

# THE **CrossFit** TRAINING GUIDE

## Nutrition

### Food



CrossFit has been an active combatant in the diet wars. For decades it has been an exciting world of “us” versus “them”.

“We” were the low carb, low calorie, good fat camp and “they” were the low fat, low calorie, high carb opposition. The battle was for the hearts and minds of the public on the very personal and private matter of nutrition - what diet makes us healthy?

Sheldon Margin, publisher of the UC Berkeley Wellness Letter, a leader of “them”, accepted this characterization of battle lines when we presented it to him in 1996. In 1996 Dr. Atkins and Barry Sears were both publicly and regularly referred to as “quacks” and “frauds” by mainstream physicians, journalists, and nutritionists. While this was something that Sears would have to get used to, Dr. Atkins had been dealing with vicious assaults on his life’s work and character since publishing his Dr. Atkins’ Diet Revolution in 1972.

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*“What a long strange trip it’s been”  
- Grateful Dead*

Food... (continued)

We write here today in 2003 gloating. Gloating, because it is our perception that we are decisively winning the diet war. In the public square, the realization that carbs, not fat, make you sick and fat is spreading rapidly. Spreading like truth unobstructed. The position that carbohydrate is essentially toxic at common consumption levels was a truth suppressed by political and industrial corruption of science and journalism. Suppressing truth is like holding a beach ball under water; it takes constant work against a tireless resistance. They have slipped and our position sits like the beach ball on top of the water, where everyone can see it.

We interpret our position of being clearly visible, as winning the diet wars because our diet better models human nutrition and will always trump the opposition's model if tested. Ours works, theirs doesn't. Where theirs does work, ours works better. Their success required our being kept out of the marketplace. Underwater preferably.

In countless exchanges with doctors, trainers, nutritionists, and family we shared our position and the common response was, "do you have any science? I need science." We had science and showed it proudly. No one would read it. The cry for peer-reviewed evidence is almost always a smoke screen. The guys who write it read it - the rest pretend. If you can train people to unquestioningly accept proposition X then you've largely inoculated these same folks from even considering "not X".

The science supporting our position while being produced at an increasing rate, was always there and is not responsible for the dramatic change over the last two years.

What has changed is that the public bought some 100 million diet books over the last thirty years running the most important and successful science experiment ever conducted. To a constant and universal barraging of the fat is bad mantra from public health authorities, millions of people with no clinical or scientific credentials tried regimens found in "dangerous" books and found some of them marvelously effective.

Doctor Robert Atkins deserves credit for suffering unimaginable abuse while remaining steadfast, Gary Taubes for being the first journalist to expose the fraud and origins of the low fat position and for later making the point that the science may have been behind Dr. Atkins all along, Barry Sears for super tuning a responsible diet,

and Dr. Uffe Ravnskov for exposing the fraud and slop in anti-fat research so effectively that he needed to be completely ignored to be dealt with.

But the true heroes are each and every one of you who thought for yourselves, ignored the chorus of doctors, nutritionists, journalists and neighbors bleating like sheep, "faaaat is baaad", followed the logic of reduced carbohydrate consumption, and then critically and most importantly, tried the diet. You try one diet and you feel great, you try another and your teeth fall out. Who needs a doctor?

Patients are telling their doctors about the Zone and Protein Power and Atkins, not the other way around. Doctors everywhere are themselves doing the Zone and Atkins on the advice of their patients—on seeing their patients' successes. The peer reviewed literature remains unread, but, the reverberation of the good diet books message is working its way from author to reader to doctor and finally back to patients.

Perhaps, this process isn't so unusual but merely another example of the efficiency of decentralized networks. In any case it is consistent with this bit of philosophy from Dr. Uffe Ravnskov's epilogue to *The Cholesterol Myths*:

"After a lecture, a journalist asked me how she could be certain that my information was not just as biased as that of the cholesterol campaign. At first I did not know what to say. Afterwards I found the answer.

She could not be certain. Everyone must gain the truth in an active way. If you want to know something you must look at all the premises yourself, listen to all the arguments yourself, and then decide for yourself what seems to be the most likely answer. You may easily be led astray if you ask the authorities to do this work for you.

This is also the answer to those who wonder why even honest scientists are misled. And it is also the answer to those who after reading this book, ask the same question."



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## Glycemic Index

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For several decades now, bad science and bad politics have joined hands to produce what is arguably the most costly error in the history of science—the low fat diet. This fad diet has cost millions unnecessary death and suffering from heart disease, diabetes and, it increasingly seems, a host of cancers and other chronic and debilitating illnesses.

Gary Taubes, the esteemed science writer, has written two brilliant and highly regarded pieces on exactly this subject. The first appeared in *Science Magazine* in 1999 and the second in the *New York Times* just this summer.

A new age is dawning in nutrition: one where the culprit is no longer seen as dietary fat but excess consumption of carbohydrate—particularly refined or processed carbohydrate. In fact, there's an increasing awareness that excess carbohydrates play a dominant role in chronic diseases like obesity, coronary heart disease, many cancers, and diabetes. This understanding comes directly from current medical research. Amazingly, the near universal perception that dietary fat is the major culprit in obesity has no scientific foundation. (See Taubes, above.)

There's a family of popular diets and diet books based on decreasing carbohydrate consumption. Most of them are excellent.

Chief among these books are Barry Sears' *Enter the Zone*, Michael Eades' *Protein Power*, Atkins' *Dr. Atkins' Diet Revolution*, Cordain's *The Paleo Diet*, and the Hellers' *Carbohydrate Addict's Diet*. Each of these is an honest and accurate chronicling the effects of the low fat, fad diet and they all offer a rational, effective regimen for avoiding dietary ills. For those technically inclined, the mechanism by which excess carbohydrate causes disease state is known as "hyperinsulinemia." Hyperinsulinemia is the chronic and acute elevation of insulin as a result of habitual consumption of excess carbohydrate.

The list of ills linked to hyperinsulinemia is staggering and growing. Just recently colorectal cancer was added to the probable list of hyperinsulinemia-mediated diseases. The evidence linking excess carbohydrate

consumption to hyperinsulinemia and coronary heart disease is compelling if not overwhelmingly convincing.

Additionally, excess consumption of carbohydrate may soon be shown to be linked to Alzheimer's, aging, cancers and other disease through a process known as "glycosylation".

At any rate, a search on "Google" for "hyperinsulinemia" reveals hundreds of ills linked to this metabolic derangement. The rapidly growing awareness of the consequences of elevated blood sugar is one of the more promising avenues of medical advancement today.

Though frightening, the diseases brought about through hyperinsulinemia can easily be avoided by minimizing carbohydrate consumption—specifically carbohydrate that gives substantial rise to blood sugar and consequently insulin levels.

There is a singular measure of carbohydrate that gives exactly this information—"Glycemic Index." Glycemic index is simply a measure of a food's propensity to raise blood sugar. Avoid high glycemic foods and you'll avoid many, if not most, of the ills associated with diet.

Rick Mendosa has published one of the most complete glycemic indices available anywhere with a listing of over 750 common food items giving values based on glucose's score of 100.

We can increase the ease and utility of using such a list by dividing commonly eaten foods into two groups—one of high-glycemic foods, "bad foods", and one of low-glycemic foods, or "good foods." This is the rationale behind the CrossFit Shopping List.

You may notice that the "good foods" are typically meats, vegetables, fruits, nuts, and seeds, whereas the bad foods include many man-made or processed foodstuffs. There are some notable exceptions, but the trend is certainly instructive.

High glycemic foods, or "bad foods", are typically starchy, sweet, or processed foods like bread, pasta, rice, potato, grains, and desserts.

Glycemic Index... (continued)

CrossFit Shopping List					
"Good Foods" - Low Glycemic			"Bad Foods" - High Glycemic		
Water	Tofu	Tuna Steak	Acorn Squash	Raisins	Rolls
Oatmeal	Tomato	Tomato Sauce	Baked Beans	Fruit Juice	Taco Shell
Eggs	Lettuce	Spinach	Beets	Vegetable Juice	Tortillas
Protein Powder	Onion	Carrots	Black Eyed Peas	Bagel	Udon Noodles
Peanut Butter	Mushroom	Orange	Butternut Squash	Biscuit	Waffle
Tahini	Cucumber	Pear	Cooked Carrots	Bread Crumbs	BBQ Sauce
Olives	Blueberries	Pineapple	Corn	Bread	Ketchup
Beef	Milk	Brussel Sprouts	French Fries	Steak Sauce	Cocktail Sauce
Cheese	Broccoli	Eggplant	Hubbard Squash	Bulgar	Honey
Salsa	Zucchini	Sauerkraut	Lima Beans	Sweet Relish	Jelly
Black Beans	Apple	Hot Dogs	Parsnips	Cereal	Sugar
Kidney Beans	Grape	Chick Peas	Peas	Cornstarch	Maple Syrup
Ground Turkey	Plum	Lamb	Pinto Beans	Croissant	Teriyaki Sauce
Soy Sausage	Shrimp	Pork	Potato	Crouton	Chocolate
Chicken	Mayonnaise	Dill Pickles	Refried Beans	Doughnut	Corn Chips
Turkey Sausage	Plain Yogurt	Soy Beans	Sweet Potato	English Muffin	Ice Cream
Salmon	Deli Meat	Asparagus	Turnip	Granola	Potato Chips
Turkey	Ham	Cantaloupe	Banana	Grits	Pretzels
Canned Tuna	Soy Milk	Strawberry	Cranberries	Melba Toast	Saltine Crackers
Canned Chicken	Spirulina	Peach	Dates	Muffin	Molasses
Soy Burgers	Tempeh		Figs	Noodles	
Cottage Cheese	Egg Substitute		Guava	Instant Oatmeal	
Almonds	Oil		Mango	Pancakes	
Macadamia Nuts	Peanuts		Papaya	Popcorn	
Avocado	Swordfish		Prunes	Rice	

More than a few observers have pointed out that low-glycemic foods have limited shelf life and are found on the perimeter of the grocery store where the high-glycemic foods have a longer shelf life and are typically found within the grocery store's aisles.

Though this approach is an oversimplification of much of nutritional science, it has the power to deliver nearly all of what more detailed and elaborate regimens offer such as those by Sears, Eades, Cordain, Atkins, and the Hellers. Eat more of the "good foods" and less of the "bad foods" and you'll garner much of what the more responsible eating plans offer. Many of our friends have radically transformed their health through this single tool.



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## Meal Plans

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*Wild Black Bass with Artichoke Ragout  
Created by Eric Lau - Chef/Owner of Oswald, Santa Cruz, California.*

Our recommendation to “eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar” is adequate to the task of preventing the scourges of diet-induced disease, but more accurate and precise prescription is necessary to optimize physical performance.

Finely tuned, a good diet will increase energy, sense of well-being, and acumen, while simultaneously flensing fat and packing on muscle. When properly composed, the right diet can nudge every important quantifiable marker for health in the right direction.

Diet is critical to optimizing human function, and our clinical experience leads us to believe that Barry Sears’s “Zone diet” closely models optimal nutrition.

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.

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Meal Plans... (continued)

**What is a Block?**

A 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

(This assumes that there is about 1.5 grams of fat in each block of protein, so the total amount of fat needed per 1 block meal is 3 grams.)

When a meal is composed of equal blocks of protein, carbohydrate, and fat, it is 40% of its calories are from carbohydrate, 30% from protein and 30% from fat.

Pages 4 and 5 list common foods in their macronutrient category (protein, carbohydrate, or fat), along with a conversion of measurements to blocks.

This "block chart" is a convenient tool for making balanced meals. Simply choose 1 item from the protein list, 1 item from the carbohydrate list, and 1 item from the fat list to compose a 1-block meal. Or choose 2 items from each column to compose a 2-block meal, and so on.

Here is a sample 4-block meal:

- 4 oz. chicken breast
- 1 artichoke
- 1 cup of steamed vegetables w/
- 24 crushed peanuts
- 1 sliced apple

This meal contains 28 grams of protein, 36 grams of carbohydrate, and 12 grams of fat. It is simpler, though, to think of it as 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat.

Choose which body type best fits you to determine your block requirement.

Breakfast	Lunch	Snack	Dinner	Snack	Total Blocks	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 muscled female
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 muscled male

Sample Day | Block requirements for small ("4-block") male

	Breakfast	Lunch	Snack	Dinner	Snack
Protein	4	4	2	4	2
Carbohydrate	4	4	2	4	2
Fat	4	4	2	4	2

Meal Plans... (continued)

<b>Protein (cooked qty)</b>		cottage cheese	¼ cup	cauliflower	2 cup	yogurt (plain)	½ cup
chicken breast	1 oz	cheese	1 oz.	celery	2 cup	soybeans	¼ cup
turkey breast	1 oz	feta cheese	1½ oz.	cucumber	1 (9")	soy milk	1 cup
ground turkey	1½ oz	ricotta cheese	2 oz.	lettuce, iceberg	1 head	tempeh	1½ oz.
veal	1 oz	<b>Favorable Carb (cooked)</b>		lettuce, romaine	6 cup	<b>Fat</b>	
beef	1 oz	oatmeal	⅓ cup	mushrooms	3 cup	almonds	~ 3
ground beef	1½ oz	artichoke	1 small	onion	⅔ cup	avocado	1 tbsp
Canadian bacon	1 oz	asparagus	12 sprs	peppers	1¼ cup	canola oil	½ tsp
corned beef	1 oz	green beans	1 cup	radishes	2 cup	macadamia nuts	~ 1
duck	1½ oz	beet greens	1¼ cup	salsa	½ cup	olives	~ 5
ham	1 oz.	black beans	¼ cup	snow peas	¾ cup	peanut butter	½ tsp
lamb	1 oz.	bok choy	3 cups	spinach	4 cup	peanuts	~ 6
ground lamb	1½ oz.	broccoli	1¼ cup	tomato	1 cup	cashews	~ 3
pork	1 oz.	brussels sprouts	¾ cup	apple	½	peanut oil	½ tsp
ground pork	1½ oz.	cabbage	1⅓ cup	applesauce	⅔ cup	olive oil	½ tsp
calamari	1½ oz.	cauliflower	1¼ cup	apricots	3 small	tahini	½ tsp
catfish	1½ oz.	chick peas	¼ cup	blackberries	½ cup	guacamole	½ tbsp
clams	1½ oz.	collard greens	1¼ cup	cantaloupe	¼	vegetable oil	½ tsp
crabmeat	1½ oz.	dill pickles	3 (3")	cherries	7	mayonnaise	½ tsp
flounder/sole	1½ oz.	eggplant	1½ cup	fruit cocktail	⅓ cup	mayo, light	1 tsp
lobster	1½ oz.	fava beans	½ cup	blueberries	½ cup	sesame oil	½ tsp
salmon	1½ oz.	kale	1¼ cup	grapes	½ cup	sunflower seeds	¼ tsp
sardines	1 oz.	kidney beans	¼ cup	grapefruit	½	bacon bits	2½ tsp
scallops	1½ oz.	leeks	1 cup	honeydew	½	butter	½ tsp
swordfish	1½ oz.	lentils	¼ cup	kiwi	1	half and half	1 tbsp
shrimp	1½ oz.	okra	¾ cup	lemon	1	cream, light	½ tsp
tuna steak	1½ oz.	onion	½ cup	lime	1	cream cheese	1 tsp
canned tuna	1 oz.	sauerkraut	1 cup	nectarine	½	sour cream	1 tsp
protein powder	1 oz.	spaghetti squash	1 cup	orange	½	tartar sauce	½ tsp
seitan	1 oz.	spinach	1⅓ cup	peach	1	lard	½ tsp
soy burgers	½ patty	swiss chard	1¼ cup	pear	½	veg. shortening	½ tsp
soy sausage	2 links	tomato sauce	½ cup	pineapple	½ cup		
spirulina (dry)	½ oz.	tomatoes	¾ cup	plum	1		
soy cheese	1 oz.	yellow squash	1¼ cup	raspberries	⅔ cup		
firm tofu	2 oz.	zucchini	1⅓ cup	strawberries	1 cup		
soft tofu	3 oz.	<b>Favorable Carb (raw)</b>		tangerine	1		
whole egg	1 large	alfalfa sprouts	7½ cup	watermelon	½ cup		
egg whites	2 large	bean sprouts	3 cup	<b>Combo Items (qty)</b>			
egg substitute	¼ cup	broccoli	2 cup	milk	1 cup		
		cabbage	2¼ cup				

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

Meal Plans... (continued)

**Block Chart for Unfavorable Carbohydrates**

Vegetables	
Acorn squash	¾ cup
Baked beans	½ cup
Beets	½ cup
Black-eyed peas	¼ cup
Butternut squash	½ cup
Cooked carrots	½ cup
Corn	¼ cup
French fries	5
Hubbard squash	⅔ cup
Lima beans	¼ cup
Parsnips	⅓ (9")
Peas	⅓ cup
Pinto beans	¼ cup
Potato, boiled	⅓ cup
Potato, mashed	½ cup
Refried beans	¼ cup
Sweet potato, baked	⅓ (5")
Sweet potato, mashed	½ cup
Turnip	¾ cup
Fruit	
Banana	⅓ (9")
Cranberries	¼ cup
Cranberry sauce	4 tsp
Dates	2
Figs	¾
Guava	½ cup
Kumquat	3
Mango	⅓ cup
Papaya	⅔ cup
Prunes	2
Raisins	1 tbsp
Fruit Juice	
Apple juice	⅓ cup
Cranberry juice	¼ cup
Fruit punch	¼ cup
Grape juice	¼ cup

Grapefruit juice	¾ cup
Lemon juice	⅓ cup
Orange juice	¾ cup
Pineapple juice	¼ cup
Tomato juice	¾ cup
Grains and Breads	
Bagel	¼
Barley	1 tbsp
Biscuit	¼
Baked potato	⅓ cup
Bread crumbs	½ oz.
Bread	½ slice
Breadstick	1
Buckwheat	½ oz.
Bulgur wheat	½ oz.
Cereal	½ oz.
Corn bread	1" square
Cornstarch	4 tsp
Croissant	¼
Crouton	½ oz.
Donut	¼
English muffin	¼
Flour	1 ½ tsp
Granola	½ oz.
Grits	⅓ cup
Melba toast	½ oz.
Muffins	¼
Noodles	¼ cup
Instant oatmeal	½ pkt
Pasta, cooked	¼ cup
Pasta, high protein	⅓ cup
Pancake	½ (4")
Pita bread	¼
Popcorn	2 cups
Rice	3 tbsp
Rice cake	1
Roll (hamburger, hot dog)	¼

Roll (dinner)	½
Taco shell	1
Tortilla (corn)	1 (6")
Tortilla (flour)	½ (6")
Udon noodles	3 tbsp
Waffle	½
Condiments	
BBQ sauce	2 tbsp
Catsup	2 tbsp
Cocktail sauce	2 tbsp
Honey	½ tbsp
Jelly/jam	2 tsp
Plum sauce	1 1/2 tbsp
Molasses	2 tsp
Pickle (bread & butter)	6 slices
Relish (sweet)	4 tsp
Steak sauce	2 tbsp
Brown sugar	1 ½ tsp
Granulated sugar	2 tsp
Confectioners sugar	1 tbsp
Maple syrup	2 tsp
Teriyaki sauce	1 ½ tbsp
Alcohol	
Beer	8 oz.
Liquor	1 oz.
Wine	4 oz.
Snacks	
Chocolate bar	½ oz.
Corn chips	½ oz.
Graham crackers	1 ½
Ice cream	¼ cup
Potato chips	½ cup
Pretzels	½ oz.
Tortilla chips	½ oz.
Saltine crackers	4

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



Meal Plans... (continued)

## 2 Block Menus

**Breakfast****Breakfast Quesadilla**

1 corn tortilla  
 ¼ cup black beans  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 1 Tbs avocado

**Breakfast Sandwich**

½ pita bread  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 Served with 2 macadamia nuts

**Fruit Salad**

½ cup cottage cheese mixed with  
 ¼ cantaloupe  
 ½ cup strawberries  
 ¼ cup grapes  
 Sprinkled with slivered almonds

**Smoothie**

Blend together:  
 1 cup milk  
 1 Tbs protein powder  
 1 cup frozen strawberries  
 Small scoop of cashews

**Oatmeal**

½ cup cooked oatmeal (slightly watery)  
 ½ cup grapes  
 ¼ cup cottage cheese  
 1 tsp walnuts  
 Spice with vanilla extract and cinnamon  
 Add 1 Tbs protein powder

**Easy Breakfast**

½ cantaloupe  
 ½ cup cottage cheese  
 6 almonds

**Steak and Eggs**

1 oz. grilled steak  
 1 egg over easy  
 1 slice toast with  
 ⅔ tsp butter

**Lunch****Tuna Sandwich**

Mix:  
 2 oz. canned tuna  
 2 tsp light mayo  
 Serve on  
 1 slice bread

**Tacos**

1 corn tortilla  
 3 oz. seasoned ground meat  
 ½ tomato, cubed  
 ¼ cup onion, chopped  
 Lettuce, chopped  
 Served with Tabasco to taste  
 ~6 chopped olives

**Deli Sandwich**

1 slice bread  
 3 oz. sliced deli meat  
 2 Tbs avocado

**Quesadilla**

1 corn tortilla  
 2 oz. cheese  
 2 Tbs guacamole  
 Jalapenos, sliced  
 Topped with salsa

**Grilled Chicken Salad**

2 oz. grilled chicken  
 Served over:  
 2 cup lettuce  
 ¼ tomato, diced  
 ¼ cucumber, diced  
 ¼ green pepper  
 ¼ cup black beans  
 ~1 Tbs salad dressing of choice

**Easy Lunch**

3 oz. deli meat  
 1 apple  
 2 macadamia nuts

**Ground Beef or Turkey Burger**

3 oz. ground meat, grilled  
 ½ bun  
 pickles/mustard/lettuce  
 2 Tbs avocado

**Dinner****Fresh Fish**

Grill:  
 3 oz. fresh fish (salmon, tuna, halibut, etc.)  
 Saute:  
 1 ½ cup zucchini in herbs  
 Serve with:  
 1 large salad  
 ~1Tbs salad dressing of choice

**Beef Stew**

Saute:  
 ⅔ tsp olive oil  
 ¼ cup onion, chopped  
 ½ green pepper, chopped  
 ~4 oz. (raw weight) beef, cubed  
 Add:  
 ½ cup chopped zucchini  
 1 cup mushrooms  
 ¼ cup tomato sauce  
 Seasoned with garlic, Worcestershire sauce, salt and pepper

**Chili (serves 3)**

Saute:  
 ½ cup onion  
 1 green pepper, chopped in garlic, cumin, chili powder, and crushed red peppers  
 Add:  
 1 cup tomato, chopped  
 ½ cup black beans  
 ½ cup kidney beans  
 ~30 olives, chopped  
 Add fresh cilantro to taste

**Turkey and Greens**

2 oz. roasted turkey breast  
 Chop and steam:  
 1 ¼ cup kale  
 Saute:  
 garlic and crushed red peppers in ⅔ tsp olive oil, ,  
 Add steamed kale and mix.  
 1 peach, sliced, for dessert

**Easy Chicken Dinner**

2 oz. baked chicken breast  
 1 orange  
 2 macadamia nuts

Meal Plans... (continued)

## 3 Block Menus

## Breakfast

**Breakfast Quesadilla**

1 corn tortilla  
 ¼ cup black beans  
 ⅓ cup onions, chopped  
 1 green pepper, chopped  
 2 eggs (scrambled or fried)  
 1 oz. cheese  
 3 Tbs avocado

**Breakfast Sandwich**

½ pita bread  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 1 oz. sliced ham  
 Serve with ½ apple and 3 macadamia nuts

**Fruit Salad**

¾ cup cottage cheese  
 ¼ cantaloupe, cubed  
 1 cup strawberries  
 ½ cup grapes  
 Sprinkle with slivered almonds

**Smoothie**

Blend together:  
 1 cup milk  
 2 Tbs protein powder  
 1 cup frozen strawberries  
 ½ cup frozen blueberries  
 1 scoop cashews

**Oatmeal**

⅔ cup cooked oatmeal (slightly watery)  
 ½ cup grapes  
 ½ cup cottage cheese  
 1 ½ tsp walnuts, chopped  
 Spice with vanilla extract and cinnamon  
 Add 1 Tbs protein powder

**Easy Breakfast**

¾ cantaloupe, cubed  
 ¾ cup cottage cheese  
 9 almonds

**Steak and Eggs**

2 oz. grilled steak  
 1 egg over easy  
 1 slice toast w/ 1 tsp butter  
 ¼ cantaloupe, cubed

## Lunch

**Tuna Sandwich**

3 oz. canned tuna  
 3 tsp light mayo  
 1 slice bread  
 Serve with:  
 ½ apple

**Tacos**

2 corn tortillas  
 3 oz. seasoned ground meat  
 1 oz. grated cheese  
 ½ tomato, cubed  
 ¼ cup onion, chopped  
 Lettuce, chopped  
 Serve with Tabasco to taste  
 ~ 9 olives, chopped

**Deli Sandwich**

1 slice bread  
 3 oz. sliced deli meat  
 1 oz. cheese  
 3 Tbs avocado  
 Serve with ½ apple

**Quesadilla**

1 corn tortilla  
 3 oz. cheddar and jack cheese  
 3 Tbs guacamole  
 Jalapenos, sliced, to taste  
 Top with salsa  
 Serve with 1 orange

**Grilled Chicken Salad**

3 oz. chicken, grilled  
 2 cups lettuce  
 ¼ tomato, chopped  
 ¼ cucumber, chopped  
 ¼ green pepper, chopped  
 ¼ cup black beans  
 ¼ cup kidney beans  
 ~1 ½ Tbs salad dressing of choice

**Easy Lunch**

3 oz. deli meat  
 1 oz. sliced cheese  
 1 ½ apple  
 3 macadamia nuts

## Dinner

**Fresh Fish**

4 ½ oz. fresh fish, grilled  
 Saute 1 ½ cup zucchini in herbs  
 1 Large salad with 1 ½ Tbs salad dressing of choice  
 1 cup fresh strawberries for dessert

**Chili (serves 3)**

Saute:  
 ⅓ cup onion, chopped  
 1 green pepper, chopped, with garlic, cumin, chili powder, and crushed red peppers  
 Add:  
 9 oz. ground beef or turkey until browned  
 Add:  
 1 cup tomato sauce  
 ¾ cup black beans  
 ¾ cup kidney beans  
 ~30 olives, chopped  
 Add fresh cilantro to taste  
 Serve each helping with 1 oz. cheese, grated

**Turkey and Greens**

3 oz. turkey breast, roasted  
 Chop and steam:  
 2 ½ cup kale  
 Saute garlic and crushed red peppers in 1 tsp olive oil,  
 Add the steamed kale and mix.  
 1 peach, sliced, for dessert

**Easy Dinner**

3 oz. chicken breast, baked  
 1 ½ orange  
 3 macadamia nuts

**Beef Stew**

Saute: 1 tsp olive oil  
 ¼ cup onion, chopped  
 ½ green pepper, chopped  
 ~6 oz. (raw weight) beef, cubed  
 Add:  
 1 cup chopped zucchini  
 1 cup mushrooms  
 ½ cup tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper

Meal Plans... (continued)

## 4 Block Menus

**Breakfast****Breakfast Quesadilla**

1 corn tortilla  
 ½ cup black beans  
 ⅓ cup onions, chopped  
 1 green pepper, chopped  
 2 eggs (scrambled or fried)  
 2 oz. cheese  
 4 Tbs avocado

**Breakfast Sandwich**

½ pita bread  
 2 eggs (scrambled or fried)  
 1 oz. cheese  
 1 oz. sliced ham  
 Serve with 1 apple

**Fruit Salad**

1 cup cottage cheese  
 ½ cantaloupe, cubed  
 1 cup strawberries  
 ½ cup grapes  
 Sprinkled with slivered almonds

**Smoothie**

Blend together:  
 2 cups milk  
 2 Tbs protein powder  
 1 cup frozen strawberries  
 ½ cup frozen blueberries  
 Large scoop cashews

**Oatmeal**

1 cup cooked oatmeal (slightly watery)  
 ½ cup grapes  
 ¾ cup cottage cheese  
 2 tsp walnuts  
 Spice with vanilla extract and cinnamon  
 Add 1 Tbs protein powder

**Easy Breakfast**

1 cantaloupe  
 1 cup cottage cheese  
 12 almonds

**Steak and Eggs**

3 oz. steak, grilled  
 1 egg, over easy  
 1 slice bread with 1 ½ tsp butter  
 ½ cantaloupe

**Lunch****Tuna Sandwich**

4 oz. canned tuna  
 4 tsp light mayo  
 1 slice bread  
 Serve with 1 apple

**Deli Sandwich**

2 slices of bread  
 4 ½ oz. sliced deli meat  
 1 oz. cheese  
 4 Tbs avocado

**Quesadilla**

1 corn tortilla  
 4 oz. cheese  
 4 Tbs guacamole  
 Jalapenos, sliced  
 Top with salsa  
 Serve with 1 ½ oranges

**Tacos**

2 corn tortillas  
 4 ½ oz. seasoned ground meat  
 1 oz. cheese, grated  
 ½ tomato, cubed  
 ¼ cup onion, chopped  
 Lettuce, chopped  
 Serve with Tabasco to taste  
 ~20 olives chopped  
 ½ apple

**Grilled Chicken Salad**

4 oz. chicken, grilled  
 2 cups lettuce  
 ¼ tomato, chopped  
 ¼ cucumber, chopped  
 ¼ green pepper, chopped  
 ½ cup black beans  
 ¼ cup kidney beans  
 ~2 Tbs salad dressing of choice

**Easy Lunch**

4 ½ oz. deli meat  
 1 oz. cheese  
 Serve with:  
 1 apple  
 1 grapefruit  
 4 macadamia nuts

**Dinner****Fresh Fish**

6 oz. fresh fish, grilled  
 Saute: 1 ½ cup zucchini in herbs  
 1 Large salad with 2 Tbs salad dressing of choice  
 2 cups fresh strawberries

**Beef Stew**

Saute:  
 1 ½ tsp olive oil  
 ¼ cup onion, chopped  
 ½ green pepper, chopped  
 ~8 oz. (raw weight) beef, cubed  
 Add:  
 1 cup zucchini, chopped  
 1 cup mushrooms, chopped  
 ½ cup tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper  
 Serve with 1 cup fresh strawberries

**Chili (serves 3)**

Saute:  
 ¾ cup onion, chopped  
 2 green peppers, chopped, in garlic, cumin, chili powder, and crushed red peppers  
 Add:  
 18 oz. ground meat until browned  
 Add:  
 2 cups tomato sauce  
 1 cup black beans  
 1 cup kidney beans  
 ~40 chopped olives  
 Fresh cilantro to taste

**Turkey and Greens**

4 oz. turkey breast, roasted  
 2 ½ cup kale, chopped and steamed  
 Saute garlic and crushed red peppers in 1 ½ tsp olive oil,  
 Add kale and mix.  
 2 peaches, sliced, for dessert

**Easy Dinner**

4 oz. chicken breast, baked  
 2 oranges  
 4 macadamia nuts

Meal Plans... (continued)

## 5 Block Menus

## Breakfast

**Breakfast Quesadilla**

2 corn tortillas  
 ½ cup black beans  
 ⅓ cup onions, chopped  
 1 green pepper, chopped  
 3 eggs (scrambled or fried)  
 2 oz. cheese  
 5 Tbs avocado

**Breakfast Sandwich**

½ pita bread  
 2 eggs (scrambled or fried)  
 2 oz. cheese  
 1 oz. ham, sliced  
 Serve with 1 ½ apple

**Fruit Salad**

1 ¼ cup cottage cheese  
 ½ cantaloupe, cubed  
 1 cup strawberries  
 1 cup grapes  
 Sprinkle with slivered almonds

**Smoothie**

Blend together:  
 2 cups milk  
 3 Tbs protein powder  
 2 cups frozen strawberries  
 ½ cup frozen blueberries  
 Extra large scoop cashews

**Oatmeal**

1 cup cooked oatmeal (slightly watery)  
 1 cup grapes  
 1 cup cottage cheese  
 2 ½ tsp walnuts  
 Spice with vanilla extract and cinnamon  
 Add: 1 Tbs protein powder

**Easy Breakfast**

1 ¼ cantaloupe  
 1 ¼ cup cottage cheese  
 ~ 15 almonds

**Steak and Eggs**

3 oz. steak, grilled  
 2 eggs, over easy  
 1 slice bread with 1 ⅓ tsp butter  
 1 ½ apple

## Lunch

**Tuna Sandwich**

5 oz. tuna, canned  
 5 tsp light mayo  
 1 slice bread  
 Serve with 1 ½ apple

**Deli Sandwich**

2 slices bread  
 4 ½ oz. deli meat  
 2 oz. cheese  
 5 Tbs avocado  
 ½ apple

**Quesadilla**

2 corn tortillas  
 5 oz. cheese  
 5 Tbs guacamole  
 Jalapenos, sliced, to taste  
 Serve with 1 ½ orange

**Tacos**

2 corn tortillas  
 6 oz. seasoned ground meat  
 1 oz. cheese, grated  
 ½ tomato, cubed  
 ¼ cup onion, chopped  
 Lettuce, chopped  
 Serve with Tabasco to taste  
 ~20 olives, chopped  
 1 apple

**Grilled Chicken Salad**

5 oz. chicken, grilled  
 2 cups lettuce  
 ¼ tomato, chopped  
 ¼ cucumber, chopped  
 ¼ green pepper, chopped  
 ½ cup black beans  
 ½ cup kidney beans  
 2 ½ Tbs salad dressing of choice

**Easy Lunch**

4 ½ oz. deli meat  
 2 oz. cheese  
 Serve with:  
 2 ½ apples  
 5 macadamia nuts

## Dinner

**Fresh Fish**

7 ½ oz. fresh fish  
 Saute:  
 1 ⅓ cup zucchini in herbs  
 Serve with 1 large salad with 2 ½ Tbs salad dressing of choice  
 ¼ cup black beans  
 2 cups fresh strawberries for dessert

**Beef Stew**

Saute:  
 1 ⅓ tsp olive oil  
 ¼ cup onion, chopped  
 ½ green pepper, chopped  
 ~10 oz. (raw weight) beef, cubed  
 Add:  
 1 cup zucchini, chopped  
 1 cup mushrooms, chopped  
 ½ cup tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper  
 Serve with 2 cups fresh strawberries

**Chili (serves 3)**

Saute:  
 1 cup onion, chopped  
 2 ½ green peppers in garlic, cumin, chili powder and crushed red peppers  
 Add:  
 22 ½ oz. ground meat, browned  
 Add:  
 2 ½ cups tomato sauce  
 1 ¼ cup black beans  
 1 ¼ cup kidney beans  
 ~50 olives, chopped  
 Add fresh cilantro to taste

**Turkey and Greens**

5 oz. turkey breast, roasted  
 2 ½ cup kale, chopped and steamed  
 Saute garlic and crushed red peppers in 1 ⅓ tsp olive oil,  
 Add steamed kale and mix.  
 Serve with 3 peaches, sliced

**Easy Dinner**

5 oz. chicken breast, baked  
 2 ½ oranges  
 5 macadamia nuts

Meal Plans... (continued)

## 1 Block Snacks

1 hard-boiled egg  
 ½ orange  
 Sprinkled w/ peanuts

½ cup plain yogurt  
 Sprinkled w/ pecans

1 oz. cheese  
 ½ apple  
 1 macadamia nut

1 oz. canned chicken or tuna  
 1 peach  
 ½ tsp peanut butter

1 ½ oz. deli-style ham or turkey  
 1 carrot  
 5 olives

1 oz. mozzarella string cheese  
 ½ cup grapes  
 1 Tbs avocado

1 oz. jack cheese  
 1 Tbs guacamole  
 1 tomato

1 oz. hummus  
 ½ tomato  
 1 ½ oz. feta cheese

1 cup strawberries  
 ¼ cup cottage cheese  
 1 macadamia nut

1 poached egg  
 ½ slice bread  
 ½ tsp peanut butter  
 ¼ cup cottage cheese  
 ½ carrot  
 3 celery stalks  
 5 olives

3 oz. marinated and baked tofu  
 ½ apple  
 ½ tsp peanut butter

1 oz. tuna  
 1 large tossed salad  
 1 tsp salad dressing of choice  
 1 hard boiled egg  
 1 large spinach salad  
 1 tsp oil and vinegar dressing

1 oz. grilled turkey breast  
 ½ cup blueberries  
 3 cashews

Blend:  
 1 cup water  
 1 Tbs protein powder  
 ½ cup grapes  
 ⅓ tsp canola oil

Blend:  
 1 cup water  
 1 Tbs spirulina  
 1 cup frozen berries  
 3 cashews

1 oz. cheddar cheese melted over  
 ½ apple  
 Sprinkled w/ walnuts

¼ cup cottage cheese  
 ½ cup pineapple  
 6 peanuts  
 1 oz. sardines  
 ½ nectarine  
 5 olives

1 ½ oz. feta cheese  
 1 cup diced tomato  
 5 olives

1 ½ oz. salmon  
 12 asparagus spears  
 ⅓ tsp olive oil

1 ½ oz. shrimp  
 2 cups broccoli  
 6 peanuts

1 oz. Canadian bacon  
 1 plum  
 1 macadamia nut

1 ½ oz. deli-style turkey  
 1 tangerine  
 1 Tbs avocado  
 ¼ cup cottage cheese  
 1 cup sliced tomato  
 ⅓ tsp olive oil

1 ½ oz. scallops  
 1 sliced cucumber  
 ½ tsp tartar sauce

1 oz. lamb  
 ¼ cup chick peas  
 ⅓ tsp sesame butter

## Meal Plans... (continued)

Unfortunately, the full benefit of the Zone diet is largely limited to those who have at least at first weighed and measured their food.

For a decade we've experimented with sizing and portioning strategies that avoid scales, and measuring cups and spoons, only to conclude that natural variances in caloric intake and macronutrient composition without measurement are greater than the resolution required to turn good performance to great. Life would be much easier for us were this not so!

The "meal plans" and "block chart" below have been our most expedient approach for eliciting athletes' best performances and optimal health.

Even discounting any theoretical or technical content, this portal to sound nutrition still requires some basic arithmetic and weighing and measuring portions for the first week.

Too many athletes, after supposedly reading Sears's book *Enter the Zone* still ask, "So what do I eat for dinner?" They get meal plans and block charts. We can make the Zone more complicated or simpler but not more effective.

We encourage everyone to weigh and measure portions for one week because it is supremely worth the effort, not because it is fun. If you choose to "guesstimate" portions, you'll have the result of CrossFit's top performers only if and when you are lucky.

Within a week of weighing and measuring, you'll have developed an uncanny ability to estimate the mass of common food portions, but, more importantly, you'll have formed a keen visual sense of your nutritional needs. This is a profound awareness.

In the Zone scheme, all of humanity calculates to either 2-, 3-, 4-, or 5-block meals at breakfast, lunch, and dinner, with either 1- or 2-block snacks between lunch and dinner and again between dinner and bedtime. We've simplified the process for determining which of the four meal sizes and two snack sizes best suits your needs. We assume that you are CrossFitters, i.e., very active.

Being a "4-blocker", for instance, means that you eat three meals each day where each meal is composed of 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat. Whether you are a "smallish" medium-sized

guy or a "largish" medium-sized guy would determine whether you'll need snacks of one or two blocks twice a day.

The "meal plans" we give below stand as examples of 2-, 3-, 4-, or 5-block meals, and the "block chart" gives quantities of common foods equivalent to 1 block of protein, carbohydrate, or fat.

Once you determine that you need, say, 4-block meals, it is simple to use the block chart and select four times something from the protein list, four times something from the carbohydrate list, and four times something from the fat list every meal.

One-block snacks are chosen from the block chart at face value for a single snack of protein, carbohydrates, and fat, whereas two block snacks are, naturally, chosen composed of twice something from the carbohydrates list combined with twice something from the protein list, and twice something from the fats.

Every meal, every snack, must contain equivalent blocks of protein, carbohydrate, and fat.

If the protein source is specifically labeled "non-fat", then double the usual fat blocks for that meal. Read *Enter the Zone* to learn why.

For those eating according to zone parameters, body fat comes off fast. When our men fall below 10 percent body fat and start approaching 5 percent, we kick up the fat intake. The majority of our best athletes end up at X blocks of protein, X blocks of carbohydrate, and 4X or 5X blocks of fat. Learn to modulate fat intake to produce a level of leanness that optimizes performance.

The Zone diet neither prohibits nor requires any particular food. It can accommodate paleo or vegan, organic or kosher, fast food or fine dining, while delivering the benefits of high-performance nutrition.





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## Nutrition Lecture: Avoiding Disease

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Nutrition can be a touchy topic, like politics or religion, that people take very personally, but good nutrition is the foundation not only for general health but also for high-performance fitness. Much of the public information about diet, particularly the emphasis on low fat and high carbs, has resulted in a near epidemic of obesity and type II diabetes. In this first of a two-part lecture excerpt, Coach Glassman explores some of the science behind nutrition and the body, particularly the role of insulin in health and disease. "Syndrome X," the "deadly quartet" (obesity, glucose intolerance, high blood pressure, high triglycerides), and coronary heart disease, he claims, are avoidable through dietary means.

Part 2 will address the refined dietary needs of the athlete and what's required to optimize performance.

<http://journal.crossfit.com/2007/10/nutrition-lecture-part-1-avoid.tpl>




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## Nutrition Lecture: Optimizing Performance

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Part 2 of Coach Glassman's discussion of nutrition addresses the refined dietary needs of athletes and what's required to optimize your performance. If you want elite physical output, you must be precise about your intake. "Close enough" won't cut it--or as Coach Glassman more colorfully puts it, "If you want top-fuel-type performance, you need top fuel; you can't just piss into the gas tank."

Most of us are familiar with CrossFit's nutrition prescription: Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. But to achieve top performance, you have to be specific about the balances of those things and accurate in your macronutrient consumption. You can get far on the workouts alone, but you will not--cannot--reach your true potential without getting particular about your fuel. There's a 1:1 correspondence between elite CrossFit performance and accuracy and precision in your consumption.

<http://journal.crossfit.com/2007/11/nutrition-lecture-part-2-optim.tpl>



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## Diet, Inflammation and Disease (Fish Oil)

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“If I want to have an al-Qaida battle plan How to Destroy Health Care of America, the USDA food pyramid there would be exactly that. I can think of nothing that would accelerate the development of silent inflammation faster.”

In Part 4 of this series, Dr. Barry Sears pulls no punches in criticizing USDA nutritional prescriptions that are being adopted by countries around the world. Dr. Sears states that a Western diet that causes silent inflammation is one of the reasons for sick citizens and over-burdened health-care systems.

The cure? Adherence to the Zone Diet and the inclusion of large amounts of fish oils rich in omega 3 fatty acids.

Studies have proven that high concentrations of fish oil can be used to dramatically reduce inflammation, resulting in weight loss, improved blood chemistry and better overall health. More clinical research has shown that fatty acids, even when used to supplement a very poor diet, can help lower the risk of heart disease, cancer, MS, bipolar depression, ADHD, chronic pain and Alzheimer’s—all because fish oils reduce inflammation.

“It’s as close to a miracle drug as I’ll ever see in my lifetime,” Dr. Sears states.

<http://journal.crossfit.com/2009/08/diet-inflammation-and-disease-part-4.tpl>



