

## 802CrossFit Paleo Hand Book

### What is eating Paleo?

In a nutshell, the Paleo way of eating, is based on the notion that for optimal health, modern humans should go back to eating real, whole, unprocessed foods that are more healthful than harmful to our bodies. Eating Paleo works by focusing almost exclusively on real, unprocessed foods that have been around for thousands of years. Eating this way eliminates the preservatives, salt, and sugars that are so often added to foods from your diet. Whatever you want to call it (Paleo, Caveman Diet etc.) common sense will tell you that by eating real, whole foods, it's virtually impossible to *not* make better eating decisions.

The main reason many people find eating Paleo to be such an effective method for losing fat is that it turns your body from a primarily carb-burning machine into a fat-burning machine. Your body's preferred source of energy is actually fat. Fat is a longer lasting and slower burning fuel than carbohydrates. Because of this, when you stop consuming simple carbohydrates and sugar day after day, your body resorts to burning body fat for energy.

**Eat:** Prioritize grass-fed and pastured meats and eggs, vegetables, wild caught seafood, and limited quantities of fruits and nuts. If it contains fewer than five ingredients, it's probably "real" food.

**Don't Eat:** Grains, rice, pasta, dairy, cereal, oatmeal, corn, legumes, processed foods, and sugars. -- A good rule of thumb to ask yourself is "could a caveman eat this?" If it's packaged in a bag or if it can sit on a shelf for more than a year, it's probably not on the caveman diet. Sorry!

#### **Getting Started:**

Clean Out the Pantry. It is much easier to follow this plan if you do not have temptations staring back at you. Throw away your scale! Do not rely on it as a significant marker of whether this process is working or not. The fact is you may not lose a ton of weight on this plan. Why? Because you're increasing muscle mass and losing fat. Take a before picture. No, you don't have to share it with anyone, but it is definitely a great way to see changes over time. Take a photo from the front, back and side to compare s.

**Now, let's get specific...**

## UNRESTRICTED FOODS:

### Vegetables:

*\*\*Please read 'A note about Carbohydrates' later in handbook\*\**

You can eat all vegetables without limit! You want to focus most of your meal with non-starchy carbs. Make sure you get variation. Try to buy in season, organic that are colorful and green.

### Fruits:

Fruit not only tastes great, it is also good for you. However, fruits do contain a high amount of fructose. If you're trying to lose weight, **limit fruit intake to one to two pieces a day and limit dried fruit to a small handful a day.**

### Root Vegetables:

Yams, Sweet potatoes, Taro, Plantains, beets, squash – all Paleo but starchy-- **eat in moderation.**

### Sea Vegetables:

They're all good—great, in fact. They're very high in minerals and other nutrients. Kombu, Wakame, Kelp, Chlorella, Dulse, Nori, Spirulina

### Protein:

Lean Protein should be the first thing making up your meal or snack. Depending on your individual needs, this can range between 3-9 ounces, but when all else fails, you can follow the general rule of having a serving of protein the size of your palm. **When it comes to what kind of protein you should eat, remember that free-range animals are healthier than commercially raised animals because they are feeding on grasses that are grain and antibiotic free.**

Eggs, Fish, Beef, Pork, Chicken, Turkey, Marrow, Wild Game --- ALL GOOD!

**Bacon & Sausage:** Its only ok IF YOU CAN find it nitrate, sugar and crap FREE, then go for it! Same goes with Deli Meat.

### Beverages:

Filtered or spring water, Herbal tea (no caffeine) – Drink it all day! Coffee and caffeinated tea is allowed, but do not become dependent on it. Drink in moderation.

## **Fats**

Despite what modern society has taught us to believe, fats are good for you. **It is important to have the right balance of fats and the right kind of fats in your diet.** On the Paleo diet, your body is trained to burn fat instead of carbs for energy.

- Avocado, almonds/almond butter, brazil nuts, cashews/cashew butter, chestnuts, coconut/oil/milk, flaxseed oil, hazelnut oil, macadamia nuts/oil, olive oil (evoo), pecans, pine nuts, pistachios, pumpkin seeds, red palm oil, sesame seeds, sunflower seeds, tallow, walnuts/oil.... All Ok!
- Remember, peanuts are a legume, and therefore not paleo.

## **Consume in moderation:**

Coffee, cacao nibs, dried fruit, caffeinated teas, raw honey, freshly juiced fruits and vegetables.

## **RESTRICTED FOODS:**

### **GRAINS OR GRAIN LIKE FOOD:**

Grains are very simple carbohydrates. That means they break down into sugar quickly. This causes a spike in your blood sugar levels, which in turn causes a spike in your insulin levels. High insulin levels prevent your body from burning fat because they cause your body to focus on converting the excess glucose in your bloodstream into energy and storing the rest as fat. Constantly eating simple carbohydrates is a surefire path to chronic high blood sugar levels, which can lead to obesity problems and pre-diabetic symptoms. In addition to the high carbohydrate content, these grains also contain a boatload of anti-nutrients (interfere with absorption or proper functioning of nutrients in the body) that can negatively affect your digestion.

**GRAINS TO AVOID:** Wheat, Rice, Millet, Oats, Spelt, Kamut, Quinoa, Beer, Buckwheat, Wild rice, Amaranth, Sorghum, Rye, Barley, Corn. Also, any flour, noodle, or other food or drink made out of any of these, including white flour, pastry flour, all-purpose flour, and all cookies, crackers, chips, cereals, breads, pastries, and other foods made from them.

**Quinoa:** Although technically a seed and lesser a evil than grain, we are avoiding quinoa in this challenge because of the digestive issues it can cause and because of its high carbohydrate content.

### **Dairy:**

A controversial topic in the world of Paleo... Some say no to all dairy, some allow butter, and others do not. Some kinds of dairy trigger a huge insulin response which puts a stop to fat burning.... Also, traditional milk and dairy products are over-processed. However, it's harder to make a case against some dairy products.... For the sake of this competition we will allow the following...

Because of the health benefits from Raw Milk (not homogenized or pasteurized) from Grass Fed Cows, we will allow this type of milk/cream /cheese to be consumed. We will also allow grass-fed butter (contains healthy fats plus a great Omega-3: Omega 6 ratio) as well as fermented, sugar-free, full-fat yogurt & kefir from grass-fed animals. All other dairy products are not allowed.

***PLEASE NOTE, DAIRY MUST BE CONSUMED IN MODERATION FOR OPTIMAL RESULTS IN THIS CHALLENGE. CHEESE IS NOT MEANT TO BE A PROTEIN IN YOUR MEAL . DO NOT DRINK A GLASS OF RAW MILK WITH EVERY MEAL, OR PUT 2 TABLESPOONS OF BUTTER IN EACH CUP OF YOUR BULLETPROOF COFFEE!***

**Not allowed:**

Buttermilk, homogenized/pasteurized milk, cream, ½ & ½ , ice cream, frozen yogurt, powdered milk, cottage cheese, anything else from an animal's tea

**Legumes (Beans)**

Better for you than grains, legumes are often substituted by vegetarians for a protein source. Legumes however contain phytates and lectins. Phytates bind up minerals in food, thereby preventing your body from utilizing them. This means these foods are not digested. They can also cause inflammation, bloating, indigestion, and gas. Lectins are carb-binding proteins that are relatively "sticky." They're difficult for our bodies to break down and therefore cause indigestion

-Black beans, Pinto beans, Red beans, Soy beans\*, Lentils, Peas, Peanuts, Adzuki beans Garbanzo beans, Navy beans, Mung beans, Lima beans, Black-eyed peas or any other old, dried-out bean that is eaten in large quantities

\*Soy beans including soy sauce, tamari, Bragg's Aminos, tofu, soy protein isolate, soy protein concentrate, tempeh, edamame, and any product made with any of these ingredients.

\*Snowpeas, sugar snap peas, and green beans are acceptable to eat because they're young and green, so they contain fewer anti-nutrients.

**Sugars & Sweeteners:**

**JUST SAY NO!**

Some natural forms of sugar are considered to be paleo: raw honey, pure maple syrup, molasses, and a few lesser known natural sweeteners like chicory root and inulin fiber. These sweeteners are considered paleo because they occur in nature, don't require any filtration or processing, and do offer some trace amounts of minerals. However, sugar is sugar and even the good stuff should be consumed in moderation!

**Alcohol:**

We can argue that some is Paleo, some is not. However for the sake of this competition and being as healthy as we can be, we will steer clear of alcohol.

### **A note about Root Vegetables and Carbohydrates....**

Atkins was right about a few things, the first being that carbs can cause weight gain. So because the foods below are high in carbohydrates, eat these starchy carbs no more than a few times a week. However, as most of you are athletes, please continue reading...

A carbohydrate is a chemical structure that contains carbon, oxygen and hydrogen, which together create simple sugars like glucose and fructose. Those simple sugars, if they're so inclined, can then come together to form more complex carbohydrates like disaccharides (lactose), starch or fiber. Sugars, starches and fiber are found in abundance in things like table sugar, honey, fruit, vegetables (all of them), grains and beans.

We're used to eating a LOT of carbs in the U.S. Our bodies use the carbohydrates for immediate energy, and if they're not used up, they get stored as fat. When we start eating fewer carbohydrates and more fat like we do on the Paleo diet, our bodies become better at using fat from meat, avocados, coconut milk and oil, olive oil, nuts, etc. more immediately for energy instead of the carbs.

While we can become very good at using dietary fat (especially medium chain fatty acids like coconut milk) as fuel, some people are going to be better at it than others, no matter how hard they work at it. It has to do with genetics and how much you've wrecked your metabolism over the years of eating a Standard American Diet. What you need to do is figure out what kind of person you are. Are you someone who needs an abundance of carbs? Or can you perform well with low carbs and tons of dietary fat?

To figure this out, start the diet out pretty strictly, taking out all grains, legumes and refined sugars. After your detox is over (could be a few days or up to a month – you'll know when it's over), assess how you feel throughout the day. If you're bonking or needing naps, feeling grumpy, lightheaded, getting headaches or your athletic performance is waning, THEN start adding more approved carbohydrates to see how you do.

### **Which Carbs Are Paleo?**

You obviously are limited in your options for carbs, since the Paleo diet frowns upon grains, refined sugar and beans. You can only eat so much kale, broccoli and other veggies in a day, and they only provide minimal carbs, anyway. You want to go for the starchy veggies like sweet potatoes and squash. (Note: Potatoes are not Paleo, but sweet potatoes are. They're different, in that sweet potatoes have no anti-nutrients in them, but potatoes do. Sweet potatoes also have a lot of nutrients in them, while potatoes have very few.)

Most fruit provides more carbohydrates than leafy and crunchy veggies, so eat more of it, too. If you're super active, especially if you're an endurance athlete, add raw honey if you just can't get enough quick energy from sweet potatoes and fruit.

As for juice, I recommend freshly juiced juice – not commercial, pasteurized, devoid-of-nutrients juice. Smoothies are a good way to get more carbohydrates in, since you can pack them full of frozen or fresh fruit

With carbs, you want to ask yourself how fast your body turns the carbohydrates you're consuming into sugar. Carbs that are transformed quickly are considered "simple" (you'll want to avoid these), while carbs that take longer to break down are considered "complex" (you can eat these in moderation).

Simple carbs break down into sugar quicker than complex carbs, triggering a bigger insulin response. When your insulin levels are elevated, your body is prevented from burning fat. This is the main reason you should stay away from simple carbohydrates like white bread and pasta.

### **Performance & Recovery:**

The Paleo diet is the perfect solution for both performance and recovery. Lean protein sources such as chicken, lean beef, turkey, pork loin and seafood are ergogenic (performance enhancing) because of the large amount of branched chain amino acids which have been proven to be crucial in rapid recovery after hard training, both for strength and endurance athletes. So all of your meals will start with 3-9oz of lean proteins.

High intensity aerobic or anaerobic sports should take advantage of a period of time post workout when the body is primed for recovery. SFH Recovery or a meal of 3-9oz of lean protein PLUS 50-100mg of nutritious, Paleo friendly carbohydrates such as yams, sweets potatoes, squash or fruit should be consumed 30 minutes post work-out to optimize repair of muscle tissue and to ensure muscle glycogen is optimally replenished.

### **Resources and Recipes:**

- [1 ThePaleoDiet.com](http://1 ThePaleoDiet.com)
- [2 RobbWolf.com](http://2 RobbWolf.com)
- [3 MarksDailyApple.com](http://3 MarksDailyApple.com)
- [4 NomNomPaleo.com](http://4 NomNomPaleo.com)
- [5 PaleOMG.com](http://5 PaleOMG.com)
- [7 WestonAPrice.org](http://7 WestonAPrice.org)
- [8 UltimatePaleoGuide.com](http://8 UltimatePaleoGuide.com)

There is a wealth of more information online including blogs, recipes and meal planning ideas. The hardest part about this is breaking habits. You will not be starving yourself, eating bland foods or trying to maintain an unrealistic lifestyle. Soon, these habits will become a way of life. If you are unsure of something, look it up or ask us! And lastly, we are by no means doctors, so if you have dietary restrictions or special needs, consult with your physician before participating.