

Paleo Challenge, April 2013

The Paleo Diet is an effort to eat like we used to back in the day... WAY back in the day. If caveman couldn't eat it, neither can you. This means anything we could hunt or find— meats, fish, nuts, leafy greens, regional fruits and veggies, and seeds. Sorry, the pasta, cereal, and candy will have to go! Instead, you'll be making things like chicken stir fry and Paleo spaghetti. Yum!

OUR RULES:

- Cost for the challenge is \$20.00 person
- Keep a food log and keep track of points
- Complete baseline workout before and after the challenge
- Record scale information before and after challenge
- Measurements and photos are optional

THE PALEO DIET OUTLINE

The rules of the Paleo Diet are to eat foods with very few and all pronounceable ingredients, or better yet, no ingredients listed at all because they're totally natural and unprocessed.

Omitting all of the following foods and beverages will help you regain your healthy metabolism, reduce systemic inflammation, and help you discover how these foods are truly impacting your health, fitness, and quality of life. Obviously, since we are going off of a point system in this challenge, you can eat these foods. However, the more you indulge in them, the more you are limiting the extent of your results.

1. **Do not consume added sugar of any kind, real or artificial.**

No maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, etc. Read your labels because companies sneak sugar into products in ways you might not recognize. However, for the purposes of this challenge, we will allow Stevia as the only approved sweetener.

2. **Do not consume alcohol.**

It just isn't good for you and you're trying to make a lifestyle change, right?

3. **Do not eat grains.**

This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains, and all of those gluten-free, pseudo-grains like quinoa. Yes, we said corn... for the purposes of this challenge, corn is a grain. This also includes all the ways we add wheat, corn, and rice into our food in for the form of bran, germ, starch, and so on. Again, read your labels.

4. **Do not eat legumes.**

This includes beans of all kind (black, red, pinto, navy, white, kidney, lima, fava, etc.) peas, chickpeas, lentils, and peanuts (no peanut butter either). This also includes all forms of soy— soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).

5. **Do not eat dairy.**

This includes cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or organic butter.

6. **Do not eat white potatoes.**

This is somewhat arbitrary, but if we are trying to change your habits and improve the hormonal impact of your food choices, it's best to leave white, red, purple, Yukon gold and fingerling potatoes off your plate. But DO eat sweet potatoes! Just go light if weight loss is your goal.

Step ONE: CLEAN OUT THE PANTRY

If it's not in your house it's not in your mouth. If you share your home with others (children or spouse) that is not participating in our challenge designate a specific cabinet, shelf or compartment in the refrigerator for you.

Step TWO: PLAN ONE WEEKS OF MEALS

This step is optional, but research shows that those who write out a meal plan are more likely to stay on track. The key is keeping it flexible. Instead of outlining what you'll eat for each meal on each day, consider a big-picture approach. For example, "I'll eat eggs, chicken, ground beef and salmon this week". Then, seek out inspiration from your favorite paleo blog and make a shopping list.

Step THREE: GO SHOPPING

Create your shopping list and stick to it. Shop for the items you require for the next few days worth of meals.

Step FOUR: PLAN YOUR GO-TO MEALS

Plan 3 quick and easy meals: your "go-to" dishes for nights when you come home late, tired and hungry. These are meals you can prepare in 15 minutes or less, made with things you always have on hand. Think of: scrambled eggs with spinach and avocado or frozen fish fillets with frozen vegetables. This is the best option to avoid the urge for take out.

Step FIVE: SET YOURSELF UP FOR SUCCESS

Write down all the potentially stressful situations coming up this month - Times when you'll be vulnerable to peer pressure or temptation. Then create a plan for dealing with those situations: Family dinner? Offer to cook. Going out for a date? Research the menu before hand and make ordering easier. Going to a party? Drink tonic and lime and avoid the hangover. Cannot overstate the value of preparation.

SCORING

You will have a possible total of 15 points per day. You will start with 10 points. You will add bonus points based on fish oil consumption, mobility, workouts, and sleep. You will subtract points based on the quality of foods you eat. Here's the breakdown:

10 points for a full day of all Paleo-friendly meals and snacks

+2 for Workout

+1 for extra mobility (outside of class)

+1 for at least 4 grams of a quality fish oil

+1 for 7+ hours of sleep

15 possible points per day

+5 bonus if you submit a paleo recipe with photo that can be used on the Rebel Fitness blog (2 opportunities in the month)

Deducting points

-2 points off for every serving of: dairy, milk, yogurt, cheese

-3 points off for every serving of: cereal, grains, wheat, oats, corn, tortilla chips, bread, rice, pasta, noodles,

-5 points for every serving of: soda, juice, sports drinks, potatoes, fried food, most restaurant appetizers, pizza, cookies, baked goods, sweets, pancakes, ketchup, processed marinades, BBQ sauce, sugar-added dried fruit, beer, and ALL alcoholic drinks (besides red wine)

Note: If you are going off the reservation, it's important to know how many servings you are eating. For example, 1 can of soda is 2 servings. This means that if you drink an entire can, you must subtract 10 points. Moral of the story: don't do that.

Note #2: There are no portion restrictions in the challenge, but be smart. If you are eating an entire bag of trail mix, you are not eating Paleo; you are doing more of the same stuff you did before. Use this challenge to change your habits.

Daily Journal

Name:	Paleo Challenge Daily Food/Workout Journal					
DATE/DAY:	Amount of H2O		fl oz	Sleep in hrs		
	Fish Oil? Y/N		Mobility? Y/N		Feeling 1 hr after meal ?	X
MEAL (B/L/D)	Meal Description					
Breakfast:					Full	
					Content	
					Sluggish	
					Very Tired	
					Hungry	
Snack:						
Lunch:					Full	
					Content	
					Sluggish	
					Very Tired	
					Hungry	
Snack:						
Dinner:					Full	
					Content	
					Sluggish	
					Very Tired	
					Hungry	
Snack:						
Workout:						

Rebel's Paleo Food List

There are lots of books and websites out there on the Paleo Diet. Our standards include and exclude certain foods due to the fact that we are all athletes and can use certain foods for recovery and energy. All meats are recommended to be grass-fed and “all organic” but we understand that this is unrealistic for a lot of you. Nester's and Whole foods sell organic, and local meats and other organic foods. We encourage you to shop there, but you will not lose points if you cannot.

Be real careful when picking out mayonnaise and salad dressings. Soybean oil is the main ingredient in most, try to avoid products that are primarily made with soybean or vegetable oil and look for canola, olive, or flaxseed oil instead.

Paleo Foods - Highly Encouraged		
Lean meats	Fish	Shellfish
Lean beef (trimmed fat)	Bass	Clams
Top sirloin	Bluefish	Crab
Lean poultry	Cod	Lobster
Turkey breast	Eel	Mussels
Beef jerky (no sugar added)	Haddock	Oysters
Extra-lean hamburger	Halibut	Scallops
Pork chops	Snapper	Shrimp
Flank steak	Salmon	
Lean pork (trimmed fat)	Tilapia	Eggs
Chicken breast	Trout	
	Tuna	

Fruit	Fruit in moderation (sugar)	Vegetables
Apples	Mango	Asparagus
Apricots	Banana	Beets
Avocado	Fig	Broccoli
Berries	Guava	Brussels sprouts
Grapefruit	Papaya	Cabbage
Grapes		Carrots
Melons		Cauliflower
Kiwi		Celery
Lemon/Lime		Collards
Nectarine		Cucumber
Oranges		Eggplant
Peaches		Kale
Pears		Lettuce
Pineapple		Mushrooms
Tomatoes		Onions
		Parsnips
		Peppers
		Spinach
		Squash

Nuts and Seeds	Oils	Others
Almonds	Olive oil	Whey protein powder (no sugar)
Brazil nuts	Coconut oil	
Cashews		Tofu
Chestnuts		
Hazelnuts		Coconut water (no sugar added)
Macadamia nuts		
Pecans		
Pine nuts		
Pistachios (unsalted)		
Pumpkin, sesame, sunflower seeds		
Walnuts		

Foods in moderation (no loss of points)

Bacon	Canola oil	Coffee (black)
Sausage	Flaxseed oil	Red wine
Chicken wings	Quinoa	Deli meats
Ribs	Dried fruits (no sugar added)	

Dairy Cheats (-2 points)

All processed foods made with dairy	Dairy spreads	Non fat dairy creamer
Cheese	Frozen yogurt	Yogurt
Cream	Ice cream	
***allowing no sugar added greek yogurt (-1 point)		

Grains/Legumes (-3 points)

Barley	Amaranth	All beans
Corn	Buckwheat	Black eye peas
Oats		Chick peas
Rice		Miso
Rye		Peanut butter
Wheat		Soybeans
Wild rice		

Drinks/Sugar/Condiments (-5 points)

All sugar soft drinks	White wine	Processed salad dressing
Gatorade	Vodka	BBQ sauce
Vitamin water	Gin	Ketchup
Diet soft drinks	Rum	Mustard (unless seed and vinegar)
Canned. Bottled fruit juice	Beer	Miracle whip
Splenda		Anything with high fructose corn syrup
Equal		Anything with added sugar

Resources:

- <http://robbwolf.com>
- <http://balancedbites.com>
- <http://marksdailyapple.com>
- <http://chriskresser.com>
- <http://whole9life.com>
- <http://thepaleodiet.com>
- <http://paleOMG.com>

Final thought:

This challenge is about creating positive change for life. Have fun and support each other.

Good luck to everyone.

Keith

Name:	<h1>Paleo Challenge Day One</h1>	
DATE/DAY:		
Eat meat, vegetables, nuts and seeds, some fruit, little starch and no sugar!!!!		
Goals:	Body weight	
	Body Fat %	
	Hydration %	
	Chest inches	
	Waist inches	
	Thigh inches	
Workout:		

Name:	<h1>Paleo Challenge Day 30</h1>	
DATE/DAY:		
Did you reach your goals:		
	Body weight	
	Body Fat %	
	Hydration %	
	Chest inches	
	Waist inches	
	Thigh inches	
Workout:		

Notes: