How do I get started on the Zone diet?

Once you have determined how many "blocks" of food you should be eating, a coach will help you understand how to spread your snacks and meals throughout your day.

How might the Zone diet benefit me?

While on the Zone diet you may experience decreased inflammation, increased energy, weight loss, and improved athletic performance. You may also begin to look and feel healthier and more energized.

Is there a down-side to following the Zone diet?

Getting started on the Zone diet may be challenging for the first few weeks as your body adjusts to a new way of eating and you become accustomed to weighing and measuring your food. Food preparation may be time consuming at first but don't worry... You will feel more at ease as you become more skilled at portioning your snacks and meals. Remember, planning ahead is key to succeeding with the Zone diet.

Where do I find additional information about the Zone diet?

You may find more information about the Zone diet by reading books such as "Enter the Zone" by Dr. Barry Sears. You may also visit www.zonediet.com for information and additional resources. CrossFit Journal article 21 is also a helpful resource when starting the Zone diet... just email coach Sage to receive a copy.



Paleo Diet Basics...

What is the Paleo diet?

The Paleo diet is an anti-inflammatory approach to nutrition that focuses on mimicking the diet that our caveman ancestors may have had... a diet with greater amounts of lean protein, fruits and vegetables, nuts, and seeds.

How do I get started on the Paleo diet?

Once you have decided to begin the Paleo diet, you will need to be aware of which foods are considered "Paleo" and which are not "Paleo". You would then only consume foods that are "Paleo", eliminating those that are not "Paleo" from your diet. You are not expected to weigh or measure your food while on the Paleo diet. However, it is not a green light to over eat.

How might the Paleo diet benefit me?

While on the Paleo diet you may experience decreased inflammation, increased energy, weight loss, and improved athletic performance. You may also begin to look and feel healthier and more energized.

Is there a down-side to following the Paleo diet?

Getting started on the Paleo diet will require some homework so that you can understand which foods are permitted and which are not permitted. Committing to a Paleo diet will likely cause you to reevaluate many of the foods that are currently in your pantry and refrigerator. You will be expected to give up foods that contain grain, legumes, and dairy. This may mean that you will be giving up many foods that you rely on for comfort and convenience. It is normal to feel more irritable than usual as you rid your diet of refined sugar. Additionally, it is possible that you may experience increased sensitivity to eliminated foods if you decide to re-introduce them to your diet. Be open to learning more about healthier foods that can replace the old, non-Paleo foods.



Where do I find additional information about the Paleo diet?

Resources for the Paleo diet are abundant, however, you may find more information about the Paleo diet by reading books such as "The Paleo Diet for Athletes" or "The Paleo Diet" by Loren Cordain, Ph.D. or "The Paleo Solution" by Robb Wolfe, just to name a few. You may also visit www.ultimatepaleoguide.com for information and additional resources. Searching "paleo" in the app store will allow you to search for mobile paleo resources.



Calorie Balance Basics...

What is Calorie Balance?

The calorie balance approach is based on the old approach, calories in vs. calories out. That is... you can be in a calorie surplus, which means you take in more calories than you burn, a calorie deficit which means you take in less calories than you burn, and a balance of calories, which means you take in as much as you burn.

Your total daily energy expenditure (TDEE) is the amount of calories you burn over the course of the day. This includes how many calories you burn at rest, during workouts, after workouts and during sleep. There are MANY calculators online that can help you figure out what your TDEE is, especially since each day is different.

A pound of tissue is about 3500 calories. To safely gain (muscle) or lose (fat) you should expect to make a 1-2lb per week. That means making small changes of about 500-1000 calories per day (over the course of 7 days = 3500-7000calories).

How do I get start on a Calorie Balance approach?

There are a few ways to get started. In order of ease of use for adherence:

1. "Small Changes" approach (recommended) - Eliminate or Change or Add 1-2 items PER Day.
 - a. Eliminate a high calorie/high sugar/low nutrient dense food and/or
 - b. Change a high calorie/high sugar/low nutrient dense food with a "Paleo" option
 - c. Add a high calorie, low sugar, nutrient dense food
2. - Use an online calculator to determine TDEE and use this as a starting point to construct calories that meet your goals
3. Create a 1-week food log to determine how much food you are consuming and what affect it has on your current bodyweight (the food log should coincide with multiple times per day weigh-in) and make a small change based on this approach.

Next, establish a caloric target to achieve your goal (i.e. if your current intake is 3500 calories/day, your target may be 3000 calories/day if your goal is weight loss). If counting

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calories is the challenge you accept, you should keep a food journal for the duration of the challenge (digital or hand written). This journal should include, at minimum, the total daily caloric intake.

As you keep track of your calories, keep in mind that not all food is equal.... 2000 calories provided by quality food like lean protein and fresh vegetables is far better than 2000 calories provided by gummy bears on top of low-fat frozen yogurt.

Is there more?

Yes. Like the Zone Diet, you should aim for a balance of protein, carbohydrates and fat. Ideally, protein should make up about .6g to 1g per pound of bodyweight.

Carbohydrates should make up about 1-2g per pound of bodyweight on workout days and about .1 to .4grams on non-workout days.

Protein should be spread evenly throughout the day and Carbs should be mostly consumed before and after workouts (the further from the workout, the less carbs).

Resources?

Just one of many ways to find out how many calories a particular food is worth is a nutrition database such as <http://ndb.nal.usda.gov>. All processed foods with a label will provide you with nutrition facts including calories. You may also search the app store on your smartphone to find a tracking app that can help you on your way to counting calories. Along with your food journal, you should also keep track of your body measurements and weight (your coaches are here to help if you need it). Taking these measurements weekly will help you track your progress.

How might focusing on a calorie balance benefit me?

The best thing about making small changes in your diet is that YOU get to decide what works for you. Whatever you decide to commit to... there is only improvement to be made. Giving up a vice, eliminating an irritant, or even adding something to your diet that has been missing can make a positive difference in your life. How great is that?

Is there a down-side to focusing on a calorie balance in my diet?

Although making a small change in your diet may lead to huge changes for you, those changes may take a longer period of time for you to realize. All of your efforts will benefit you in the future. However, the smaller the change, the longer it may take for you to see obvious change. And never mind... who wants to carry around a journal anyway.

Where do I find additional information about making small changes?

Your C2 coaches available to help you decide what kinds of small changes may be right for you. Ask the nearest coach and they will help you in the right direction.