

Congratulations on choosing the Six Week Paleo Challenge!

BBQ season is winding down and the holidays aren't far off and that's what makes this the perfect time to challenge yourself to form better habits and make better choices with your diet. As CrossFitters we have already taken bold steps to improve our health and fitness the moment we activated our inner badass by finishing our first WOD. This did not happen on its own; we made a choice! Everyday that we show up we are choosing to jump in and do what it takes to get the work done, so employing the same attitude and principles to how and what we eat is well within our skill set. Let's also remember that part of our success as CrossFitters is that we don't do it alone. We come together as a united community ready to support each other and suffer together for the greatest results. So in typical CrossFit fashion we will meet this challenge and prevail, feeling and looking better than ever.

**Six Week Challenge Begins:**

September 12 – October 23, 2010

**How do I get started:**

1. Print, sign and date your intention statement (this can be found on the last page of this document). Intention/focus is important in creating the experience and life that you desire. A copy will be displayed at the gym to support you by declaring your commitment to yourself and the community.

*CFMC Paleo Challenge intention statement:*

*It is our intention to succeed in the Paleo challenge by changing our eating habits and fueling our bodies with the highest grades of the most nutritious foods so that we experience increased energy, release weight, eliminate diet related disease, discomfort and dysfunction, improve over all health conditions, and unleash our inner badass thereby operating at our peak athletic performance.*

2. Pay \$20 on or before Saturday September 11, 2010 (100% of money collected will be used for prizes.)

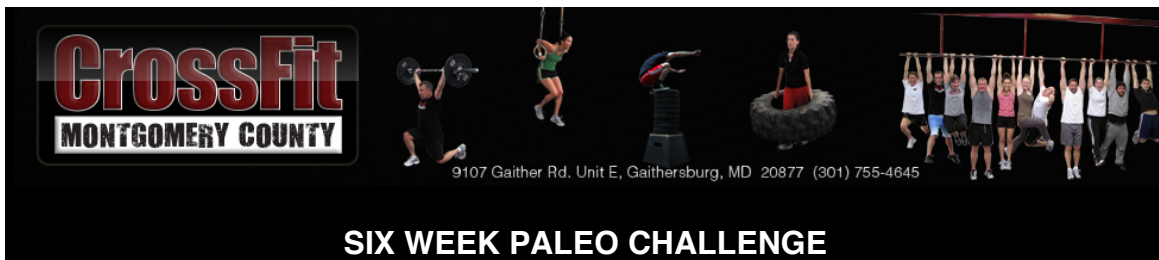
3. Come into the gym and get your before pictures taken by either Tai or Danielle. Men will be photographed without shirts and in shorts, women in sports bras and shorts. All pictures will be confidential unless you are one of our winners and will not be used without your permission at anytime. Pictures must be taken before Saturday 11, 2010.

4. Track your points and submit the provided "Daily Paleo Log" (download this separately from the website) by 5:00pm on Monday to Danielle at [danielle@crossfitmc.com](mailto:danielle@crossfitmc.com) for the previous week's activities, according to the following scale:

Paleo day = 5 points (Completing a full day of strict paleo eating)

CrossFit WOD = 3 points (Not to exceed 5 workouts per week)

Community Bonus = 1 point (sharing a Paleo recipe or Paleo-friendly dine out meal on the blog)



## How will the winners be determined?

Prizes will be awarded in two categories for both men and women:

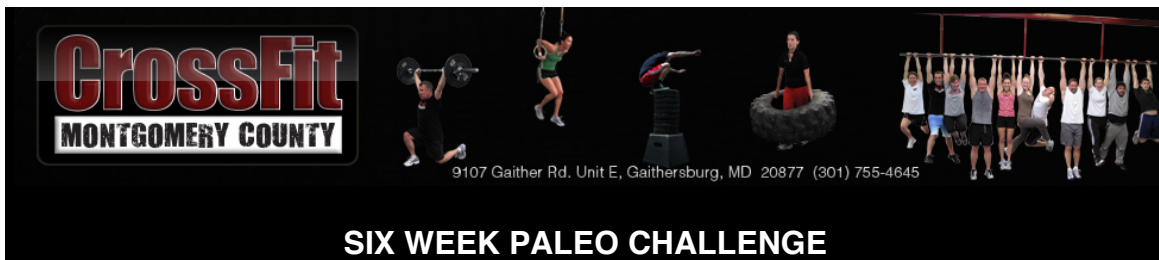
1. Most visible improvement (based on the before and after pictures)
2. Total overall points (showing the most consistent change in behavior over time)

## Paleo Do's and Don'ts

1. **Eat real food.** Meat, eggs, vegetables, nuts, seeds, fruit, oils (like EVOO or coconut). Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're fresh and natural.
2. **Do not eat dairy.** This includes butter, cheese, yogurt and milk (including cream in your coffee).
3. **Do not eat grains.** This includes bread, rice, pasta, corn, oatmeal, and also any gluten-free pseudo-grains (quinoa, etc).
4. **Do not eat legumes.** This includes beans of all kinds, lentils, and peanuts. No peanut butter!
5. **Do not eat sugars of any kind, real or artificial.** No maple syrup, honey, agave nectar, Splenda, Truvia, Stevia, etc.
6. **Do not eat processed foods.** This includes protein shakes, processed bars like Zone and Balance bars, dairy-free creamers, etc.
7. **Do not drink alcohol, in any form.**

## Tips for Getting Started and Succeeding

1. Prepare enough food for more than one meal.
2. Don't exceed more than 2 servings of fruit per day. Preferably eat fruit at breakfast and lunch or for a snack.
3. Frozen shrimp and fish defrost quickly and are good sources of protein.
4. Frozen organic vegetables are easy to keep on hand and cook quickly.
5. Eat nuts and seeds in small quantities.
6. Drink more water.
7. Buy salt free seasonings for meat.
  - Penzeys sells small quantities of salt free seasonings and is on Rockville Pike and [www.penzeys.com](http://www.penzeys.com)
  - Lemon and lime juice add flavor to meats, fish and vegetables.
  - Olive Oil and garlic are always tasty.
  - Trader Joe's has a 21 Seasoning Salute product that is great on meat.
  - Fresh herbs make for great tasting food.



8. Shop at Trader Joe's, Whole Foods, Mom's Organic Market, and Costco (some products)
9. Make a list of items you can get while you are dining out or on the road.
  - Panera has a Strawberry Organic Chicken Poppy Seed Salad (get the dressing on the side, it's not paleo)
10. Make a list of 100 Reasons that you are choosing to participate in the Paleo Challenge. It will serve as a support for you when you are feeling like you want to cheat or skip a WOD. It's really hard to argue with yourself after you re-read 100 reasons YOU have for making this choice. (Do a little research on line if you can't identify 100 reasons on your own. An educated choice is a wise one.)

### **Inspiration**

"You can't out train a bad diet." ~Unknown

"Abs are sexier than grains." ~Dave "Chef" Wallach

One should eat to live, not live to eat. ~Cicero, *Rhetoricorum LV*

Nothing tastes as good as being fit feels. ~Author Unknown

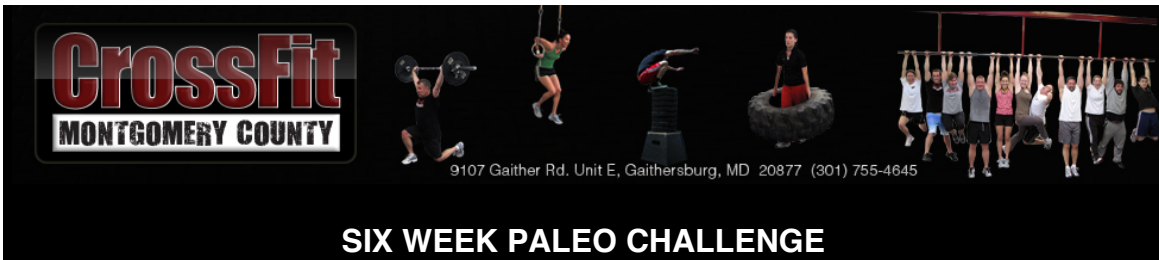
It's bizarre that the produce manager is more important to my children's health than the pediatrician. ~Meryl Streep

### **Paleo Prepared:**

Frozen Paleo Meals: <http://store.paleobrand.com/store/pc/home.asp>

Paleo Snacks: <http://www.stevesoriginal.com/>

Paleo friendly protein powder: Hemp Protein (sold at Whole Foods)  
<http://www.manitobaharvest.com/cartshop/productlist.asp>



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**CFMC Paleo Challenge Intention Statement**

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Name \_\_\_\_\_

Date \_\_\_\_\_