

PALEO CHALLENGE



Congratulations for wanting to improve your fitness and health in general. We are excited to get started on the Paleo Challenge and hope you are just as optimistic as we are. In this small packet will be information to help ease the transition and give options and tips on sticking with the program. We wish the best of luck to everyone. We can't wait to see the transformations!

Contents:

-Rules

-Paleo Run down

-The villains of diet

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Rules

- **Must stick to strict Paleo eating.**
- **Must attend 3-4 classes a week- if you are not able to attend gym, travel workout must be done.**
- **For 30 straight days you must fill out nutrition logs online and workout logs. These will be checked daily.**
- **We are going to start a buddy system. Everyone must pick someone.**
 - **Here is why**
 - **1st offense – Buddy does 50 Burpees**
 - **2nd offense- You do 100 Burpees**
 - **3rd offense- You both do 100 Burpees**
 - **4th offense- May God have mercy on your soul ☺**
 - **Buddy needs to be someone in the gym that is outside your “circle”**
- **Measurements will be taken on day 1, 15, and 30. You will also weigh in on these days. Weight will be taken in the gym. Pictures will be included. Measurements will include**
 - **Bicep**
 - **Chest**
 - **Waist**
 - **Thighs**
 - **You must bring your packet with you on days 1, 15, 30. Pictures will be on the computer under your name.**
- **Pictures must be done at the same time of day, in the same outfit, and the same place. Preferably something more form fitting. On day 1,15,30 show up to the gym and we will take your picture. No, you do not have to take your clothes off... Unless you want to do shorts and sports bra (girls) or shorts and no shirt (guys). Completely up to you.**

Paleo Outlines

What to eat?

Do eat:

- **Meat**
- **Vegetables (Shop Seasonal)**
- **Nuts and Seeds**
- **Fruit (limit serving to 1-2)**

Do not eat:

- **Dairy (milk, cheese, butter, etc)**
- **Grains (maize, wheat, barley, rice, etc.)**
- **Starchy vegetables (white potatoes, corn)**
- **Sugar (refined)**
- **Legumes (beans, soy products, peanuts, cashew, lentils, etc.)**
- **Chemical food additives**
- **Alcohol (wine, beer, liquor)**
- **Soft Drinks (Diet Coke etc.)**
- **Imitation Paleo treats- over use of almond flour, honey, etc. will defeat purpose of program.**

ABSOLUTEY DO NOT TOUCH:

- **High Fructose Corn Syrup**
- **Salt- causes over eating and hyper tension**
- **Sugar substitutes (Splenda, Truvia, etc.)- Causes Insulin Spike**

- **Basically: if our ancestors could pick it from a bush or catch it with a spear, you can eat it. The rule is that a food is healthy, if you could have eaten it in its raw state. This is a naturally occurring "low to medium carbohydrate" way of eating. When eating Paleo, you shouldn't be starving yourself. Eat when you are hungry. However, do not fill your diet with only fruit and nuts. Try to make your meals as balanced as possible.**

Meals should consist of:

- **Protein**
- **Fat**
- **Carbohydrate**

Snacks are only smaller versions of your meals.

- **Although Lara bars are paleo-ish. They will not be allowed on the challenge.**



Shopping Options

PROTEIN

- Egg Whites
- Whole Eggs
- Beef
- Bison
- Chicken
- Turkey
- Wild Caught Seafood
- Lamb
- Pork
- Bacon (LIMITED)

VEGETABLES

- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Napa Cabbage
- Carrots
- Celery
- Cucumber
- Eggplant
- Garlic
- Green Beans
- Greens
- Lettuce
- Mushrooms
- Onions/Shallots
- Bell Peppers
- Pumpkin-PWO
- Radish
- Spinach
- Sugar Snap Peas
- Squash- Assorted
- Sweet Potato- PWO
- Tomato
- Turnip
- Zucchini

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FATS

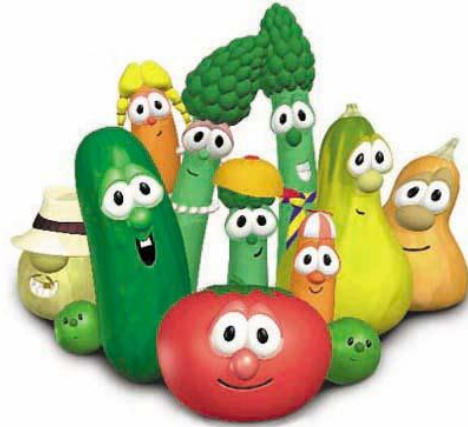
- Coconut Oil-cook
- Avocado Oil- cook
- Olive Oil-garnish
- Coconut Butter
- Macadamia Nuts
- Hazel Nuts
- Walnuts
- Pecans
- Pistachios
- Almonds/butter
- Avocados- No more than 1(small/medium) a day.
- Olives- Ingredients should read- salt, water, olives. 365 brand at WFM.

FRUIT

- Up to you! Keep in mind- Berries are best ☺
 - Keep this for the morning time and post workout only.
 - Eating Fruit at night results in a insulin spike before bed- No beuno

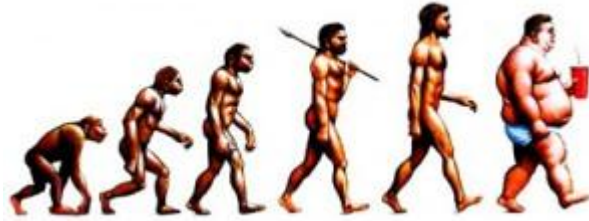
DRINKS

- Un sweet Tea
- Black Coffee
- Water



TIPS TO HELP ALONG THE WAY

- **Planning ahead what you will eat, either a day or a week in advance will help with keeping on track. We often get junk when we are unprepared.**
- **When at a restaurant tell the waitress that you need the gluten free menu. From there, make substitutions to keep your plate paleo. Be assertive! You are the consumer. It's your money.**
- **Tell friends and family what you are trying to do. Explain to them why and also prepare them for the changes you will be making at family functions- such as NOT drinking. You are more likely to stay on track when everyone is expecting you too.**
- **When dealing with family members who do not want to share your diet, make a compromise. If the children want mac-n-cheese with their meal, fine! Cook a different side for yourself and keep the chicken.**
- **When you go shopping, make sure you go on a full stomach. Walking down the snack aisle isn't easy when your stomach is saying "Gimme! Gimme! Gimme!"**
- **TALK ABOUT PALEO WITH PEOPLE IN THE GYM! A lot of people are doing it and it's something new.**
- **Try recipes from various books/blogs- *The Paleo Diet Cookbook* and the blog "The Foodee Project" posted on our site.**



Simple Recipe that can be found on this site:

RECIPE: Zucchini Wrapped Halibut

Serves 4

- **4 x 6oz portions wild halibut**
- **2-3 large zucchini – thinly sliced lengthwise 1/8” thick**
- **1/2 lemon – zested**
- **S&P**
- **olive oil**

DIRECTIONS:

Begin by washing and drying the zucchini. Top and tail them and very carefully slice them lengthwise either with a sharp knife. Once all the zucchini are sliced, set aside.

Lay the fish on a cutting board and season with S&P and sprinkle of lemon zest. Rub the seasonings into the fish very gently.

To assemble halibut:

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On a clean surface lay 4-5 zucchini slices, slightly over lapping and parallel with each other. Place seasoned halibut on one end perpendicular, across the zucchini. The idea here is to wrap the fish in the zucchini. Fold one end of the zucchini under the fish and roll the halibut over thus keeping the halibut neatly wrapped so that the ends of the zucchini overlap each other making that side the bottom.

Preheat large non-stick pan on medium high heat for 2-3 minutes. Add 1 tbsp olive oil. Holding the halibut securely lay the bottom of the fish in the pan first. The objective here is to seal the bottom thus fastening the zucchini around the halibut. Sear for 2 minutes or until golden brown. Gently flip fish over on all sides until nicely browned. Remove to foiled oven tray.

Preheat oven to 420°F.

To finish, pop fish in oven for 4-5 minutes to cook through.

This can be done slightly ahead of time and refrigerated until your significant other arrives, just be sure to remove the fish from the fridge 1 hour head of cooking so it comes up to room temperature.

DAY 1

Weight	
Chest	
Bicep	
Waist	
Thigh	

- **Take Picture**

DAY 15

Weight	
Chest	
Bicep	
Waist	
Thigh	

- **Take Picture**

DAY 30

Weight	
Chest	
Bicep	
Waist	
Thigh	

- **Take Picture**

Workout	Day 1	Day 30
500 M Row		
Max Squats in 2 minutes		
Max Sit Ups in 2 minutes		
Max Push Ups in 2 minutes		
Max Pull Ups in 2 minutes		
Mile Time-		

Contract

I, _____, will follow all rules and commit to the Paleo Challenge. I will start the _____ of _____.

Signature

Witness (Your Buddy)

Trainer



