

## The Garage4150 Paleo Challenge

June 2, 2009

### **How it Works:**

YOU have to decide if you want to participate. If so, you will be assigned to a team. Your team will select a team captain and team name prior to kick-off on Wednesday morning. Your team can earn points in a variety of ways:

- Eating paleo foods ONLY (and validating this by logging your food and turning in your log each week)
- Workout attendance
- Sleeping (8 hours)
- PR'ing a workout
- Submitting recipes to Nicole to post
- Submitting a personal experience

Each member of the winning team will be awarded a super cool (really, it's pretty sweet) prize at the end of the month.

### **Your End of the Bargain:**

- Log EVERYTHING you put in your mouth - the folks over at MBS CrossFit made a great suggestion: email yourself each day the foods you eat and then log it at the end of the day
- Turn in your log books to Nicole every Thursday.
- Sack up and give it a try. If you lived to be 85 years old, this would account for .098% of your life
- Lastly, BE HONEST.

### **Points:**

Food log: Record EVERYTHING you consume and submit it every Thursday. We don't care about the *amount* you consume, we just want to know *what* you consumed.

1 Point/day = 30 points possible

Workout of the Day (WODs): Attend 5 workouts each week. You can substitute one "go play outside" day for a workout. This would entail going for a bike ride, a trail run, or a hike.

1 Point/day = 20 points possible

Sleep: Sleep at least 8 hours per night and enter it in your log book.

1 Point/day = 30 possible points

Indicator Workouts: We completed three workouts prior to the start of this challenge. We will complete the same three workouts in the same order at the conclusion of the challenge. You can earn 5 points for beating your previous scores/times from the three days prior to the start of the challenge.

5 points/PR = 15 points possible

Contribute a Recipe: Email us a recipe AND a photo of a Paleo meal that you prepared at your house. Each team member is eligible to submit one recipe during the challenge.

1 Recipe = 5 points

Write a reaction post: Email us a short - or long - post on your experience during one week of the challenge. We'll post it to the nutrition section of the website.

1 reaction = 5 points

### **Resources:**

Nutrition Blog: Check out our nutrition blog for recipes, tips, etc.

Dr. Loren Cordain's website (THE paleo diet guy, he lives in Fort Collins!):

<http://www.thepaleodiet.com/>

Paleo food list, my personal favorite: <http://altmed.creighton.edu/Paleodiet/Foodlist.html>

Nicole and Eric: ask us questions, we're here to help!

### **The Paleo Diet in 100 Words:**

In a nutshell, the paleo diet is a way of eating that cuts out all the processed crap that has invaded our grocery stores and restaurants. Simply, it means that you can eat meat, vegetables, fruit, nuts, and seeds. In other words, you can eat real food.

### **But what is real food?**

Real food is that which *could* be consumed raw. Notice we didn't say *should* be eaten raw. Here are some tips to help you determine whether you're eating the right foods:

1. Read the paleo food list: <http://altmed.creighton.edu/Paleodiet/Foodlist.html>
2. Don't buy anything your great grandmother wouldn't recognize as food.
  - If it comes in a hot pink wrapper and makes a claim about improving your health it's probably something Nana wouldn't have ever allowed in her kitchen.
3. Don't buy anything with more than 5 ingredients.

- I'll add to that and say don't buy anything with an ingredient you can't pronounce - especially if portions of the words include combinations of PHs, Xs, Ys, and Zs you probably don't want to eat it
4. Don't buy anything with an ingredient you wouldn't have in your own house.
  5. Don't shop in the middle of the store because that's where the processed stuff lurks. The fresh (real food) stuff is on the periphery.
  6. Don't eat any foods that won't eventually rot.

**AH! What am I going to eat?! - here are some examples but not an inclusive list!**

Meat: chicken, pork, beef, duck, rabbit, turkey, fish, shellfish, eggs

Fruit: apple, apricot, avocado, banana, berries, grapes, lemon, lime, orange, watermelon

Vegetable: artichoke, asparagus, beets, broccoli, brussels sprouts, carrots, eggplant, endive, green onions, kale, lettuce, mushrooms, onions, parsley, pumpkin, spinach, swiss chard

Nuts and Seeds: almonds, brazil nuts, cashews, chestnuts, hazelnuts, macademia nuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

Oils: olive, avocado, walnut, flaxseed, canola, coconut oil/butter

Spices!: garlic, pepper, sea salt, dill, cilantro, basil, cumin, jalapeno, chiles, curry powder

AVOID: beer, peanuts (peanut butter too!), soy, rice, corn, SUGAR, fructose, sucralose, artificial sweetener, table salt, potatoes, all beans, all dairy products including cheese, milk, yogurt, ice cream, and creamer.

**Hand substitutions:**

Peanut butter - almond butter (or pecan butter!)

Milk - almond milk

Chips/crackers - sweet potatoes, dehydrated vegetables

Sweeteners - agave nectar, maple syrup, honey (use sparingly)

Mashed potatoes - mashed cauliflower

Spaghetti - spaghetti squash

Hot Sauce - pico

The following is from [www.robbwolf.com](http://www.robbwolf.com) - another GREAT resource

1. Food quality matters. Secondly, you need to learn how to cook. **Acknowledge, accept, move on.**
2. People are “too busy”. If you are “too busy to cook” you need to reevaluate your life. How much time do you spend watching TV? Be honest and realistic because if you legitimately do not have time to feed yourself correctly you are heading towards serious health problems.
3. People go absolutely fetal if they do not have their bread, rice, pasta and all the other garbage carbs. Inevitably the question arises “how do I cook this?” It is simply a cover for “I want my comfort food”. If you want results you need to alter what you are doing. I know this seems obvious, but apparently it is not! If you want to keep doing the same old thing join a Globo gym, don’t go (most people don’t) and keep eating what you have been eating. Wasn’t that easy?! Not surprisingly you will continue to get the same results.
4. As day follows night, eating can only follow shopping. You cannot and likely should not eat out all the time. That means you need to stock your pantry and have the vitals on hand to cook nutritious, possibly even tasty meals. Hence the handy guide that follows. You CAN do this. If you fall off the pony, get up, catch the lil’buggar and get back on. If you are not committed to this please step away from the ride, do something else.

## **Shopping**

Fruit & Veggies - Frozen berries and vegetables are a must! For fresh fruit & veggies hit the farmers market and buy what is in season. Avoid bananas and other tropical fruit. Buy local. Try buying some non-traditional veggies and some other goodies. Expand your horizons for crying out loud! That said however you should ALWAYS have the following in the freezer: Broccoli, green beans, asparagus, blueberries.

There are other frozen veggies that are good but you MUST have these on hand. You can easily throw together a meal with some meat or chicken and a half bag of these veggies. Remember the excuses above of not having enough time? Keep this stuff on hand and you will have no problems.

Fresh meat- Get good grass fed meat. This is your first choice with all varieties of meat. Grass fed is better than organic. Free Range chicken, wild meat if available. Conventional cuts like London broil for beef and pork loin are good options if the organic and or grass fed options are not available. Costco has good prices and good quality. Stock up! People tend to make bad food choices when they run out. Don’t be one of “those” people.

Fish and shellfish- Frozen fish and shellfish or canned Wild Alaskan Salmon. Great stuff for salads! When you buy any type of salmon make sure it is WILD. "Fresh" does not mean wild.

Eggs- Omega-3 enriched only. Costco has a great deal on these and they are top quality. Any major supermarket carries these however.

Store Interior - Coconut milk- If you like curries this is a must have.

Olive oil- Pacific Sun or one of the other top shelf brands will lighten your pocketbook a bunch but they are amazing. You get what you pay for with olive oils.

Tomato paste/sauce -canned marinara, you can pour this over any meat/veggie dish and LOVE it. Make sure there is NO sugar in them!

Spices- The more the better. If you do not know how to cook, learn. Google specific recipes, look for examples on youtube.

Green/Black tea- Any

Coffee - Any

You can do this. I could give you hundreds of reasons but to me, the most compelling is that this one-month challenge would account for .098% of your life. Do it. See what happens. If you don't, you have set a course for predictable results.