

Hello about-to-be-paleo ladies and gents! Ready to rock the Challenge!?!

As of now, you have about 1 hour until it begins. From now until the end of the 8 weeks the 15 (so far) of you get a weekly email reminding you to turn in your log and giving encouragement. Feel free to reply with questions.

Meet your challengers for the prizes and glory: Tad, Slaughter, Nicole, Allyson, Big Ryan, Lil Ryan, Sean, Matty, Kellie, Kristi, Mike, Bryan, David, Kerry, Arbel, and Remy (though I'm not eligible to win prizes :)

Four things in this email for you 1) a little motivational speech 2) reminders for this week, 3) directions for your Challenge Log, and 4) new and upcoming resources for those "DO"s I list below.

1) Kicking even more ass...

I'm thrilled that you chose to join the competition. Undoubtedly you're doing this for some reason that involves kicking even more ass... on WODs, at work, in the kitchen, to see it in your blood-work, in your jeans or in the bedroom.

Eight weeks is a good amount of time to make some significant and permanent changes in your body and lifestyle. If you DO: eat paleo 80% or better of your meals, take fish oil, sleep right, and give it your 100% at CF, your life will somewhat to very radically change (in a good way) depending on your consistency.

You will begin to cure your mental (craving) dependence and physical (metabolic) dependence on sugar, and resultantly start optimizing your performance and reducing your risk for a host of diet-related diseases. Your cooking, performance, and other stories throughout the Challenge (you will have many) you'll recount to others and you'll want to share the paleo love with new crossfitters and those who take on the next Challenge.

2) Reminders:

Before/After Pics - take them this week: ask one of the coaches this week to take your before and after pictures (front, side and back in shorts/sports bra). The earlier the better.

Benchmarks - Do them this week: The benchmark WODs have been worked into the programming in the next week. This week and in the final week of the Challenge you'll do each: Filthy Fifty, and you'll also do each of a squat, DL, and shoulder press. The point is to do the same thing in the first and final weeks to compare the change. If you can't make it for Filthy Fifty, then either make it up or pick another comparable WOD and do it this week. The 3 lifts must be done though (unless you have an injury, then let me know).

Logs - Start recording tomorrow: The log will contain a place to log your food, a measurements (waist, hip, etc.), and benchmarks. You will need to turn it in every Monday night starting next Monday (1/25). Please reply to me today or tomorrow on whether you're going to do this electronically (Excel file or Google Doc) or on paper and whether you're a fireman and want to take advantage of the reduced 70% requirement for % meals paleo per week due to eating constraints at your station.

I've created the electronic file in three formats. Again, **pick one and reply to me today or tomorrow on which you plan to use:**

- 1. Google Doc: If you choose to use the Google Doc, save your own version ([here](#)), then share your unique version's link with me.
- 2. Excel file: If you choose to use the Excel file (**attached**), please email me the updated version each week.
- 3. PDF: If you choose this (**attached**), you'll print it out, fill it out and I'll pick it up from the gym on Tues mornings.

3) Filling out the Challenge Log:

Food:

What to record:

Record everything you eat. Check out the examples in the log. You'll start to see patterns and where you need improvement. I'll be looking each week to make sure 80% of meals were Paleo. I won't give you feedback unless you ask for it, or unless something's glaring (like you're not eating vegetables or if you're not getting any dietary fat).

If you have questions on quantity:

A good rule of thumb is 1g min protein per lb of lean muscle mass -- then portion this total over your meals. Then get as much carbohydrate from leafy greens and a variety of colorful vegetables as makes you full, especially a small amount of root vegetable (sweet potato/squash) post workout. Snack on vegetables, meats, healthy fats (nuts) and low-glycemic load fruits. Fish oil upper recommendation is 1g fish oil per 10 lbs body weight (Nature Made caps are 720mg). Read about contraindications though (it's a blood thinner).

If you're confused about how much food will support lean mass but not body fat, calculate your lean mass using this Zone calculator [here](#). The protein and fat recommendations are *minimums*, the carbohydrate recommendation is a *maximum*. This calculator's recommendation will put you at a calorie deficit if you have 'excess' body fat. Be sure you take your fish oil after meals to control hunger. If you still have hunger issues, replace carbohydrate blocks with fat. Fat (from good sources) will not make you fat. If you didn't attend Saturday's nutrition class, I'll be posting the presentation and more resources soon.

If you choose to do Zone and want help from me, I will be happy to discuss it. Email me and we'll get together in the gym. Start with the above recommendation and this [block list](#) (it's not all paleo foods, but it's a good list)

Define "Meals": any time you eat. That includes snacks and one (1!) alcoholic drink counts as one non-paleo meal. Example: If you eat 3 meals and 3 snacks a day, that's 6 meals. If you had a beer that day, 5/6 of your meals that day count as paleo. Each meal goes into the meal total count for the week and 80% of the total meals that week must be paleo to remain eligible (70% for firefighters). Check out the Paleo Meal Guidelines on the Paleo Challenge page: <http://www.crossfitsouthbay.com/nutrition-2/paleo-challenge/>.

Benchmarks and Measurements:

Pretty self-explanatory – check out the log, ask if you have questions.

4) Resources:

- For recipes, check out the Paleo Challenge page which will be up soon. In the meantime, use what's under 'Recipes' on the [resources page](#).
- For grass-fed meat, shop at Whole Foods, Sprouts, or farmers markets. For fresh, inexpensive vegetables, nuts and oils, shop at Sprouts -- [see resources page](#).
- For better understanding about why paleo and for inspiration, reread my nutrition posts which also contain recipes. All nutrition posts are [here](#).
- Logistics: easiest method is to plan your meals out for two days -- two dinners (where you'll make double the amount you eat in one meal and eat the leftovers for lunch the next day), and one breakfast (that has protein). Shakes should be a last-resort if you have not made time to make real food available or for PWO if you are going for mass gain. Bars should be also a last resort and paleo: Larabars are a good choice but are relatively high-carb (if you're trying to sub carbs eat half a bar and add some fat as nuts and some protein if you can).
- Eating out: though you won't know exactly what goes in, if you must eat out, take the opportunity to ask the chef to make you something tasty with just meat and vegetables. Most chefs will jump at the opportunity to impress.

Email me any time for questions or support :) remy@crossfitsouthbay.com