

# 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  $\times .8$  (.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.  
 $120 \times .9 = 108$  Baseline Grams Protein or 15 Blocks. Eat  $15 \times 3$  or 45 Grams of Fat;  $15 \times 9$  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