

The Paleo Challenge Outline

(adopted from carrotsncake.com)

The Foods

1. Do not consume added sugar of any kind, real or artificial. No maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, etc. Read your labels because companies sneak sugar into products in ways you might not recognize. However, for the purposes of this challenge, we will allow Stevia as the only approved sweetener.

2. Do not consume alcohol. It just isn't good for you and you're trying to make a lifestyle change, right?

3. Do not eat grains. This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains, and all of those gluten-free, pseudo-grains like quinoa. Yes, we said corn... for the purposes of this challenge, corn is a grain. This also includes all the ways we add wheat, corn, and rice into our food in for the form of bran, germ, starch, and so on. Again, read your labels.

4. Do not eat legumes. This includes beans of all kind (black, red, pinto, navy, white, kidney, lima, fava, etc.) peas, chickpeas, lentils, and peanuts (no peanut butter either). This also includes all forms of soy—soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).

5. Do not eat dairy. This includes cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or organic butter.

6. Do not eat white potatoes. This is somewhat arbitrary, but if we are trying to change your habits and improve the hormonal impact of your food choices, it's best to leave white, red, purple, Yukon gold and fingerling potatoes off your plate. But **DO** eat sweet potatoes! Just go light if weight loss is your goal.

SCORING

Working in teams of 4 (to be chosen at random), each individual will have a possible total of 20 points per day. It is the responsibility for each individual to keep a tally of their own points. Team totals will be posted every Tuesday. Everyone will start with 15 points. Everyone will have the opportunity to add bonus points based on fish oil consumption, mobility, CrossFit, and sleep. You will subtract points based on the quality of foods you eat. Here's the breakdown:

15 points for a full day of all Paleo-friendly meals and snacks +1 for going to Fundy CrossFit +1 for extra mobility (outside of class) +1 for at least 3 grams of a quality fish oil +1 for 7+ hours of sleep +1 for sending in a daily recipe———— 20 possible points per day

Deducting points

-1 point off for every serving of: deli meats, bacon, beans, hummus, peanuts, agave, honey, salt, peas, dried fruit, most salad dressings, red wine Caveat: gluten/dairy/preservative-free sausages are permitted. (They can be purchased at Kuinshove's meats in Rothesay or Kredles Country Market. Also, nitrate-free bacon (available from the Kingston Market) is fair game and can be consumed without penalty.

-2 points off for every serving of: dairy (milk, yogurt, cheese, butter), soy products, quinoa

-3 points off for every serving of: cereal, grains, wheat, oats, corn, tortilla chips, bread, rice, pasta, noodles, hot dogs

-4 points for every serving of: soda, juice, sports drinks, potatoes, fried food, (chicken wings, most restaurant appetizers, pizza, cookies, baked goods, ice cream, frozen yogurt, sweets, pancakes, ketchup, processed marinades, BBQ sauce, sugar-added dried fruit, beer, and ALL alcoholic drinks (besides red wine)

Note: It's important to know how many servings you are eating. For example, 1 can of soda is 2 servings. This means that if you drink an entire can, you must subtract 8 points. Moral of the story: don't do that.

Note #2: There are no portion restrictions in the challenge, but be smart. If you are eating an entire bag of trail mix, you are not eating Paleo; you are doing more of the same stuff you did before. Use this challenge to change your habits.

Bonus points

1. You get 1 extra bonus points for every day you participate in a CrossFit workout. The benefits of Paleo are magnified when combined with a training program that combines constantly varied, high intensity, functional movements (i.e. CrossFit).
2. You get 1 extra bonus point for every day you consume at least 3 grams of fish oil.
3. You get 1 extra bonus point for everyday that you do more than 10 minutes of mobility, outside of class. Ask an FCF coach or check out www.mobilityWOD.com for ideas.
4. You get 1 extra bonus point for every night that you sleep more than 7 hours.
5. One bonus point for any challenge-friendly recipes submitted for the purpose of distribution to fellow participants for a maximum of 1 bonus point per/day.

Check out these websites for more info:

-  <http://robbwolf.com>
-  <http://balancedbites.com>
-  <http://marksdailyapple.com>
-  <http://chriskresser.com>
-  <http://whole9life.com>
-  <http://thepaleodiet.com>
-  <http://paleOMG.com> <— lots of tasty recipes!

What to stock in a Paleo pantry

Herbs & Spices

basil, bay leaf, caraway, cardamom, cayenne, celery seed, chili powder, cilantro, cinnamon, clove, coriander, cumin, curry, dill, fennel, garlic, ginger, marjoram, mustard, oregano, paprika, parsley, pepper, rosemary, thyme, turmeric, vanilla

Canned & Jarred

applesauce, coconut aminos (similar to soy sauce available at the Corn Crib on Charlotte Street), coconut milk, coconut water, olives, oysters, pickles, pumpkin, wild salmon, sardines, sun-dried tomatoes, sweet potatoes, tomato paste, tomato sauce, tuna

Nuts, Seeds, & Dried Fruit

almonds, almond butter, almond flour (much cheaper to use a food processor and make your own for this), brazil nuts, chestnuts, coconut butter, shredded coconut (unsweetened of course), dates, dried apples*, dried apricots*, dried blueberries, dried cranberries, dried figs, dried mango*, dried pineapple*, hazelnuts, macadamia nuts, pecans, pine nuts (cheapest at Costco), pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.

*dried fruit should be free of vegetable oil, soy bean oil and sweeteners (Bulk Barn is your best bet here. Also, any nuts/seeds should be raw and unprocessed.

Fats & Oils

avocado oil, bacon fat, ghee, coconut oil (best price at Costco), macadamia oil, EVOO, palm oil

Beverages

Green tea, herbal tea, mineral water, white tea, coffee

Sauces

coconut aminos, fish sauce, hot sauce (Frank's is fair game), mustard (gluten free variety), apple cider, red wine vinegar, balsamic.

Foods to fill the fridge/freezer

Meat, Seafood & Eggs

beef, bison, boar, buffalo, chicken, duck, eggs, goat, goose, lamb, pork, turkey, veal, venison, clams, halibut, lobster, mackerel, mahi mahi, mussels, oysters, salmon, sardines, scallops, shrimp, snapper, swordfish, trout, tuna

Liquids

almond milk, coconut milk, coconut water, mineral water

Superfoods

Sea vegetables: kelp, dulse

Fermented foods: sauerkraut, carrots, beets, kombucha

Vegetables

artichokes, asparagus, arugula, bamboo shoots, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chard, cucumbers, eggplant, endives, fennel, garlic, green beans, green onions, kale, leeks, lettuce, mushrooms, onions, parsley, parsnips, peppers, radishes, shallots,

snap peas, spinach, squash, sugar snaps, sweet potatoes, tomatillos, tomatoes, turnips, yams

Fruits

apples, apricots, avocados, bananas, blackberries, blueberries, cherries, cranberries, figs, grapefruit, grapes, kiwis, lemons, limes, mangos, melons, nectarines, oranges, peaches, pears, pineapples, plantains, plums, pomegranates, raspberries, rhubarb, star fruit, strawberries, tangerines, watermelon