



BLACKBIRD NUTRITION CHALLENGE

Congratulations, we are excited that you have decided to take the next step in your health and fitness journey! Participating in the 5 Week Nutrition Challenge is a great way to reset your view of healthy eating and proper nutrition. We hope that this challenge will encourage you to change your relationship with food. Food is fuel and when you fuel your body with the right things...whole, real foods...you will not only feel better, but you will perform better. If you are compliant with this "diet," you will more than likely reduce your body fat percentage and notice changes, but weight loss will not be a factor in the contest. All of the coaches are here for you every step of the way. If you have any questions or concerns at any point, please do not hesitate to reach out.

Below are the basics to use as a guideline, but we will go over all of this info in more detail at the **NUTRITION SEMINAR on Saturday, January 13th @ 10:00am**

di·et

noun

1. the kinds of food that a person, animal, or community habitually eats. "a paleo diet"

NOT

2. a special course of food to which one restricts oneself, either to lose weight or for medical reasons. "I'm going on a diet"

To keep it simple we will stick to **Blackbird CrossFit's Nutrition Prescription: Eat Real Food. Not Too Much. Mostly Plants.** In these 3 short sentences we will find the guidelines for our five week challenge.

1. **EAT REAL FOOD:** That means it was once alive, had a mother, or grows from or in the ground. It doesn't come from a box or container. If it has a long shelf life it is a man-made, edible, food-like substance – not food.
2. **NOT TOO MUCH:** Not too much means 3-4 meals a day, no seconds, and no snacking. We will rely on the portion controlled containers to measure our food.
3. **MOSTLY PLANTS:** Mostly Plants is just that, every meal needs to consist mostly of vegetables. A plate should be covered with vegetables then the protein and starch can be added. The large section of the container is for vegetables but you are allowed unlimited vegetables at each meal.

WHAT ARE THE FULL CONTEST DETAILS?

- **Nutrition Seminar and Q&A:** Saturday, January 13 @ 11:00am
- **Measurements & Body Fat Measurement:** Sign up sheet at desk for time slot. Friday 1/12 or Saturday 1/13. Post Challenge Measurements will be on Friday, 2/16.
- **Baseline Workout:** Monday, January 15th. The WOD will be the baseline workout at every class that day. If you absolutely cannot make it to class on Monday let Matt or Rebekah know and we'll find an alternative time; preferably at Open Gym on Saturday, January 13th @ 8am. Post Challenge Workout will be on Friday, February 16th at all of the classes.
- **OFFICIAL Start Date:** Monday, January 15th. (Begin eating according to the guidelines, keeping a food journal in Wodify, and tracking your points.)

- **End Date:** Friday, February 16th (We will do the post-challenge baseline workout and measurements during classes on Friday and at Saturday Open Gym, if needed.)
- **Buy-in:** \$50
- **What you'll receive:**
 - Pre & post challenge InBody 270 Composition Testing with a comprehensive analysis print out (\$60 value)
 - Pre & post challenge body measurements
 - 1 portion container
 - Regular check-ins from a coach, motivation, and meal ideas
 - Unlimited access to coaches for questions, guidance, and support
- **Prize(s):** COLD HARD CASH for the overall winner and for the winner in each category!
*Amount of cash prizes depends on the number of participants

THERE WILL BE FOUR ASPECTS TO THE NUTRITION CHALLENGE:

1. Diet Adherence + Sleep (daily point total)
2. Body Fat Percentage Loss
3. Strength (back squat)
4. Metcon (baseline WOD)

WHAT ARE THE DIET DETAILS?



You will each get 1 portion control container with your challenge registration to get you started. This is a 32oz container/tray with 1-16oz section for vegetables, 1- 8oz section for protein, and 1- 8oz section for carbs.

- If you are under 165lbs, you will eat 3 trays per day.
- If you are over 165lbs, you will eat 4 trays per day.

EACH MEAL (TRAY) WILL INCLUDE):

• **Protein**

Protein will go in one of the small compartments of your tray. The leaner the better. Grass-fed and organic are ideal. Wild-caught cold water fish are best. If you are measuring with your container, the protein cannot rise above the lip of the container. If you are measuring without your container, your protein should be the size of your fist, not necessarily 8oz of meat (the size of the portion cup).

• **Carbs**

Carbs will go in the other small compartment. We want to have nutrient-dense carbohydrates. Fruits and starchy carbs will do that for us. If you are measuring with your container, the carb cannot rise above the lip of the container.

• **Vegetables**

Vegetables will go in the large part of your container. Each meal must have at least this many vegetables. You will not get a point if you eat below the lip of the container. You can, however, eat more than what fits into the container. To keep it simple, if it's a vegetable eat it. Diversify what vegetables are on your plate from meal to meal and you are all set.

• **Fats**

You can have a serving size of fat (the size of your thumb) with each meal. Here are the healthy options like avocados, nuts & seeds, olives, coconut, grass-fed butter, olive and avocado oil, and coconut oil.

****SPECIAL ALLOWANCES FOR PRE/POST WORKOUT:**

1. **PRE-WORKOUT:** We are going to allow a piece of fruit (whole fruit, not canned or dried) if you need a pre-workout snack. A banana or apple are great choices. This is the **ONLY** snack exception and is only allowed before a workout.
2. **POST-WORKOUT:** Pre and post workout supplements are focused on performance. If you are not where you want to be composition wise then performance is not the priority. For the challenge, if you are a man under 15% body fat or a woman under 22% body fat you can still have your protein shake post-WOD.

****YOU CAN ALSO HAVE**

- Up to one cup of unsweetened almond milk per day
- Up to two tablespoons of grass-fed heavy cream per day (for coffee)
- Up to two pieces of gum a day

WHAT DO WE TRACK?

Each day you will track your points on a personal calendar kept at the gym. We will hang these up (accountability is a powerful thing). You can earn a maximum of 4 points per day.

- 1 pt for EATING REAL FOOD
- 1 pt for NOT EATING TOO MUCH— so no more than your allotted trays
- 1 pt for EATING MOSTLY PLANTS— if you do not eat the full portion or more per tray, no point
- 1 pt for SLEEPING 7+ HOURS

****YOU MUST KEEP A FOOD JOURNAL!** Why, you ask? Experts agree that the ultimate value lies in the formation of a "foundation of personal accountability." **Accountability is the most important ingredient behind any successful lifestyle change, including weight loss. Food journals force an increased awareness of habits and eating patterns.**

Due to the simple nature of this program— 3 to 4 trays, nothing else— there is no need for caloric, macro, or blocks tracking. So you can keep your food journal on WODIFY, even tracking your sleep and daily points there, as well. Put a short description of your meal/tray. No need for quantities unless you are going over or under your portion control container. If you use WODIFY, you can assign a nutrition coach and send your food logs in for review. This is a great tool if you are struggling with portion control, the urge to snack, or have questions. We can help you dial in your nutrition if we know what you're eating. The food journal is not factored into your final points/standing in the challenge.

WHAT CAN WE EAT? (not an exhaustive list):

If it's a vegetable eat it, if it's meat eat it.

- **Vegetables** – Artichokes, Cauliflower, Lettuce, Tomato, Arugula, Celery, Mushroom, Zucchini, Asparagus, Cucumber, Okra, Turnips, Avocado, Eggplant, Olives, Yucca, Beets, Fennel Bulb, Onions, Parsley, Spinach, Peppers, Pumpkin, Broccoli, Green Onion, Squash, Cabbage, Sauerkraut, Radish, Carrot, Kimchi, Shallots, Sweet Potato/Yam, Greens (Kale, Collard, Mustard), Bok Choy/Pak Choi
- **Meat** – Beef, Chicken, Turkey, Pork, Veal, Bison, Duck, Lamb, Venison, etc.
- **Eggs** – Preferably Omega-3 enriched with the yolk
- **Seafood** – Calamari, Salmon, Swordfish, Haddock, Clams, Sardines, Tilapia, Grouper, Crab, Shark, Tuna, Scallops, Lobster, Shrimp, Herring, Shrimp, Mackerel, Octopus, Oysters, Mussels,
- **Allowable Carbs/Starches** – Sweet Potatoes, Spaghetti Squash, Butternut Squash, Acorn Squash
- **Fruits** – Apple, Peach, Grapes, Banana, Pear, Kiwi, Blackberries, Pineapple, Kumquat, Blueberries, Raspberries, Lemon, Cherries, Strawberries, Lime, Cranberries, Tangerine, Melon, Dates, Watermelon, Nectarine, Grapefruit, Papaya, Orange, Avocado, Cantaloupe, Mango (Whole fruits, not canned or dried).
- **Fats/oils** – Coconut Oil/ Coconut Milk, Cod Liver/Fish Oil, Avocado Oil, Extra Virgin Olive Oil, Nut Butter/ Oil (Macadamia, Almond, Walnut). For the purpose of this challenge, bacon is to be treated as a fat. If you eat bacon it must have no added nitrates or additives, bought from butcher is best, but Applegate Farms, Smithfield All Natural Uncured Bacon and Coleman's are some of the best store-bought options.

- **Nuts/seeds** – Almonds, Walnuts, Pecans, Brazil Nuts, Pine nuts (pignoli), Cashews, Pumpkin Seeds, Pistachios, Sesame Seeds, Macadamias, Sunflower Seeds
- **Spices** – Allspice, Coriander, Seed, Ginger, Anise, Cumin, Garlic, Basil, Cayenne Pepper, Horseradish, Bay Leaf, Clove, Mint, Cilantro, Dill, Marjoram, Mustard Seed, Fennel, Parsley, Nutmeg, Sage, Paprika, Oregano, Rosemary, Pepper, Thyme, Turmeric, Sea Salt, Cinnamon
- **Beverages** - Not too many options here, but you can get away with: unsweetened tea, black coffee

WHAT CAN WE NOT EAT?:

These are foods that people commonly ask about. **READ LABELS!**

- No cold cuts or cured meats
- No almond or coconut flour
- No canola or vegetable oil
- No honey, agave, maple syrup or sweeteners of any kind
- No oatmeal
- No Rx bars, Quest bars, or any bars
- Nut butters must have no added ingredients other than salt
- Clean bacon is a fat, not a protein for this challenge
- Soy, it's in freaking everything, so read labels! (textured vegetable protein=soy, for example)
- Salad dressings, likely have bad fats and sugar— try TESSAMAE'S BASALMIC or make your own

HERE'S THE COMPLETE NAUGHTY LIST:

**If you consume any of the following, you will not be able to take two points that day. Specifically the “Eat Real Food” Point and the “Eat too much” Point. If you do not eat all of your veggies per meal that day due to these “cheats,” then you will not take your “Mostly Vegetables” Point either. But you can still get your 7+ hours of sleep point for the day.

Why are the below ingredients on the naughty list? These are typically inflammatory foods. It's no coincidence that they may be causing you problems. You may be so used to these problems that you don't really notice them, but you WILL notice once their gone. That's what this challenge is all about.

- **Grains** – Wheat, rye, barley, sorghum, millet, quinoa, oats, rice, spelt, “sprouted” grains, buckwheat, hominy
- **Dairy** – Milk, cheese, ice cream, butter, ghee
- **Sugar** – Any added sweeteners, whether natural or artificial, including: cane sugar, honey, or agave syrup. Break your sweet tooth now!
- **Legumes** – All kinds of beans, soy, peas, peanuts, peanut butter, chickpeas, humus
- **Industrial chemicals** – Take your pick. Put it this way, if it comes with an ingredient list, it better be a darn short one! Processed meats fall under this category.
- **Beverages** – If you have a beverage other than water, list it in your log. Black coffee is ok. No juices or artificially sweetened drinks. Alcohol is a penalty food for the purposes of this challenge.
- **Fats** – No “vegetable” oils (just soy anyway), corn oil, safflower oil, peanut oil, hydrogenated anything. Fried foods will invariably be cooked in a forbidden fat.
- **Thin Ice** (we allow them in small amounts for this challenge) – Salt, Vinegar (using within recipes or on salad is fine), Dried fruit (better be unsweetened, and better not be more than once a week), Corn, if you eat it off the cob, no corn chips!

WHY SLEEP?:

The basics of this are obvious: sleep is when you recover. Recovery is when you adapt to exercise and get better at it for the future. When you don't sleep, or when your sleep is poor or intermittent, your body's levels of a hormone called Cortisol increase. The simple version is that this is a “stress” hormone that puts our bodies into a fight or flight mode – pretty much the opposite of recovery. This state can further damage the quality of our sleep, depress our body's natural growth hormone release each night, hinder our immune system, and eventually lead to exactly the same insulin resistance and other problems associated with

excessive carbohydrate intake. And yes, this includes helping you retain body fat. So, for the next four weeks, you are required to get at least 7 hours of sleep, or no point for the day.

HOW WILL WE BE SCORED?

We encourage you to focus on your Diet Adherence + Sleep Daily Total, and we'll take care of the ranking point system for the finale. But if you're truly interested, in each category, all participants will be ranked.

- 1st place will get 1 point, 2nd gets 2 points, etc.
- You will receive an individual score for the strength, metcon, and body fat percentage point loss, plus your total diet adherence points. The cumulative total will be your overall score.
- There will be 5 winners. An overall winner, and a winner from each of the contest categories (diet adherence, body fat percentage lost, strength and metcon). Most diet adherence points (128 possible points), highest body fat percentage lost, and the most increased performance in the physical challenges will win.
- Tie breaker in any category will be your total Diet Adherence + Sleep Points. If there is a tie in Diet Adherence category, the food journal will be the tie breaker. No food journal, you forfeit the win.

Participants will perform the following physical challenges during classes on **Monday, January 15th**. If you cannot make it to class on Monday, you will need to do the pre-tests at Open Gym on Saturday, January 13th @ 8am. At the conclusion of the 4 week challenge, we will complete the **retest on Friday, February 16th** during all classes that day... the very same workout (with the same scaling, if applicable) and your measurements and body fat percentage retaken.

We understand there will be one-off situations, but if you would like to do this challenge, please make every effort to attend each of the dates outlined so that our coaches do not have to interrupt regular classes to get measurements and run 2 WODS.

THE PERFORMANCE TESTS:

1. Take 25 min to find your 1 rep max back squat
2. Baseline WOD:
 - 3 min pull-ups
 - 1 min rest
 - 2 min shoulder to overhead (135/95)
 - 1 min rest
 - 1 min KB swings (53/35)

The performance tests are based on Improvement between your pre-challenge and post-challenge performances. Scaling will have no bearing on your rank, that is, someone who scales can be 1st in improvement.

HOW TO “CHEAT” WITHOUT DEFEATING THE PURPOSE OF THE CHALLENGE:

- NO GRAINS or gluten containing products (including beer)!! We seek to heal the damage that is probably occurring due to gluten, and if you don't go completely off for a month we won't learn as much as we could have. Rice isn't quite as bad.
- If you drink, have some sort of clear alcohol mixed with lemon/lime and maybe club soda. Don't have too many, and try to drink earlier in the night, eating a meal afterwards. Don't get anything with “grenadine” or syrup. Try: vodka/gin-lime-soda, tequila-lime-soda, bourbon (yes, made from wheat but no gluten). Caution: When you are eating clean, alcohol will affect you quicker.
- Going out for lunch? Chipotle bowl with meat or even double meat, no beans, no rice, lettuce, fajita veggies, salsa and a small dollop of guacamole and you have a good meal. Most places have salads, get one with chicken (but beware the precooked “grilled chicken” def has soy).
- If you go out to a restaurant they probably cooked something in butter. It won't kill you, but you can request no butter on your veggies, meat, and fish. Sub your invariably starchy side out for a salad or ask for double the vegetables of the day.

- If you do decide to have a penalty food that contains sugar, make sure it's part of a meal with protein and fat. **Insulin control is important!**

TIPS:

- Choose organic whenever possible, but not mandatory. Google the Dirty Dozen Organic list and start there.
- Once you get the hang of it, it's easy. If you do not like to cook, just keep it SIMPLE!—Grilled chicken breast, large side of steam in the bag veggies and a 1/2 sweet potato is an extremely healthful and EASY meal!
- DRINK WATER! Don't forget how important it is to drink water. Hydrate!!
- Food prep and planning are the 2 most important keys to success.
- Make double dinners so that you will have leftovers for lunch.
- If you do get off track for a meal or just have to have a snack, it's ok! Don't let it ruin a whole day of eating and don't let it derail your whole mindset! For the purposes of this challenge, a few food points, a girl's weekend or a wedding isn't going to ruin your success.

RESOURCES:

As you can see, this “diet” closely resembles the Paleo and Whole 30 Approach with a little bit of that 21-Day Fix Portion Control. We encourage you to research beyond the basic principles that we've outlined here. In order to fully appreciate the journey you're about to be on, it's important that you learn the science and the why behind these diets and understand what processed foods do to your body. Without knowing the “why,” it will just feel like another restrictive diet. For an in depth breakdown of all these points and more, we recommend Robb Wolf's book “The Paleo Solution,” Tammy Credicott's cookbook “Make Ahead Paleo” and the Whole 30 Website. Don't forget that we have a small library of Paleo books at the gym for you to check out! There are a ton of great resources on the web now.

Great information and articles:

- <https://whole30.com/>
- <http://thepaleodiet.com/>
- <http://robbwolf.com/what-is-the-paleo-diet/>
- <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936> **Good informational article on artificial sweeteners
- <http://www.buzzfeed.com/christinebyrne/how-to-go-paleo#.ilxMv8Xe5>

Recipes might be a bit difficult on this challenge, but here are some of our favorite resources for later.

Recipe blogs:

- <http://paleomg.com/>
- <http://nomnompaleo.com/>
- <http://everydaypaleo.com/>
- <http://practicalpaleo.blogspot.com/> (Not the writer of the AWESOME book *Practical Paleo* that we have in the library)

***If you have special dietary concerns, consult your doctor. However, nothing about eating unprocessed foods will hurt you.*

WHAT COMES NEXT?

NUTRITION CHALLENGE — PHASE II

Monday, February 19th— Friday, March 16th

\$30 Buy-In

Same challenge, but this time your carb source can include the following:

- RICE, QUIONA, COUS COUS, OATMEAL, or a SPROUTED GRAINS like Ezekiel Bread.
- You will also be allowed 1 teaspoon per day the following sweeteners — HONEY, AGAVE, and STEVIA.

If you participated in Phase I, then we will use your post challenge results as the starting point. If you are starting with Phase II, we will do InBody, measurements, and the Physical Challenges. More info to come.