

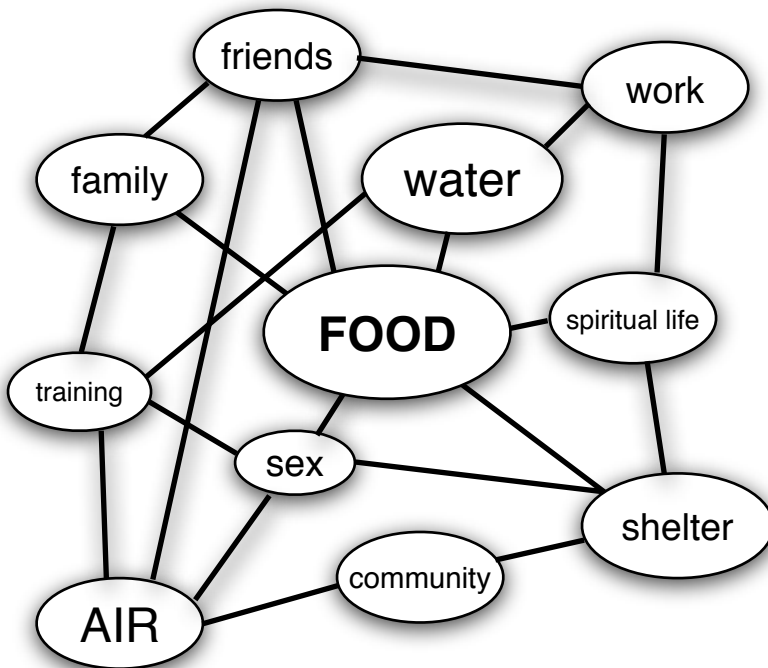


FOOD & TRAINING JOURNAL

BELONGS TO:

TEAM:

THE LIFE WEB



Do you have an air filter in your house?

Ever had your ducts cleaned?

Change out the filters in your furnace and A/C?

How about a water filter?

Then why the hell don't you think more about the quality of your food!?!?

It's the one survival necessity that you have complete control over. Air is a given, water's simple, shelter's not that tough once you have it.

30 Day Lockdown Paleo FAQ

Q: What is Paleo?

A: Meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. It's the way our bodies are designed to feed.

Q: What about potatoes and corn.

A: Not vegetables, sorry. Too high on the glycemic index, too high a glycemic load.

Q: What's that mean?

A: The sugar these foods carry is too rapidly delivered into the bloodstream (glycemic index) and the amount is much too high (glycemic load).

Q: There's no bread on here?

A: No grains here at all. Pretty high on the glycemic index, high glycemic load and the gluten issues.

Q: What about whole grains? Aren't they good for you?

A: No. The only difference between "whole grain" and refined white flour is the ratio of fiber to the other stuff.

Q: No beans either? They're good for you, I'm sure, especially peanuts.

A: Nope. Read this. http://findarticles.com/p/articles/mi_m0999/is_ai_54561205

All Lockdown related info is available online. If it is posted, you can't say you didn't know.

So stay tuned in, and contribute as much as possible.

Q: I can't live without booze. How much can I have?

A: Technically, none. Whiskey, beer, etc are made from grains and this is one of the things we want to avoid. Wine is not grain-based, obviously, but has a pretty high carb load. Drink it sparingly.

Disclaimer: If you're celebrating a significant event – a wedding, a death, a divorce, a bachelorette party – Mazel Tov! Enjoy! Just use some sense. BUT, and it's a big but, a significant event is NOT having your dog neutered, getting a haircut, buying a new lawnmower, or sundown. We're trying to change our lives, here. It's called a Lockdown, after all.

Q: My parents/wife/significant other/husband/roommates are Italian/Jewish/Armenian/not Cave people / Japanese/Brazilian/. I can't avoid grains!

A: Yes, actually, you can. I don't want you to go hungry, I want you to replace some of what you're used to eating with other stuff. Pasta with spaghetti squash, for example. It's only 30 days. You're a CrossFitt'er, you can do it.

Q: What about portions? Isn't portion control a big deal?

A: Baby steps, Bob. If you're already Zoning and want to shift to Paleo foods, go for it. If you're eating a typical American diet then our major concern at this point is food quality. We'll address portions/macronutrient ratios and meal timing at a later date.

For now, a palm sized serving of protein, as much vegetable matter as you want and a chunk of good fats. Don't go around hungry. If you are then eat something. Refer to The Food Matrix.

Q: I need more guidance. Give me amounts.

A: For you solid number types, 3-5 ounces of protein (read: meat, fish, eggs, tofu, if you must), 6-10 ounces of veggies, 2-4 ounces (roughly a handful) of nuts or half an avocado or ¼ cup of olive, coconut or walnut oil.

Don't get hung up in the numbers. Eat, enjoy, live your life, repeat.

Q: Hold on one damm minute! No dairy, either?

A: Everybody is allergic to cow dairy to some extent. It's an immune system stressor. Avoid it as best you can. Again, it's only 30 days, you can go back to it if you want. Think of this as a chance to break out of your old life...

Q: That's a lot of cooking/I don't cook/I can't cook because I don't have a kitchen/I really don't have time for all this.

A: Unless you're an air fern, you're eating now. Adapt what you do to this plan. Think and prepare ahead is the key here. Veggies are easy. Fresh can be eaten raw most of the time, frozen steam or brown up in no time, canned don't even have to be an option. Prepare your proteins in batches and refrigerate until need. Reheat or eat cold.

Q: What about eating out?

A: Same basics apply. Sub the potato for the steamed vegetables, hash browns, out, fruit plate, in. Don't eat the bread. Evaluate your priorities and make smart choices.

Q: I travel for work/school/because I don't like you. What do I do?

A: Prep ahead. Zip Locs and disposable plastic tubs are your friend. 'Wave or eat cold. Whatever works.

Q: What about when the Challenge is over? What then?

A: You'll have a whole new outlook on eating and a new set of skills to go forward with. Via con dios. As your performance improves you'll need to dial in your nutrition more and more and you'll be ready. But, the results you get are gonna make you want to continue. Hear me now, believe me later.

In the end this is pretty simple stuff. Follow the basic prescription, practice a little you'll find it's not that hard.

Whiteboard Food Matrix

Below are the foods Tony discussed in the mini workshop. By no means are you limited to these. There will be an open dialog on the CFNA Nutrition Blog throughout the entire challenge. Stay tuned in and contribute as much as possible.

Protein	Carbs	Fats	Spices / Seasoning
Chicken breast	Asparagus	Extra Virg Olive Oil	Garlic
London broil	Zucchini	Almond Butter	Pepper (4 kinds)
Tuna	Brussels sprouts	Bacon Fat	Salt
Pork chops	Green beans	Tahini	Garam Masala
Ground sirloin	Spinach	Cream	Onion powder
Ham	Kale	Lard	Basil
Shrimp	Broccoli	Avocado	Chili powder
Rib eye steak	Cauliflower	Walnuts (6 kinds)	Oregano
Talapia	Carrots	Olives	Dill
Chicken thighs	Pea pods	Macadamias	Tarragon
Buffalo	Cabbage (5 kinds)	Cashews	Horseradish
Lobster	Sweet potatoes	Pecans	Cumin
skirt steak	Turnips	Butter	Rosemary
Pork ribs	Yams (4 kinds)		Bay leaf
T-bone steak	Beet / turnip		Curry (10+ kinds)
Swordfish	collard greens		Cardamon
Lamb	Eggplant		Ginger
Chuck Roast	Okra		File powder
Porterhouse Steak	Spaghetti squash		Paprika (3+ kinds)
Rabbit	Celery		Chiles (5+ kinds)
Duck			Sage
Chicken wings	Fruit		Jerk spices
Eggs	(sparingly, 1-2 a day)		Thyme
Goose	Melon (4+ kinds)		Parsley
Crawfish	Berries x (4+ kinds)		
Tofu/Tempeh	Apples		
Quail	Pears		
Pork loin	Bananas		
Corned beef	(mostly Post Workout)		

Food & Workout Journal

WEEK 1

	Breakfast	Lunch	Snack	Dinner	WOD	PTS
1 SUN						FOOD
						WOD
2 MON						FOOD
						WOD
3 TUES						FOOD
						WOD
4 WED					HQ REST	FOOD
						WOD
5 THUR						FOOD
						WOD
6 FRI						FOOD
						WOD
7 SAT						FOOD
						WOD

WEEKLY TOTALS: FOOD POINTS _____

WODS _____

Food & Workout Journal

WEEK 2

	Breakfast	Lunch	Snack	Dinner	WOD	PTS
8 SUN					HQ REST	FOOD
						WOD
9 MON						FOOD
						WOD
10 TUES						FOOD
						WOD
11 WED						FOOD
						WOD
12 THUR					HQ REST	FOOD
						WOD
13 FRI						FOOD
						WOD
14 SAT						FOOD
						WOD

WEEKLY TOTALS: FOOD POINTS _____

WODS _____

Food & Workout Journal

WEEK 3

	Breakfast	Lunch	Snack	Dinner	WOD	PTS
15 SUN						FOOD
						WOD
16 MON					HQ REST	FOOD
						WOD
17 TUES						FOOD
						WOD
18 WED						FOOD
						WOD
19 THUR						FOOD
						WOD
20 FRI					HQ REST	FOOD
						WOD
21 SAT						FOOD
						WOD

WEEKLY TOTALS: FOOD POINTS _____

WODS _____

Food & Workout Journal

WEEK 4

	Breakfast	Lunch	Snack	Dinner	WOD	PTS
22 SUN						FOOD
						WOD
23 MON						FOOD
						WOD
24 TUES					HQ REST	FOOD
					HQ REST	WOD
25 WED						FOOD
						WOD
26 THUR						FOOD
						WOD
27 FRI						FOOD
						WOD
28 SAT					HQ REST	FOOD
					HQ REST	WOD

WEEKLY TOTALS: FOOD POINTS _____

WODS _____

Food & Workout Journal

WEEK 5

	Breakfast	Lunch	Snack	Dinner	WOD	PTS
1 SUN						FOOD
						WOD
2 MON						FOOD
						WOD
3 TUES						FOOD
						WOD
FINISH LINE: LOCKDOWN OVER!						
4 WED					HQ REST	
5 THUR						
6 FRI						
7 SAT						

WEEKLY TOTALS: FOOD POINTS _____

WODS _____