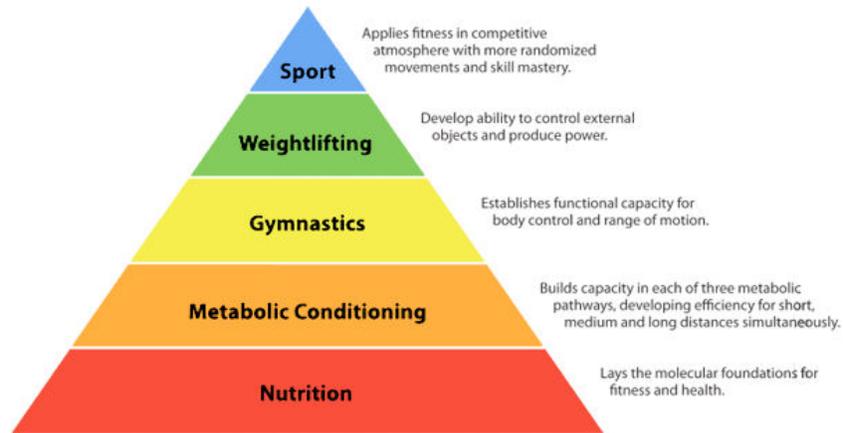


CrossFit PAX Fundamentals- Nutrition

Nutrition is the BASE of the CrossFit “Pyramid”! Without proper nutrition, you will not achieve your full fitness potential!



There are many ways to eat well to improve your fitness! We don't endorse any one method but you may have heard of many like Paleo, Keto, Atkins, etc. There is no “one” solution when it comes to food, and there is especially no easy fix. Everyone's body, heredity, health, goals, and activity level are going to be different. The one thing all the good meal plans have in common is eating whole, fresh, non-processed foods in the proper macro balance and proper quantities. You can achieve your fitness goals much more quickly and sustain them by eating this way! With that said, there are two simple principles we can use to guide our nutrition.

First- “Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar.”

Easy, right? Not necessarily! If you want to make a significant start on that, first thing to do is cut out ALL sugar from your diet. This is a challenge as any processed food will likely have some form of sugar added. Drink soda? Switch to flavored seltzers and unsweetened iced tea. Adding creamer and sweetener to your coffee? Get some quality roasted coffees and enjoy the coffee flavor by drinking it black! Start with simple changes. For most people, this is an excellent way to vastly improve health and body composition! We talked about the Zone Meal Plan in class and recommend checking out the following resource to begin your journey to a more balanced and proper quantity meal plan:

http://library.crossfit.com/free/pdf/CFJ_2015_05_Zone6.pdf

If you are working out once a day, 3-6 days, this is probably a great place for you to begin! Here's a link for quick, nutritious, meal ideas that are portioned as a 3 Block meal and properly balanced:

Quick Healthy Meal Ideas

<https://www.crossfit.com/at-home/meals>

Eat a variety of foods recommended here, in the proper portion size and balance, and be consistent. Get the best quality food that you can afford and find- organic, pastured, local, not processed, etc. Once you have changed out your cereal for eggs and changed your lunch and dinner routine to include lots of vegetables and quality proteins and fats, you are well on your way! The next steps involve really listening to your body and figuring out what foods make you feel best. The Whole 30 program is an elimination and reintroduction plan to help you identify foods that are best for you and avoid foods that your body may find problematic. It is a challenging 30 days but has changed millions of lives!

<https://whole30.com/>

Here are some other resources for nutrition basics:

CrossFit PAX Nutrition webpage: <https://www.crossfitpax.com/nutrition/>

PHD: <http://perfecthealthdiet.com/>

Primal Diet: <http://www.marksdailyapple.com>

Ancestral Health: <https://chriskresser.com/ancestral-health/>

Lionheart Fitness Anatomy of Great Nutrition: <https://lionheartapf.com/the-anatomy-of-great-nutrition/>

Second- Learn your macronutrients and balance them at mealtime. Learn what each one does and when the best time to eat them would be.

This is all about balance and quantity, and CrossFit recommends the ZONE diet for getting balance and quantity down. The human body performs best with a **macro balance of calories at 30% protein, 30% fat, 40% carbohydrates**. This does NOT match the USDA recommendation, which is high carb, low fat. The ZONE diet may not be the final answer, but will give us all a baseline to start with. Many more resources can be found online for ZONE as well as similar plans that balance these macronutrients. The ZONE begins by estimating the amount of “blocks” a person needs:

One Block is defined as:

7g protein, 9g of carbohydrate, 1.5g of fat (assumes 1.5g of fat in each block of protein).

A 3 Block meal consists of 3 Blocks of each macro so, 3 blocks protein, 3 blocks carbs, 3 blocks fat = 21g protein, 27g carbs, 4.5g fat per 3 Block meal.

From the Block Chart below you'll see 1 Block protein is 1oz of most meats, 1 whole egg. Carb portions vary greatly depending on the calorie density. One Block carbs of fruit is ¼ to 1cup depending on the fruit, raw green veggies 2 to 6 cups which will definitely help fill you up, and cooked veggies provide for some great carb options to make up your carb portions! One Block of fat is a much smaller quantity due to the high caloric density of fat, 1/3 tsp of oils, butter, mayo, a slice of avocado (1 tbsp), etc. Be careful when measuring the fat portions to keep within your body type block requirements!

Breakfast	Lunch	Snack	Dinner	Snack	Tot	Body type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium Female
3	3	2	3	2	13	Large Female
4	4	1	4	1	14	Athletic - well muscle
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	X-Large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic - well muscle

Then, using a food scale (at first, to calibrate your eye) and meal planning, a person will ensure they get approximately the right number of blocks of protein, fat, and carbohydrates at each meal.

Block Chart for Protein, Fat and Favorable Carbohydrates

Protein (Cooked)				Favorable Carbohydrate (Raw)				Favorable Carbohydrate (Cooked)				Fat			
beef	1 oz.	ham	1 oz.	alfalfa sprouts	7½ c.	lettuce, romaine	6 c.	artichoke	1 small	kale	1¼ c.	almonds	~3	olive oil	¼ tsp.
calamari	1½ oz.	lamb	1 oz.	apple	½	lime	1	asparagus	12 spears	kidney beans	¼ c.	avocado	1 tbsp.	olives	~ 5
Canadian bacon	1 oz.	lobster	1½ oz.	applesauce	¾ c.	mushrooms	3 c.	beet greens	1¼ c.	leeks	1 c.	bacon bits	2½ tsp.	peanut butter	½ tsp.
canned tuna	1 oz.	pork	1 oz.	apricots	3 small	nectarine	½	black beans	¼ c.	lentils	¼ c.	butter	½ tsp.	peanut oil	½ tsp.
catfish	1½ oz.	protein powder	1 oz.	bean sprouts	3 c.	onion	½ c.	bok choy	3 c.	oatmeal	½ c.	canola oil	½ tsp.	peanuts	~ 6
cheese	1 oz.	ricotta cheese	2 oz.	blackberries	½ c.	orange	½	broccoli	1¼ c.	okra	¾ c.	cashews	~3	salad dressing	½ tbsp.
chicken breast	1 oz.	salmon	1½ oz.	blueberries	½ c.	peach	1	brussels sprouts	¾ c.	onion	½ c.	coconut oil	½ tsp.	sesame oil	½ tsp.
clams	1½ oz.	sardines	1 oz.	broccoli	2 c.	pear	½	cabbage	1½ c.	sauerkraut	1 c.	cream cheese	1 tsp.	sour cream	1 tsp.
corned beef	1 oz.	scallops	1½ oz.	cabbage	2¼ c.	peppers	1¼ c.	cauliflower	1¼ c.	spaghetti squash	1 c.	cream, light	½ tsp.	sunflower seeds	¼ tsp.
cottage cheese	¼ c.	seitan	1 oz.	cantaloupe	¼	pineapple	½ c.	chick peas	¼ c.	spinach	1½ c.	guacamole	½ tbsp.	tahini	½ tsp.
crabmeat	1½ oz.	shrimp	1½ oz.	carrot	1 large	plum	1	collard greens	1¼ c.	swiss chard	1¼ c.	half and half	1 tbsp.	tartar sauce	½ tsp.
deli meat	1½ oz.	soft tofu	3 oz.	cauliflower	2 c.	radishes	2 c.	dill pickles	3 (3 in.)	tomato sauce	½ c.	lard	½ tsp.	veg. shortening	½ tsp.
duck	1½ oz.	soy cheese	1 oz.	celery	2 c.	raspberries	¾ c.	eggplant	1½ c.	tomatoes	¾ c.	macadamia nuts	~1	vegetable oil	½ tsp.
egg substitute	¼ oz.	soy burgers	½ patty	cherries	7	salsa	½ c.	fava beans	¼ c.	yellow squash	1¼ c.	mayo, light	1 tsp.	walnuts (chopped)	1 tsp.
egg whites	2 large	soy sausage	2 links	cucumber	1 (9 in.)	snow peas	¾ c.	green beans	1 c.	zucchini	1½ c.	mayonnaise	½ tsp.		
feta cheese	1½ oz.	spirulina (dry)	½ oz.	fruit cocktail	½ c.	spinach	4 c.								
firm tofu	2 oz.	swordfish	1½ oz.	grapefruit	½	strawberries	1 c.								
flounder/sole	1½ oz.	tuna steak	1½ oz.	grapes	½ c.	tangerine	1								
ground beef	1½ oz.	turkey breast	1 oz.	honeydew	½	tomato	1 c.								
ground lamb	1½ oz.	veal	1 oz.	kiwi	1	watermelon	½ c.								
ground pork	1½ oz.	whole egg	1 large	lemon	1	zucchini	3 c.								
ground turkey	1½ oz.			lettuce, iceberg	1 head										

Combo Items*			
milk	1 c.	tempeh	1½ oz.
soy milk	1 c.	yogurt (plain)	½ c.
soybeans	¼ c.		

*Note: combo items contain 1 block of protein and 1 block of carbohydrate

This is an abbreviated list and does not include “unfavorable” carbohydrates, which have higher a glycemic index, with smaller portion size. However, you can get the idea. Use the first principle “eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar” to guide your shopping list. Then, use the charts here to figure out about how much of each you need at each meal. For example, an athletic female or a small male would both want to eat about 4 blocks for breakfast. This means they need 4 blocks of protein, 4 blocks of carbohydrates, and 4 blocks of fat. Their breakfast may look like this:

Protein: 2 oz of ham and 2 whole eggs

Carbohydrates: 1 cup of sliced tomatoes, one cucumber, and ½ cup of blueberries

Fat: 6 almonds and 2 tbs avocado

It is relatively simple, and you can see from this example that it is a good amount of food!

It will take some time to adjust the budget, figure out where to shop, learn the ropes of food quality, and fine tune your measuring skills. However, once you learn to eat this way it is truly life changing. You can “eyeball” the amounts and even while eating at a restaurant will be able to make much better choices. Instead of ordering a pizza, which is all carbohydrates, you can get a burger wrapped in lettuce or in a bun. You may know that the burger is 2 oz (2 blocks) and the bun is about 4 blocks. This means you’ll need to add some protein and fat to balance that out. Or, you can toss the bun and go with a lettuce wrap and choose a vegetable or fruit side that amounts to 4 blocks. Don’t forget to make sure you choose 4 blocks of fat as well. It may not be the perfect meal, but with some practice you’ll be able to enjoy meals out with friends and know how you can eat and still feel and look great.

Principles to live by:

Eat to live, don’t live to eat.

Food is fuel, not a “reward” or indulgence at every meal

Ask yourself what are you REALLY eating- read the label. Look it up.

Enjoy good quality food. Try new things. Develop good taste by cutting out junk.

Grow your own food. Check out local farms.

Stop eating stuff you know is bad for you. Learn what makes you feel bad and avoid it.

Stop the yo-yo dieting. There is no easy fix. Get over it.

Education. Education. Education.

Be a responsible consumer- ask questions about the quality.

It is no one else’s responsibility.

Kids need to eat nutrient dense foods and all three macronutrients as well!

NOTES: