

CrossFit Charlottesville Nutrition Cheat Sheet

THE SHORT GUIDE

- ◆ Eat Whole Foods: The less it looks like the original source, the worse it is
- ◆ Out of Sight, Out of Mind: Throw away of all bad foods
- ◆ Avoid Packaged Food: Shop on the outside of the grocery store
- ◆ Naturally Raised: Local/Organic Foods Are Best
- ◆ 2/3rds Vegetables: Every Meal Should be 2/3rd Vegetables
- ◆ Eat Carbs 30 Minutes Post-Workout, Supplement Fish Oil

THE STARTING QUANTITIES

- ◆ 1 Block Carbs = 9 Grams
- ◆ 1 Block Fat = 3 Grams
- ◆ 1 Block Protein = 7 Grams
- ◆ Baseline Protein: Lean Body Mass x .8 (.9 for Men)
- ◆ Lean Body Mass = Body Weight * (1 - % Body Fat)
- ◆ Zone Fat & Carb Intake: # of Blocks = Baseline Protein / 7.
- ◆ e.g. Lean Body Mass of 120# Male.
120*.9 = 108 Baseline Grams Protein or 15 Blocks. Eat 15*3 or 45 Grams of Fat; 15*9 or 138 Grams Carbs Each Day.

THE RULES

- ◆ FitDay.com Everything
- ◆ Must follow strict guidelines
- ◆ Week 1: Starting Quantities, No Cheat Meals
- ◆ Week 2: Starting Quantities + 3X Fat, No Cheats
- ◆ Week 3: Adjust As Needed
- ◆ Week 4: One Cheat Meal
- ◆ Weeks 5 to 8: Dial It In

THE RESOURCES

- ◆ MarksDailyApple.com: Primal Guru, Great Recipes
- ◆ RobbWolf.com: Paleo Sport Guru
- ◆ PaleoDiet.com

Good

Grey Area

Bad

- ★ Leaf Lettuce/ Spinach
- ★ Broccoli
- ★ Asparagus
- ★ Fish
- ★ Cabbage
- ★ Sweet Potato, Yams
- ★ Berries
- ★ Red Meats
- ★ Fish
- ★ Eggs
- ★ Bacon
- ★ Chicken
- ★ Almonds
- ★ Nut Butters

- ★ Cashews, Walnuts, other Nuts
- ★ Peppers
- ★ Olive Oil, Seed Oils
- ★ Coconut Milk/Oil
- ★ Garlic
- ★ Onion
- ★ Herbs
- ★ Mushrooms
- ★ Avocado
- ★ Artichoke
- ★

- ★ Coffee/Tea
- ★ Oatmeal
- ★ Sweet Potato, Yams
- ★ Apples
- ★ Bananas
- ★ Fruits
- ★ Peanuts
- ★ Beans
- ★ Dairy (cheese, yogurt, milk)

- ★ Peanut Oil
- ★ Protein Powder
- ★ Tomato
- ★ Beans
- ★ Squash
- ★ Potato
- ★ Unprocessed Corn

- ★ Fruit Juice
- ★ Sugar, High Fructose Corn Syrup, Honey
- ★ Artificial Sweeteners (stevia, Turbinato, "Raw" Sugar, Agave Nectar)
- ★ Grains of any kind
- ★ Glutens of any kind
- ★ Bread
- ★ Cereal (granola)

- ★ Soda
- ★ Sports Drinks (gatorade)
- ★ Alcohol
- ★ Canola Oil
- ★ Corn Oil
- ★ Energy Drinks
- ★ Candy
- ★ Pasta
- ★ Any processed Corn Products