



# Nutrition Handbook

**“eat meat and vegetables, nuts and seeds, some fruit,  
little starch, and no sugar”**





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## Introduction

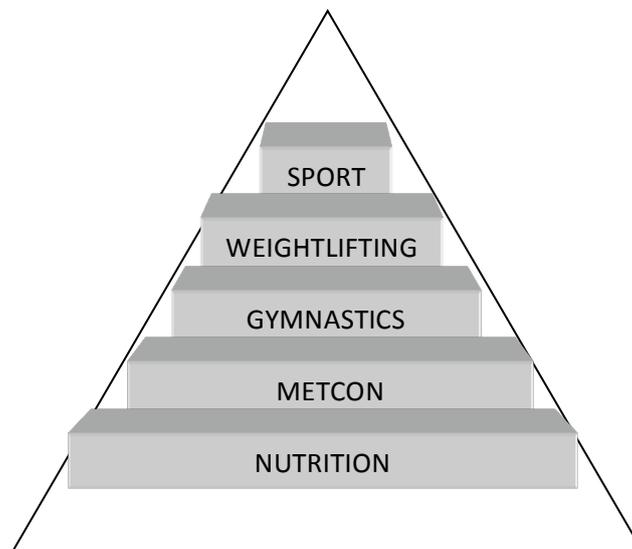
In a very real sense, proper nutrition is the most important thing you can master here. You can't out train bad nutrition. It will form the basis for all of your training success as well as attainment of any body composition goals you may have.

We train for performance. We eat to enhance that performance. Food intake should be adequate to support activity levels, but not body fat.

We will introduce two eating modalities that follow that concept, the **Paleo diet** and the **Zone diet**.

## The Greg Glassman Pyramid

The theoretical hierarchy of a development athlete, each layer builds on the layer below it.





*“If you are working out without eating right, you will not get the results of this program, you will get half the results.”* – Nicole Carrol (CrossFit Director of Training)

## **Clean Eating**

In plain language, base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar.

That’s about as simple as we can get.

Many have observed that keeping your shopping trolley towards the fresh food and avoiding the aisles is a great way to protect your health.

Food is perishable. The stuff with a long shelf life is all circumspect. If you follow these simple guidelines you will benefit from nearly all that can be achieved through nutrition.

### **What Foods should I avoid?**

Excessive consumption of high-glycemic carbohydrates is the primary culprit in nutritionally caused health problems.

High glycemic carbohydrates are those that raise blood sugar too rapidly. They include rice, bread, potato, pasta, sweets, sodas and processed carbohydrates.

### **What is the Problem with High-Glycemic Carbohydrates?**

The problem with high-glycemic carbohydrates is that they give an inordinate insulin response.

Insulin is an essential hormone for life, yet acute, chronic elevation of insulin leads to hyperinsulinism, which has been positively linked to obesity, elevated



cholesterol levels, blood pressure, mood dysfunction and a Pandora's Box of disease and disability.

## Paleo or Zone

You have two options when choosing a crossfit nutrition modality: the Paleo diet or the Zone diet.

The **Paleo** diet is concerned more with **food quality**.

The **Zone** diet is concerned more with **food quantity**.

<b>Paleo</b>	<b>Zone</b>
Only certain foods allowed	Any food allowed
Relative food portions	Specific calculated portions
1-2 week time frame to begin to experience full benefit	6-8 week time frame to begin to experience full benefit

Read through the guides for each diet and make an informed decision on which one you can reasonably implement.

Certain factors in each diet might make one more attractive than the other.

**Our CHALLENGE to YOU: Commit to 1 of these nutrition plans for 30 days.**

Reasons people pick Zone over Paleo:

- Zone exactly defines portion sizes.
- You can eat whatever you want as long as you eat the proper portion size.



- People do not want to give up grains and dairy, which are not allowed on the paleo diet.

#### Reasons people pick Paleo over Zone:

- You don't have to weigh and measure every single food item.
- You need a drastic solution to a drastic problem. Examples: Diabetes, high blood pressure, high cholesterol, inflammatory bowel diseases, rapid weight loss.

Can you do both?

Certainly!

Paleo Zone is considered the Holy Grail for Crossfit nutrition. We recommend getting comfortable with one before doing both, however.



## **Paleolithic Diet**

The Paleo Diet is a way of eating in the modern age that best mimics the diets of our hunter-gatherer ancestors - combinations of lean meats, seafood, vegetables, fruits, and nuts.

By eating the foods that we are genetically adapted to eat, followers of the Paleo Diet are naturally lean, have improved athletic performance, and have lower risks to cardiovascular disease, cancer, diabetes, obesity and a host of other diseases.

### **The Paleo Ground Rules**

- 1.** All of the lean meats/fish you can eat.
- 2.** All of the fruits and non-starchy vegetables you can eat.
- 3.** No cereals or grains (wheat, oats, grain etc).
- 4.** No Legumes (peanuts, beans).
- 5.** No dairy products.
- 6.** No processed foods.

### **How to do this?**

EVERY MEAL should contain 3 things:

#### **1. Protein**

- Chicken (80 -120g)
- Turkey (80 -120g)
- Beef (80 -120g)
- Lamb (80 -120g)
- Fish/Shellfish (80 -120g)
- Eggs (2 to 3 whole eggs)



## 2. Carbohydrates (Fruits and non-starchy vegetables)

Vegetables – all varieties...as much as you want, especially

- Broccoli
- Spinach
- Cabbage
- Asparagus
- Tomatoes

Fruits – try to eat what is in season, frozen is ok & avoid canned as they usually have sugar added.

- All berries
- Melons
- Oranges
- Grapefruit
- Apples

## 3. Fat (Nuts & Oils)

- Almonds (A small handful)
- Cashews (A small handful)
- Pecans (A small handful)
- Walnuts (A small handful)
- **NO PEANUTS**
- Avacado (medium sized one)
- Olive Oil (1 - 2 tbs)

Note: Fat does not make you fat, it is important each meal contains protein, carbohydrate and fat.

Spices can be added, but no salt.



## **Drinks**

- Mainly water (big surprise!)
- Coffee and Tea are OK (Black) - No sweeteners or milk products

## **ABSOLUTELY NOT**

- All sugars
- All flour products  
(bread/cake/cookies/scones/tortillas/pastries etc.)
- Dairy (cheese/milk/butter etc.)
- Potatoes, corn, beans or other starchy vegetables
- Artificial sweeteners
- Cappuccinos, Lattes, Mochas

## **Additional Information**

Eat 4-6 meals per day. Breakfast/lunch/dinner and snacks as needed. You should not go hungry, if you are hungry then eat, that is one of the benefits of following Paleo.

Every meal contains Protein, Carbohydrate and Fat.

100% compliance is neurotic, 90% is realistic. Plan 1-3 cheat meals or a cheat day into your week; this gives you the freedom to eat an unexpected non-paleo meal. Just don't let this turn into a cheat week/month.



## **Paleolithic FAQ**

### **Q: What is Paleo?**

A: Meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. It's the way our bodies are designed to feed.

### **Q: What about potatoes and corn?**

A: Not vegetables, sorry, high on the glycemic index and a high glycemic load.

### **Q: What's that mean?**

A: The sugar these foods carry is too rapidly delivered into the bloodstream (glycemic index) and the amount is too high (glycemic load).

### **Q: There's no bread on here?**

A: No grains here at all. Pretty high on the glycemic index, high glycemic load and gluten issues.

### **Q: What about whole grains? Aren't they good for you?**

A: No. The only difference between "whole grain" and refined white flour is the ratio of fiber to the other stuff.

### **Q: I can't live without alcohol. How much can I have?**

A: Technically, none. Beer, Whisky, etc are all made from grains and this is one of the things we want to avoid. Wine is not grain-based, obviously, but has a pretty high carb load. Drink it sparingly.

Note: If you're celebrating a significant event - a wedding, a death, a divorce, a stag/hen party - Enjoy! Just use some sense. BUT, and it's a big but, a significant event is NOT having your dog neutered, getting a haircut, buying a new lawnmower, or sundown. We're trying to change our lives.

### **Q: My parents/wife/husband/significant other are Italian/Jewish/etc, not cave people, I can't avoid grains!**

A: Yes, actually, you can. I don't want you to go hungry; I want you to replace some of what you're used to eating with other stuff. Substitute pasta with spaghetti squash for example.

You're a CrossFitter, you can do it.



**Q: What about portions? Isn't portion control a big deal?**

A: Baby steps, if you're already Zoning and want to shift to Paleo foods, go for it. If you're eating a typical western diet then our major concern at this point is food quality.

We'll address portions/macronutrient ratios and meal timing at a later date. For now, a palm sized serving of protein, as much vegetable matter as you want and a chunk of good fats. Don't go around hungry. If you are then eat something. Don't get hung up in the numbers. Eat, enjoy, live your life, repeat.

**Q: Hold on one damm minute! No dairy, either?**

A: Everybody is allergic to cow dairy to some extent. It's an immune system stressor.

Avoid it as best you can. Think of this as a chance to break out of your old life...you can go back to it if you want after the 30 day challenge is over.

**Q: That's a lot of cooking/I don't cook/I can't cook because ..... /I really don't have time for all this.**

A: Thinking and preparing ahead is the key here. Veggies are easy. Fresh can be eaten raw most of the time, frozen steam or brown up in no time so canned don't even have to be an option. Prepare your proteins in batches and refrigerate until needed. Reheat or eat cold.

**Q: What about eating out?**

A: Same basics apply. Sub the potato for the steamed vegetables. Don't eat the bread. Evaluate your priorities and make smart choices.

**Q: I travel for work/school. What do I do?**

A: Prep ahead. Zip Locs and disposable plastic tubs are your friend. Reheat or eat cold.

Whatever works for you.

**Q: What about when the 30 day challenge is over? What then?**

A: You'll have a whole new outlook on eating and a new set of skills to go forward with. As your performance improves you'll need to dial in your nutrition more and more and you'll be ready. But, the results you get are



going to make you want to continue. Hear me now, believe me later. In the end this is pretty simple stuff. Follow the basic prescription, practice a little, and you'll find it's not that hard.

## **Zone Diet**

Dr Barry Sears created the Zone Diet, sometimes referred to as the 40-30-30 eating plan (40 percent carbohydrate, 30 percent each fat and protein).

With the Zone Diet you have to carefully balance the nutritional content of each meal. Dr Sears created the Zone Diet based on his experience gained through research into the effects of foods on hormone production and metabolic activity.

CrossFit's best performers are Zone eaters. When our second-tier athletes commit to "strict" adherence to the Zone parameters, they generally become top-tier performers quickly. It seems that the Zone diet accelerates and amplifies the effects of the CrossFit regimen.

### **The Zone Ground Rules**

- 1.** All foods allowed.
- 2.** All meals must be weighed and measured out.
- 3.** Limited amount of food blocks per day.

### **What is a food block?**

A food block is a unit of measure used to simplify the process of making balanced meals.

7 grams of protein = 1 block of protein.

9 grams of carbohydrate = 1 block of carbohydrate.

1.5 grams of fat = 1 block of fat.



Note: There is an assumption that there is about 1.5 grams of fat in each block of protein, so the total amount of fat is actually 3 grams per block.

So a 1 block meal/snack consists of 1 block of protein, 1 block of carbohydrate and 1 block of fat.

**How many blocks can I have per day?**

Method 1: Chart

<b><u>Body Type</u></b>	<b><u>Total Blocks</u></b>	<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Snack</u></b>	<b><u>Dinner</u></b>	<b><u>Snack</u></b>
Small female	10	2	2	2	2	2
Medium female	11	3	3	1	3	1
Large female	13	3	3	2	3	2
Athletic, well muscled female	14	4	4	1	4	1
Small male	16	4	4	2	4	2
Medium male	17	5	5	1	5	1
Large male	19	5	5	2	5	2
X Large male	20	4	4	4	4	4
Hard gainer	21	5	5	3	5	3
Large hard gainer	23	5	5	4	5	4
Athletic, well muscled Male	25	5	5	5	5	5



Method 2: Calculate

a)  $\frac{\text{Weight}}{\text{Body fat (decimal)}} \times \text{Fat Weight} = \text{Fat Weight}$

b)  $\text{Weight} - \text{Fat Weight} = \text{Lean Body Mass (LBM)}$

c)  $\text{LBM} \times \text{Activity Level} = \text{g protein/day}$

d)  $\text{g protein/day} \times \text{?} = \text{* daily blocks}$

Online calculator available at

[http://www.dbhonline.com/zoneful/p\\_calculator.htm](http://www.dbhonline.com/zoneful/p_calculator.htm)

### **How to do this?**

Use the block chart (appendix A) to construct meals.

### **Drinks**

- Mainly water
- Other drinks allowed but must be calculated using the block chart.

### **Additional Information**

100% compliance is neurotic, 90% is realistic. Plan 1-3 cheat meals or a cheat day into your week; this gives you the freedom to eat an unexpected non-zone meal. Just don't let this turn into a cheat week/month.



## **Day in the Zone -13 blocks (Steph)**

### **Breakfast** – 4 blocks

Smoothie - 150ml milk(semi skimmed), 90g natural yogurt, 40g mandarin segments, 70g frozen summer fruits, 1 scoop of protein powder

1 small slice of toast buttered

### **Lunch** – 3 blocks

85g tuna

Large serving of salad with olive oil dressing

80g grapes

1 packet of crisps (packet must contain <18g of carb)

### **Snack** – 1 block

1 shape yogurt

3 almonds

### **Dinner** – 4 blocks

115g chicken breast

50ml sauce (2 blocks of carb)

Large serving of broccoli (fill rest of plate)

### **Snack** – 1 block

30g mozzarella cheese (1 block of protein and fat)

1 small glass of wine



## Zone F AQ

### **Q: What is zone?**

A: The key factor in Zone Diet is the hormonal balance you achieve while eating each skillfully prepared meal.

### **Q: How does this hormonal balance work?**

A: Eating carbohydrates effects your production of the hormone insulin and eating protein effects your production of the hormone glucagon. We need to maintain a healthy balance of these two hormones for optimal health, mental & emotional balance, and physical performance. (Eating fat is hormonally neutral and supports the balance.)



### **Q: How long before I can expect to see results on the zone?**

A: Within two to three days you should see a noticeable reduction in your carbohydrate cravings and increased mental focus. Within five days you should notice better physical performance and after two weeks your clothes will fit better.

### **Q: Do I have to be obsessive about the zone for it to be successful?**

A: No, but obviously, the greater the precision the greater the results. Just pay close attention to your responses after a meal.

### **Q: What about the calories? I'm not eating as many.**

A: If you have excess body fat (greater than 15% for males and 22% for females), then you have all the calories you need on your body.

### **Q: I'm already lean, won't I waste away?**

A: Following the zone, body fat comes off fast. When your body fat falls to an acceptable level you will need to increase your fat intake. The majority of Crossfit's best athletes end up on X blocks of protein, X blocks of



carbohydrate and 4 or 5X blocks of fat. Lean to modulate fat intake to a level that optimizes performance.

**Q: I want to increase my lean mass (muscle) what do I do?**

A: To build one pound of muscle per month is a noble goal. To do so would require you to increase your daily block prescription by 1.

**Q: Do I need to eat my meal/snack even if I'm not hungry?**

A: Yes, this is the best time to eat in order to maintain hormonal equilibrium.

**Q: What about my vitamins and minerals, can I still use them?**

A: Yes, vitamins and minerals are an excellent low cost insurance policy. However the zone diet provides an excellent base and requires less supplementation.

**Q: Why is a fat block only 1.5g?**

A: Every lean protein block contains approximately 1.5g of hidden fat, so you actually consume 3g of fat per block. If you are using fat free products such as isolated protein powders then you will need to double the fat added to a meal to compensate for this. If you are eating higher fat protein choices you may not need to add any fat to your meal.

**Q: Can I cut back on the fat blocks as long as I match the protein and carbohydrate blocks?**

A: You can do this but ironically you will not lose as much fat. The small amount of fat added acts to control insulin secretion. This makes it possible for your body to access and use the stored fat on your body.

**Q: I don't believe all this zone stuff works, can you show me some proof?**

A: Google "[Manuel Uribe](#)", one of the heaviest people in history before following the zone diet.



## **Appendix A. Further resource**

### **Web**

<http://journal.crossfit.com> - Crossfit Journal

<http://robbwolf.com> - Robb Wolf

<http://www.drsears.com> - Barry Sears

### **Books**

The Paleo Diet - Loren Cordain, Ph.D

The Paleo solution - Rob Wolf

Mastering the zone - Barry Sears, Ph.D.



## Appendix B. Food Blocks

### BLOCK CHART

Protein (cooked quantity)	
chicken breast	1 oz
turkey breast	1 oz
ground turkey	1 1/2 oz
veal	1 oz
beef	1 oz
ground beef	1 1/2 oz
canadian bacon	1 oz
corned beef	1 oz
duck	1 1/2 oz
ham	1 oz
lamb	1 oz
ground lamb	1 1/2 oz
pork	1 oz
ground pork	1 1/2 oz
calamari	1 1/2 oz
catfish	1 1/2 oz
clams	1 1/2 oz
crabmeat	1 1/2 oz
flounder/sole	1 1/2 oz
lobster	1 1/2 oz
salmon	1 1/2 oz
scallops	1 1/2 oz
swordfish	1 1/2 oz
shrimp	1 1/2 oz
tuna steak	1 1/2 oz
canned tuna	1 oz
protein powder	1 oz
soy burgers	1/2 patty
soy sausage	2 links
soy cheese	1 oz
firm tofu	2 oz
soft tofu	3 oz
whole egg	1 large
egg whites	2 large
egg substitute	1/4 cup
cottage cheese	1/4 cup
cheese	1 oz
feta cheese	1 1/2 oz
ricotta cheese	2 oz

Carbohydrate (cooked)	
oatmeal	1/3 cup
artichoke	1 small
asparagus	12 spears
green beans	1 cup
black beans	1/4 cup
broccoli	1 1/4 cup
brussel sprouts	3/4 cup
cabbage	1 1/3 cup
cauliflower	1 1/4 cup
chick peas	1/4 cup
dill pickles	3 (3 in)
eggplant	1 1/2 cup
kidney beans	1/4 cup
leeks	1 cup
lentils	1/4 cup
onions	1/2 cup
suarkraut	1 cup
spagetti squash	1 cup
spinach	1 1/3 cup
tomato sauce	1/2 cup
tomatoes	3/4 cup
yellow squash	1 1/4 cup
zucchini	1 1/3 cup

Combo Items (quantity)	
milk	1 cup
yogurt (plain)	1/2 cup
soybeans	1/4 cup
soymilk	1 cup

\* note: combo items contain 1 block of protein & 1 block of carbohydrate.

Carbohydrate (raw)	
alfalfa sprouts	7 1/2 cups
broccoli	2 cups
cabbage	2 1/4 cups
cauliflower	2 cups
celery	2 cups
cucumber	1 (9 in)
lettuce, iceburge	1 head
lettuce, romaine	6 cups
mushrooms	3 cups
onions	2/3 cup
peppers	1 1/4 cup
radishes	2 cups
salsa	1/2 cup
snow peas	3/4 cup
spinach	4 cups
tomato	1 cup
apple	1/2
apple sauce	3/8 cup
apricots	3 small
blackberries	1/2 cup
cantaloupe	1/4 cup
cherries	7
fruit cocktail	1/3 cup
blueberries	1/2 cup
grapes	1/2 cup
grapefruit	1/2
honeydew	1/2 cup
kiwi	1
lemon	1
nectarine	1/2
orange	1/2
peach	1
pear	1/2
pinapple	1/2 cup
plum	1
raspberries	2/3 cup
strawberries	1 cup
tangerine	1
watermelon	2/4 cup

Fat (quantity)	
almonds	~3
avocado	1 Tbs
canola oil	1/3 tsp
macadamia nuts	~1
olives	~5
peanut butter	1/2 tsp
peanuts	~6
cashews	~3
peanut oil	1/3 tsp
olive oil	1/3 tsp
tahini	1/3 tsp
guacomole	1/2 Tbs
vegetable oil	1/3 tsp
mayonnaise	1/3 tsp
mayo, light	1 tsp
seseme oil	1/3 tsp
sunflower seeds	1/4 tsp
bacon bits	1 1/2 tsp
butter	1/3 tsp
half and half	1 Tbs
cream, light	1/2 tsp
cream cheese	1 tsp
sour cream	1 tsp
tartar sauce	1/2 tsp
lard	1/3 tsp
veg. shortening	1/3 tsp



Unfavorable Carbohydrates					
<b>Vegetables</b>		<b>Grains &amp; Breads</b>		<b>Condiments</b>	
acorn squash	3/8 cup	bagel	1/4	BBQ sauce	2 Tbs
baked beans	1/8 cup	barley	1 Tbs	catsup	2 Tbs
beets	1/2 cup	biscuit	1/4	cocktail sauce	2 Tbs
butternut squash	1/3 cup	baked potato	1/3 cup	Honey	1/2 Tbs
cooked carrots	1/2 cup	bread crumbs	1/2 oz	Jelly/jam	2 tsp
corn	1/4 cup	bread	1/2 slice	plum sauce	1 1/2 Tbs
french fries	5	bread stick	1	molasses	2 tsp
lima beans	1/4 cup	buckwheat	1/2 oz	pickle (bread & butter)	6 slices
peas	1/3 cup	bulgur wheat	1/2 oz	relish (sweet)	4 tsp
pinto beans	1/4 cup	cereal	1/2 oz	steak sauce	2 Tsp
potato, boiled	1/3 cup	corn bread	1 sq in	brown sugar	1 1/2 tsp
potato, mashed	1/5 cup	cornstarch	4 tsp	granulated sugar	2 tsp
refried beans	1/4 cup	croissant	1/4	confectioners sugar	1 Tsp
sweet potato, baked	1/3 (5 in)	crouton	1/2 oz	maple syrup	2 tsp
sweet potato, mashed	1/5 cup	donut	1/4	teriyaki sauce	1 1/2 Tbs
<b>Fruit</b>		english muffin	1/4	<b>Alcohol</b>	
banana	1/3 (9 in)	flour	1 1/2 tsp	Beer	8 oz
cranberries	1/4 cup	granola	1/2 oz	liquor	1 oz
cranberry sauce	4 tsp	grits	1/3 cup	wine	4 oz
dates	2	muffins	1/4	<b>Snacks</b>	
figs	3/4	noodles	1/4 cup	Chocolate bar	1/2 oz
guava	1/2 cup	instant oatmeal	1/2 pkt	corn chips	1/2 oz
kumquat	3	pasta, cooked	1/4 cup	graham crackers	1 1/2
mango	1/3 cup	pancake	1/2 (4 in)	ice cream	1/4 cup
papaya	2/3 cup	pita bread	1/4	potato chips	1/2 cup
prunes	2	popcorn	2 cups	pretzels	1/2 oz
raisins	1 Tbs	rice	3 Tbs	Tortilla chips	1/2 oz
<b>Fruit Juice</b>		Rice cakes	1	saltine crackers	4
apple juice	1/3 cup	Roll (hamburger, hot dog)	1/4		
cranberry juice	1/4 cup	taco shell	1		
fruit punch	1/4 cup	tortilla (corn)	1 (6 in)		
grape juice	1/4 cup	Tortilla (flour)	1/2 (6 in)		
grapefruit juice	3/8 cup	waffle	1/2		
lemon juice	1/3 cup				
orange juice	3/8 cup				
pinapple juice	1/4 cup				
tomato juice	3/4 cup				

\* note: When building meals with "unfavorable carbohydrates" quantity becomes critical.

Note: The quantity for each item on the block chart corresponds to one block.  
1 cup = 250ml (approx)



## Appendix C. High Glycemic Index foods

<b>EXTREMELY HIGH Glycemic Index - MORE THAN 100</b>		
<b>Grain-Based</b>	<b>Simple Sugars</b>	<b>Vegetables</b>
Cornflakes French Bread Millet Potatoes, Instant Puffed Rice Rice, Instant	Glucose Honey Maltose	Broad Beans (Fava) Carrots, cooked Parsnips, cooked Potatoes, Instant Potatoes, Russet, baked
<b>100%</b>		
White Bread		
<b>HIGH Glycemic Index- 80 to 100</b>		
<b>Grain-Based</b>	<b>Fruits</b>	<b>Simple Sugars</b>
Bread, rye, whole meal Bread, rye, crisp bread Bread, wheat, whole meal Corn, sweet Grapenuts Muesli Porridge Oats Rice, brown Rice, white Shredded Wheat Tortilla, corn	Apricots Bananas Mango Papaya Raisins	Sucrose
<b>Snacks</b>	<b>Vegetables</b>	
Cookies Corn Chips Crackers Ice Cream, low-fat Mars Bar Pastry	Potatoes, mashed Potatoes, new, boiled	



<b>MODERATELY HIGH Glycemic Index - 60 to 80</b>		
<b>Grain-Based</b> All Bran Bread, rye, pumpernickel Buckwheat Bulgur Macaroni, white Spaghetti, brown Spaghetti, white	<b>Fruits</b> Fruit Cocktail Grapefruit Juice Grapes Orange Juice Pears, canned Pineapple Juice	<b>Snacks</b> Cookies, oatmeal Potato Chips Sponge Cake
<b>Vegetables</b> Baked Beans, canned Green Peas, frozen Green Peas, marrowfat Kidney Beans, canned Sweet Potatoes Yams		

Note: Eat the above foods in moderation (where possible) or accurately measure out if following the zone diet.



## Appendix D. Paleo Food List

<u>Encouraged Foods</u>	<u>Encouraged Foods</u>
<p><b>Lean Meats</b></p> <ul style="list-style-type: none"> <li>● Lean beef (trimmed of visible fat)</li> <li>● Flank steak</li> <li>● Top sirloin steak</li> <li>● Extra-lean hamburger (no more than 7% fat, extra fat drained off)</li> <li>● London broil</li> <li>● Chuck steak</li> <li>● Lean veal</li> <li>● Any other lean cut</li> <li>● Lean pork (trimmed of visible fat)</li> <li>● Pork loin</li> <li>● Pork chops</li> <li>● Any other lean cut</li> </ul> <p><b>Lean poultry</b> (white meat, skin removed)</p> <ul style="list-style-type: none"> <li>● Chicken breast</li> <li>● Turkey breast</li> <li>● Game hen breasts</li> </ul> <p><b>Eggs</b> (limit to six a week)</p> <ul style="list-style-type: none"> <li>● Chicken (go for the enriched omega 3 variety)</li> <li>● Duck</li> <li>● Goose</li> </ul> <p><b>Other meats</b></p> <ul style="list-style-type: none"> <li>● Rabbit meat (any cut)</li> <li>● Goat meat (any cut)</li> </ul> <p><b>Organ meats</b></p> <ul style="list-style-type: none"> <li>● Beef, lamb, pork, and chicken livers</li> <li>● Beef, pork, and lamb tongues</li> <li>● Beef, lamb, and pork marrow</li> <li>● Beef, lamb, and pork “sweetbreads”</li> </ul>	<p><b>Nuts and Seeds</b></p> <ul style="list-style-type: none"> <li>Almonds</li> <li>Brazil nuts</li> <li>Cashews</li> <li>Chestnuts</li> <li>Hazelnuts (filberts)</li> <li>Macadamia nuts</li> <li>Pecans</li> <li>Pine nuts</li> <li>Pistachios (unsalted)</li> <li>Pumpkin seeds</li> <li>Sesame seeds</li> <li>Sunflower seeds</li> <li>Walnuts</li> </ul> <p><b><u>Foods To Be Eaten In Moderation</u></b></p> <p><b>Oils</b></p> <p>Olive, avocado, walnut, flaxseed, and canola oils (use in moderation—4 tablespoons or less a day when weight loss is of primary importance)</p> <p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>Coffee</li> <li>Tea</li> <li>Wine (two 4-ounce glasses; Note: Don’t buy “cooking wine,” which is loaded with salt.)</li> <li>Beer (one 12-ounce serving)</li> <li>Spirits (4 ounces)</li> </ul>



**Encouraged Foods**

**Game meat**

- Alligator
- Bear
- Bison (buffalo)
- Caribou
- Elk
- Emu
- Goose
- Kangaroo
- Muscovy duck
- New Zealand cervena deer
- Ostrich
- Pheasant
- Quail
- Rattlesnake
- Reindeer
- Squab
- Turtle
- Venison
- Wild boar
- Wild turkey

**Fish**

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern pike
- Orange roughy
- Perch
- Red snapper

**Foods To Be Eaten In Moderation**

**Paleo Sweets**

Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)  
 Nuts mixed with dried and fresh fruits (no more than 4 ounces of nuts and 2 ounces of dried fruit a day, particularly if you are trying to lose weight)

**Foods You Should Avoid**

**Dairy Foods**

All processed foods made with any dairy products  
 Butter  
 Cheese  
 Cream  
 Dairy spreads  
 Frozen yogurt  
 Ice cream  
 Ice milk  
 Low-fat milk  
 Nonfat dairy creamer  
 Powdered milk  
 Skim milk  
 Whole milk  
 Yogurt

**Cereal Grains**

Barley (barley soup, barley bread, and all processed foods made with barley)  
 Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)  
 Millet  
 Oats (steel-cut oats, rolled oats, and all processed foods made with oats)  
 Rice (brown rice, white rice, top ramen, rice noodles, bas mati rice, rice cakes, Rice flour (all processed foods made with rice))



<u>Encouraged Foods</u>	<u>Foods You Should Avoid</u>
<ul style="list-style-type: none"> <li>● Rockfish</li> <li>● Salmon</li> <li>● Scrod</li> <li>● Shark</li> <li>● Striped bass</li> <li>● Sunfish</li> <li>● Tilapia</li> <li>● Trout</li> <li>● Tuna</li> <li>● Turbot</li> <li>● Walleye</li> <li>● Any other commercially available fish</li> </ul>	<p>Rye (rye bread, rye crackers, and all processed foods made with rye)</p> <p>Sorghum</p> <p>Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)</p> <p>Wild rice</p>
<p><b>Shellfish</b></p> <ul style="list-style-type: none"> <li>● Abalone</li> <li>● Clams</li> <li>● Crab</li> <li>● Crayfish</li> <li>● Lobster</li> <li>● Mussels</li> <li>● Oysters</li> <li>● Scallops</li> <li>● Shrimp</li> </ul>	<p><b>Cereal Grainlike Seeds</b></p> <p>Amaranth</p> <p>Buckwheat</p> <p>Quinoa</p>
<p><b>Fruit</b></p> <p>Apple</p> <p>Apricot</p> <p>Avocado</p> <p>Banana</p> <p>Blackberries</p> <p>Blueberries</p> <p>Boysenberries</p> <p>Cantaloupe</p> <p>Carambola</p> <p>Cassava melon</p> <p>Cherimoya</p> <p>Cherries</p> <p>Cranberries</p> <p>Figs</p>	<p><b>Legumes</b></p> <p>All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)</p> <p>Black-eyed peas</p> <p>Chickpeas</p> <p>Lentils</p> <p>Peas</p> <p>Miso</p> <p>Peanut butter</p> <p>Peanuts</p> <p>Snowpeas</p> <p>Sugar snap peas</p> <p>Soybeans and all soybean products, including tofu</p>
	<p><b>Starchy Vegetables</b></p> <p>Starchy tubers</p> <p>Cassava root</p> <p>Manioc</p> <p>Potatoes and all potato products (French fries, potato chips, etc.)</p>



**Encouraged Foods**

Gooseberries  
 Grapefruit  
 Grapes  
 Guava  
 Honeydew melon  
 Kiwi  
 Lemon  
 Lime  
 Lychee  
 Mango  
 Nectarine  
 Orange  
 Papaya  
 Passion fruit  
 Peaches  
 Pears  
 Persimmon  
 Pineapple  
 Plums  
 Pomegranate  
 Raspberries  
 Rhubarb  
 Star fruit  
 Strawberries  
 Tangerine  
 Watermelon  
 All other fruits

**Vegetables**

Artichoke  
 Asparagus  
 Beet greens  
 Beets  
 Bell peppers  
 Broccoli  
 Brussels sprouts  
 Cabbage  
 Carrots  
 Cauliflower

**Foods You Should Avoid**

Sweet potatoes  
 Tapioca pudding  
 Yams

**Salt-Containing Foods**

Almost all commercial salad dressings and condiments  
 Bacon  
 Cheese  
 Deli meats  
 Frankfurters  
 Ham  
 Hot dogs  
 Ketchup  
 Olives  
 Pickled foods  
 Pork rinds  
 Processed meats  
 Salami  
 Salted nuts  
 Salted spices  
 Sausages  
 Smoked, dried, and salted fish and meat  
 Virtually all canned meats and fish (unless they are unsalted or unless you soak and drain them)

**Fatty Meats**

Bacon  
 Beef ribs  
 Chicken and turkey legs  
 Chicken and turkey skin  
 Chicken and turkey thighs and wings •  
 Fatty beef roasts  
 Fatty cuts of beef  
 Fatty ground beef  
 Fatty pork chops  
 Fatty pork roasts



### **Encouraged Foods**

Celery  
Collards  
Cucumber  
Dandelion  
Eggplant  
Endive  
Green onions  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard greens  
Onions  
Parsley  
Parsnip  
Peppers (all kinds)  
Pumpkin  
Purslane  
Radish  
Rutabaga  
Seaweed  
Spinach  
Squash (all kinds)  
Swiss chard  
Tomatillos  
Tomato (actually a fruit, but most people think of it as a vegetable)  
Turnip greens  
Turnips  
Watercress

### **Foods You Should Avoid**

Lamb chops  
Lamb roasts  
Leg of lamb  
Pork ribs  
Pork sausage  
T-bone steaks

### **Soft Drinks and Fruit Juices**

All sugary soft drinks  
Diet sodas (These often contain artificial sweeteners such as aspartame and saccharine, which may be harmful; you're better off drinking bottled and mineral waters.)  
Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glyvemic index)

### **Sweets**

Sweets  
Honey  
Sugars



## **Credits**

### **Web**

<http://journal.crossfit.com> – Crossfit Journal

<http://robbwolf.com> – Robb Wolf

[CrossFit DownTown Winston](#) – Nutrition info Pack

[Front Range CrossFit](#) – Nutrition info Pack (Provided by [John Pilkington](#))

<http://www.thepaleodiet.com> – Paleo info

<http://www.zonedietinfo.com> – Zone info

### **Books**

The Paleo solution – Rob Wolf

Mastering the zone – Barry Sears, Ph.D

The Paleo Diet – Loren Cordain, Ph.D

I would have been unable to produce and compile this document on behalf of Crossfit Clitheroe without help from the above resources – Thank you! Scott Townson