

What is Zone Paleo anyway?

**PALEO IS:** EAT MEAT (preferably grassfed), **EGGS** (as close to chickens roaming in your backyard as you can get) and SEAFOOD (wild caught and smaller is better), **VEGETABLES** (eat for color - get a deep green like kale, and a bright red cabbage in the same week - also, look around - I bet you have no idea what's hiding in your produce section), **SOME FRUIT** (too much can simply yield different results than too little - as with most things - eat what's in season), **LITTLE STARCH** (yeah, and here we mean starches that come from root vegetable sources such as rutabagas, parsnips, carrots, beets, carrots, etc. **NOTHING THAT COMES IN A BOX OR BAG!**), **NUTS and SEEDS** (too many yields different results than just enough for energy and nuts and seeds that are high in omega-3 fatty acids - i.e. macadamia nuts, walnuts, flax, and hempseeds - are better), and **NO SUGAR** (seriously - if it absolutely kills you look into some not-so-horrible paleo sugar substitutes).

**ZONE is simply eating all of the above in proportions that balance the body's hormonal response to food. Your body composition (lean muscle to fat ratio) effects your performance and zone effects your body composition.**

(from CrossFit Tribe)



Picture from paleobrand.com

### CrossFit says:

"Lean protein ~30% of tot. kcal; very low glycemic carbs (aka veg's) ~40% of your total caloric load; mostly monounsat. fat ~30% of your total caloric load. Protein should be set between .7 and 1.0 grams of protein per pound of lean body mass depending on your activity level.

Base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as we can get. Many have observed that keeping your grocery cart to the perimeter of the grocery store while avoiding the aisles is a great way to protect your health. Food is perishable. The stuff with long shelf life is all suspect. If you follow these simple guidelines you will benefit from nearly all that can be achieved through nutrition."

### "Paleo" = What food

Paleo is the term for an explanation of the science behind why their prescribed diet is optimal to achieve health and longevity. Foods CrossFit prescribes aligns with what the Paleo diet prescribes.



### "Zone" = How much

"Zone eating" is the explanation of the science behind why their prescribed ratios of foods work to achieve optimal metabolic and performance results. CrossFit emphasizes that Zone eating makes the biggest difference in performance.



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