

RUINATION CROSSFIT

Paleo...Zone...Paleo Zone Here's What Matters:

The goal is to train your body to derive its energy from proteins and fats instead of grains, legumes, dairy and other foods that irritate and inflame your body and deprive it of important nutrients. There is a growing body of research documenting the health benefits of making this switch. In short, the benefits include reduced risk of heart disease, autoimmune diseases, cancer and diabetes, all of which can be traced in varying ways to excessive inflammation in your body, high insulin levels, and other processes and imbalances that are too detail to cover here. Aside from that, you will simply feel better, look better, and perform better. Of course, individual results will vary, so the best way to see how the diet will affect you is to jump in and try it.

Avoid the Following:

- Grains
- Legumes
- Dairy
- Sugars
- Alcohol
- Processed Foods
- Corn
- Safflower or Soy Oil
- Seeds

Eat with Reckless Abandon:

- Protein
- Vegetables
- Fats

Grass-fed and antibiotic/hormone-free meats and wild fish are best, as are organic veggies (particularly if they don't have peels or shells to protect them – and us – from pesticides). Focus on nutrient-dense veggies (those with bright or dark colors) and save the starchy ones like sweet potatoes and yams – if you need them – for post-workout meals. And remember: avocados, nuts and coconuts are your friends. Eat SOME fruits. Whole fruits, not fruit juices, and preferably fresh not dried.

Keep A Healthy Distance

Some people have special sensitivities to eggs, nuts, tomatoes, potatoes, eggplants, and/or peppers. Pay attention to these foods, see if you feel discomfort after having them.

Additional Ways to Boost Performance, and Feel Better:

- **DRINK PLENTY OF WATER** – about one glass every hour, less as you approach bedtime.
- **SLEEP** in a pitch black room, get at least 8 hours of sleep per night.
- **REDUCE “STRESSORS”** in your life or – at the very least – minimize your nighttime computing and television watching. Less blue light = better sleep = lower stress levels.
- **EAT THREE MEALS AND TWO SNACKS** each day, plus pre/post workout meals.
- **IF YOU'RE GOING TO DRINK COFFEE** stop drinking before noon so it doesn't interfere with sleeping.
- **GET OUTSIDE** for at least 15 minutes a day. Workout several times a week.

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Suggested Meal Timing and Ratios:

- **BREAKFAST:** Eat within an hour of waking. Go BIG! Eat lots of protein, fat, and veggies. Skip the high-sugar carbs like fruit or sweet potatoes. You want to have a clear brain so that you can be productive and have sustained energy through the morning.
- **SNACK:** Eat some more protein and fat – maybe about a half-meal size or a little more, enough so that you are no longer hungry and can get back on task and stay mentally focused.
- **LUNCH:** Eat at your regular lunch-time, probably 3 to 4 hours after breakfast. Make this the feast of the day: lots of protein, fat, and veggies. A serving of fruit won't hurt if you have a hankering for a little sweetness.
- **SNACK:** Same as before – protein and fat, about a half-meal size or more, enough to keep you energized and on task.
- **DINNER:** This is the smallest meal of the day. You have fewer hours left to digest and utilize this meal, so keep it lean and mean: protein and fat. Resist the urge for sugars like chocolate, wine, or even dried fruit. Try to get this meal consumed with a few hours to spare before bed.
- **PRE/POST WORKOUT MEALS:** If you workout, eat some protein and fat (no veggies!) about 30 minutes to an hour beforehand and some carb-dense veggies (yams, squash, beets, parsnips) and some easily digestible protein (little to no fat) within 30 minutes after your workout. You should be eating again – one of your normal meals – within an hour or two after this.

How Much Food Do I Eat?

Simply following a primal lifestyle pattern is damn good. If you are looking for some guidance on some general rules of “thumb” for intake, here are some easy to remember general portioning guidelines. These are good portions for all, for a general lifestyle. You may have to adjust intake if you are in a heavy training phase. You certainly will not need any less than these guidelines. Translate these to the meals listed above.

- **PROTEIN:** The size and thickness of your palm. Or, as many eggs as you can hold in your hand.
- **VEGETABLES:** Are you familiar with AMRAP? As much as you can fit on your plate! Eat them cooked or raw, however you can. Save the carby ones for post-workout. (yams, sweet potato, squash, beets, etc.)
- **FRUIT:** A fist-sized portion. Limit to 2 per day.
- **FAT:** A couple sources/servings per meal: A serving =
 - Oils/Butters: 1 thumb
 - Coconut Milk: 1/3 can
 - Avocado: 1/2 Avocado
 - Nuts: Fist-sized
 - Olives/Coconut: A very full handful

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Shopping List

Proteins

- **EGGS/EGG WHITE:** Look for local and pastured eggs, or at least Omega-3 enriched eggs.
- **BEEF/BISON/BUFFALO:** Ideally grass-fed/finished, hormone/antibiotic-free and locally raised.
- **CHICKEN/TURKEY:** Ideally local and pastured, or at least organic and hormone/antibiotic-free.
- **FISH/SHELLFISH:** Ideally wild-caught, although the habitat damage caused by certain fishing practices may outweigh the health benefits. Refer to the Monterey Bay Aquarium Seafood Guide available online.
- **LAMB:** Ideally grass-fed/finished, hormone/antibiotic-free, and locally raised; otherwise, make sure it's lean and trim off any excess fat.
- **PORK:** The ideal option is local, pastured pigs supplemented with fruits and veggies.
- **OTHER:** Limited quantities of sausage, bacon, deli meats, and jerky. Check ingredients.

Vegetables

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|---------------------------|----------------------|-------------------------|
| • <i>Acorn Squash</i> | • CAULIFLOWER | • <i>Parsnips</i> |
| • ARUGULA* | • CELERY* | • Peppers |
| • Artichoke | • COLLARDS | • <i>Pumpkin</i> |
| • ASPARAGUS | • CUCUMBER | • RADISH |
| • <i>Beets</i> | • EGGPLANT | • Rutabaga |
| • Beet Greens | • Endive | • SPINACH* |
| • BELL PEPPERS* | • GREENS* | • <i>Sweet Potatoes</i> |
| • BOK CHOY | • KALE* | • SWISS CHARD |
| • BROCCOLI | • LEEKS | • Tomatillos |
| • BRUSSELS SPROUTS | • LETTUCE (ROMAINE)* | • TURNIPS/TURNIP GREENS |
| • <i>Butternut Squash</i> | • MUSHROOMS* | • WATERCRESS |
| • CABBAGE | • MUSTARD GREENS | • <i>Yams</i> |
| • CARROTS* | • ONIONS | |

Fruit

- | | | |
|-----------------------|-----------------------|---------------------|
| • <i>Apples*</i> | • <i>Honeydew</i> | • <i>PINEAPPLE</i> |
| • <i>Apricots</i> | • <i>KIWI</i> | • <i>PLUMS</i> |
| • BERRIES (any kind)* | • <i>Lemons/Limes</i> | • <i>Rhubarb</i> |
| • <i>Cantaloupe</i> | • <i>Nectarines*</i> | • <i>Star fruit</i> |
| • <i>Cherries*</i> | • <i>ORANGES</i> | • <i>Tangerines</i> |
| • <i>DATES/FIGS</i> | • <i>PAPAYAS</i> | • <i>Tomatoes*</i> |
| • <i>Grapes*</i> | • <i>Peaches*</i> | • <i>Watermelon</i> |
| • <i>Grapefruit</i> | • <i>Pears*</i> | |
| • <i>Guava</i> | • <i>Persimmon</i> | |

CAPS = Nutrient-dense foods.

Italic = HIGH GLYCEMIC INDEX: Limit consumption; eat early in the day and post workout.

= Organic is highly recommended due to toxicity levels of common pesticides for this food.

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Shopping List

(continued)

Fats

- **COCONUT***: (unsweetened, organic, raw) coconut flakes are a great snack and (unsweetened_ coconut milk (full fat in a can) makes a great base for sauces.
- **AVOCADOS**: Great as a mid-day snack, sliced on top of eggs, in a salad, wherever!
- **OILS**: Preferably coconut for high heat. Avocado and olive for dressings (NO corn, safflower, soy or seed oils).
- **OLIVES**: Black or green
- **NUTS**: best is cashews and macadamia nuts, but almonds, brazil nuts, chestnuts, pecans, and pistachios are OK. (NO peanuts or peanut butter!) Limit or stop consumption for best fat loss.

Beverages

- **WATER**: Still water, mineral water, club soda – filtered (add a lemon or lime, a few).
- **COFFEE***: Organic! Caf or decaf, black. Hot or iced.
- **TEA***: Organic! Caf, decaf or herbal, black or add lemon/lime. Hot or iced.

Other

Some pre-made sauces may be okay, but pay close attention to the ingredients – no dairy, no added sugar, nothing you can't pronounce, and preferably organic. Stock up on herbs and spices – fresh and dried! Start getting creative with flavors and you'll probably never even notice that you're missing that French bread, or rice, or pasta. Dried seaweed is also a great source of iodine and can be a great wrap for fish and veggies. Note on terminology: pastured, free-range, organic.

SIDENOTES: *The term “pastured” means that the animals are actually allowed to roam around and forage in fields and pastures, while “free range” only requires that the doors to the animals’ cages be left open for parts of the day. It does not mean that they are actually out on the “range”. The best option is buy local and ask the farmer how the animals are raised (noting that many may use the term “free range” since this is the common lingo that most people are looking for, even though the animals are really “pastured”). And while organic is nice, many local suppliers may not be certified organic – the most important thing is that the animals be hormone and antibiotic-free, and grass fed/finished.*

When it comes to your fruits and vegetables, organic is important; if you can't afford to buy everything organic, though, focus on those fruits and vegetables that do not have a thick peel or shell to protect them from pesticides. Here's a good way to think about it: if you're going to remove the peeling or shell before you eat it, then organic is probably not as important (at least not for health purposes). AND, IF YOUR BUDGET IS FORCING YOU TO CHOOSE BETWEEN GRASS-FED MEATS AND ORGANIC PRODUCE, GO WITH THE GRASS-FED OR PASTURED, HORMONE-FREE MEATS.