



Cape CrossFit

performance based fitness

Elite Fitness Nutrition Guide, 2.0

Our mission at Cape CrossFit is to provide you with the world's most effective training, giving you the tools to become the fittest athlete you can be. **Nutrition is a very important factor** when it comes to **improving your fitness**. To get as much out of it as you can, take advantage of filling out the nutrition log and discussing it with your coach.

This guide will help you all along the way as we hope that we cover about 90% of your questions about nutrition. It is not important to learn it by heart. Rather, take from it what you can use and implement it into your life. Make no mistake: Getting your nutrition right will not only vastly **improve the results of your workouts**, but it is **CRUCIAL for changes in body composition**.

Here is how it works:

	Getting started	1
Part I:	Do it: The Whole30	2
Part II:	What Foods am I eating?	5
	1) What am I eating?	5
	2) Food Quality.	5
	3) Food Quantity.	6
	4) Putting it all together.	6
Part III:	Special Topics.	7
	1) Milk & Dairy.	7
	2) Eggs.	7
	3) Omega3 Fish Oil.	7
	4) Grains & Legumes.	8
Part IV:	Examples.	9
	1) Breakfast.	9
	2) Lunch & Dinner.	9
	3) Snacks.	10
Part V:	Questions & Answers. Literature.	11

Getting started

If you want to make A HUGE difference (and you should), **read Part I: The Whole30 and do it.** For at least 30 days. It will change your life. It might just be **THE MOST important step** towards improved body composition, health and fitness **you have ever taken.** Part II, III and IV and well as the Q&A contain additional information on what different food groups there are and a bit why this program works. Use these chapters as a reference, if needed. Part I contains all you need, really. In addition, here are some very simple, general nutritional guidelines:

- **STAY AWAY FROM ANY FOODS THAT CONTAIN GLUTEN!!!** Do it for **at least for 30 days.**
- Have a bit of **protein** in every meal: Preferably game, (grass fed) meat, chicken, (fresh) fish or eggs.
- Get most of your **carbohydrates** from (unstarchy) vegetables and fruit. Avoid grain products (bread, pasta, pizza, chips, etc.), beans, potatoes and the like.
- Supplement with pharmaceutical grade (high quality) fish oil (see: Omega 3 fish oil in part III). It helps burn fat, speed up recovery, minimize inflammation etc. Great stuff.
- Have about 4 to 6 smaller meals instead of 1 or 2 big meals a day.
- Drink plenty of water throughout the day. Avoid softdrinks etc.
- Fill the fridge accordingly to establish good habits.

Part I: Do it: The Whole30!¹ [...]

WHY?

First and foremost, this will change your life. We cannot possibly put enough emphasis on this simple fact. This. Will. Change. Your. Life. It will change the way you think about food, it will change your tastes, it will change your habits and your cravings. It could, quite possibly, change the emotional relationship you have with food, and with your body. **It has the potential to change the way you eat for the rest of your life.** [...]

WHAT?

So what does “Whole30” mean? This is the plan we have created, in as much detail as we can provide.

Eat real food – meat, fish, eggs, vegetables, some fruit, and good fat from nuts, seeds, coconut, olives/olive oil and avocado. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they’re fresh and natural.

1. **Do not eat dairy.** This includes butter, cheese (hard and soft), yogurt (even Greek) and milk (including cream in your coffee or tea).
2. **Do not eat grains.** This includes bread, rice, pasta, cereal, oatmeal, corn and all of those gluten-free pseudo-grains like quinoa and sprouted grains.
3. **Do not eat legumes.** This includes beans of all kinds (soy, black, kidney, etc.), peas, lentils, and peanuts. (No peanut butter, kids.)
4. **Do not eat or add sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.
5. **Do not eat processed foods.** This includes protein shakes, processed bars, dairy-free creamers, etc.
6. **Do not drink alcohol,** in any form.
7. **Do not eat white potatoes.** It’s kind of arbitrary, but one, they’re a [nightshade](#), and two, sweet potatoes and yams are a more nutrient-dense option, so go for those instead. (On that note, **if you have serious inflammation issues like arthritis**, you may want to consider avoiding *all* nightshades for 30 days.)
8. Most importantly... **do not try to shove your old, crappy diet into a shiny new Whole30 mold.** This means no “Paleo-fying” existing less-than-healthy recipes – no “Paleo” pancakes, pizza or Fudge Babies.

A few concessions, based on our experience, and those of our clients. These are less than optimal foods that we are okay with you including in moderation.

1. **Processed Meat.** On occasion, we are okay with [organic](#) chicken sausage (these are nitrate, dairy, gluten and casein-free), and high quality bacon, deli meat, and jerky.
2. **Nuts.** We do *not* want you cracking out on nuts and nut butters, people. Sunbutter is acceptable – buy the organic (no sugar added) if possible.
3. **Dried Fruit.** In general, careful with the fruit. Use dried fruit and Larabars in serious moderation, and *only* if it doesn’t send you running for the nearest candy dish.
4. **Non-”Paleo” Vegetables.** We’re fine with green beans, sugar snap peas and snow peas. While they’re technically a legume, they’re far more “pod” than “bean”, and we want you to eat your veggies.
5. **Coffee and black tea.** We’re okay with coffee (black, or with a little coconut milk) in moderation, and only if it doesn’t interfere with sleep. Usually, that means none after noon. If you really want to go hardcore and reset your body’s sensitivity to caffeine, skip the coffee/tee for the 30 day period as well.
6. **Vinegar.** While it’s technically not “Paleo”, we’re fine with using it in small quantities as a salad dressing.
7. **Salt.** While some “approved” foods like bacon will contain some salt, go easy when adding it to your food.

¹ **The Whole30, Version 2.0** (Created by our friends at Whole9. Melissa and Dallas offer the Whole30 nutrition program on their website <http://whole9life.com>). It is a excellent program to start with. And it. Will. Change. Your. Life! [...]

HOW?

Now that you have the basic plan, you need to know how to implement it. It's simple, actually. [...] Your only job for the next 30 days is to focus on food choices. You don't need to weigh or measure, you don't need to Zone. Just figure out how to eat like this in any setting, any special circumstance, for the next 30 days. Your only job? Eat. Good. Food.

The only way this will work is if you give it the full thirty days. Anything less and you are selling yourself – and your results – short. The first few days (at least) will be tough, as your body heals and adjusts to this new way of eating and your brain wraps itself around going without all those sweet tastes and sugar-driven energy spikes. And while you may start to feel better after a week or two... the healing process takes significantly longer. In addition, the mental addiction and emotional connections to sugary foods, large amounts of carbohydrates and over-the-top, chemically-altered flavors is going to take a *lot* longer to overcome. Stick with it, be patient with yourself, and commit to the full program.

[...] **If you're just looking for a 30 day test of mental toughness before going back to your beer and pizza on day 31, go somewhere else.** We want you to THINK about what you're eating, why you're eating it and how it makes you feel every step of the way. We want you to think about what you're NOT eating, and how those foods may have been negatively affecting you. And we want you to commit to sticking with it for as long as it takes for the magic to happen.

At some point, we promise you... the magic *will* happen. Your energy levels will increase and stabilize, and you'll feel just as good first thing in the morning as you do at the peak of your day. Your body composition will start to change – even if you don't cut calories (and we encourage you not to). Your performance in the gym will improve, and your recovery will skyrocket. Conditions, ailments, aches and pains will miraculously start to improve. And through all of it, you'll be eating delicious, fresh, natural, real food... things that you will come to realize DO taste good, and are both satiating and mentally satisfying.

The final caveat: this requires full buy-in, and 100% commitment. That means no cheating. Just ONE “cheat” could irritate your digestive tract and promote an inflammatory response, or provoke an insulin spike which sends you straight to the nearest vending machine for a Coke. *A single cheat will ruin the effect of the “reset button” you are trying to push.* This isn't Whole9 playing the tough guy. This is a FACT, born of education and experience. **The only way this will work is if you give it the full thirty days, without a single, solitary “cheat”.** [...]

TOUGH LOVE

Here comes the tough love. This is for those of you who are considering taking on this life-changing month, but aren't sure you can actually pull it off, cheat free, for a full 30 days. This is for the people who have tried this before, but who “slipped” or “fell off the wagon” or “just HAD to eat (fill in food here) because of this (fill in event here)”. This is for you.

1. It is *not* hard. Don't you *dare* tell us this is hard. Giving up heroin is hard. Beating cancer is hard. Drinking your coffee black. Is. Not. Hard. You won't get any coddling, and you won't get any sympathy for your “struggles”. [...] It's only thirty days, and it's for the most important cause on earth – the only physical body you will ever have in this lifetime. So suck it up and join us.

2. Don't tell us you “slipped”. **Unless you physically tripped and your face landed in a box of Krispy Kremes, you DID NOT SLIP.** You made a choice to eat something of poor quality. It's always a choice, so do not phrase it as if you had an accident. Commit here, 100%, for the full 30 days, or go somewhere else.

3. **You never, ever, ever HAVE to eat anything you don't want to eat.** You're all big boys and girls. Toughen up. Learn to say no (or make your Mom proud and say, “No, thank you”). Learn to stick up for yourself. Just because it's your sister's birthday, or your best friend's wedding, or your company outing or the Fourth of July does not mean you *have* to eat *anything*. It's *always* a choice, and we would hope that you stopped succumbing to peer pressure in 10th grade.

4. This does require a bit of effort, people. If you're cutting grains, legumes and dairy for the first time, you have to replace those calories with something. You have to make sure you're eating enough, that your vitamins and nutrients are balanced, that you're getting enough protein, fat and carbohydrates. You'll have to figure out what to eat for lunch, how to order at a restaurant and how often you'll need to grocery shop. There are a ton of good resources search-able on this site, and Googling “Paleo Recipes” is a great place to start. [...]

THE SUMMARY

Certain food groups (like [grains](#), [dairy](#) and [legumes](#)) are probably having a negative impact on your health and fitness *without you even realizing it*. Are your energy levels inconsistent (or non-existent)? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you train, or are pretty lean but still have a little extra puff on your midsection? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies) that medication hasn't helped? These symptoms may be directly related to the foods you eat – *even the "healthy" stuff*. So how do you know if (and how) these foods are affecting you? Strip them from your diet completely. Cut out all the inflammatory, insulin-spiking, calorie-dense, nutritionally sparse food groups for a full 30 days and let your body heal, recover and reset from whatever effects those foods may be provoking. What, exactly, does that mean? **Super strict, by-the-book, 100% Whole30 for the next 30 days.**

Part II: Basics: What Foods am I eating?

1) What am I eating?

In order to figure out what exactly we are eating, it makes sense to see **which nutrients we need from food** and then figure you **where we can get these from**. Overall, we can divide nutrients into micro- and macronutrients. Micronutrients are only required in relatively small quantities, such as vitamins and minerals. Macronutrients are required in much bigger amounts and thus it makes sense to focus on these first when looking into nutritional requirements. **Macronutrients** are **protein, carbohydrates** and **fats**. We will look more into what these macronutrients do for us later. For now, let's just figure out **where we can get them from**:

Proteins are made of amino acids that can mainly be found in animal products (game, meat, fish, eggs, milk), but also to smaller extend in plants (such as vegetables) or nuts. Here are a few examples: 100g of beef contain about 27g of protein, 100g of salmon contain 20g, 100ml of milk contain about 3g, 100g of mozzarella contain about 22g, 100g black beans contain 9g, 100g spinach contain 3g and 100g spirulina contain 4g.

Carbohydrates are made of simple and complex sugars: Natural sources are fruits and vegetables, but they occur - mostly in a lot higher densities - in more processed foods: grain products such as bread and pasta, refined sugars, sweets, soft drinks, etc. Here are a few examples: 100g strawberries contain about 8g of carbohydrates, 100g cucumber contain about 2g, 100g rye bread contain about 48g, 100g of pasta contain 79g.

Fat (fatty acids) can be found in many animal products (just as protein), but also in nuts, fruit (avocado) or vegetables (vegetable oils). For instance, 100g Macadamia nuts contain 76g and 100g avocado contain 15g.

You can **figure out nutritional values** from food labels, if applicable, or you can look them up on sites like nutritiondata.com: Can you figure out how much of the macronutrients your daily foods contain?

2) Food quality

In the last chapter, we figured out which macronutrients our diet contains and in which foods they occur. Now, we are going to touch on which sources are better than others: **Which food sources should we pick?**

In general, we want to fall back on “the **optimum diet** for the human animal based on the nutritional requirements **established during its evolutionary path** to its present form (the modern homo sapiens).” This “biologically appropriate diet” is also called the **Paleo diet**. You can find a nice introduction to this diet [here](#).²

Overall, **we should eat foods that our ancestors ate prior to agriculture as hunters and gatherers**: Meats and vegetables, (tree) nuts, fruits, berries, eggs, etc. Foods to avoid are those that result from agriculture: grains, beans, legumes, sugar, fake foods etc. The reason for this are mainly the auto immune issues, hyperinsulinism and immune issues related to “neolithic foods” (foods that were introduced about 10,000 years ago). Keeping this in mind, here is where we ideally want our macronutrients from:

- **Proteins:** Wild game, meat and wild caught fish would be ideal, grass fed meat being an alternative - unprocessed. Chicken and eggs, free range. Avoid lentils and beans, partially because of lower protein content, but also because they contain [antinutrients](#).³
- **Carbohydrates:** Large variety of unprocessed, unstarchy vegetables, leafy greens, fruits and berries. Avoid grain products (pasta, pizza, bread, cereal), beans, other highly processed carbohydrates and sugars.
- **Fats:** Mainly from fruit (avocado, olives) and tree nuts (coconut, walnut, almond, hazelnut, pecan, macadamia). One suggested supplements is pharmaceutical grade fish oil. Avoid processed oils.
- **Liquids:** Water. Enough said. (Coffee is not paleo, but widely accepted).
- Quite a few foods fall into more than just one category: Vegetables and nuts, for instance, contain also protein. However, because of the low protein content, we categorize them as carbohydrates and fats.

With this in mind and looking at what you eat on a daily basis, can you identify which foods you should rather avoid? Do you have an idea how you could substitute these foods with better choices? With these adjustments, **you may solve all your nutritional “problems” (body composition, health problems), right there. Don't miss out!**

² http://www.earth360.com/diet_paleodiet_balzer.html

³ <http://paleolithicdiet.wordpress.com/2008/06/22/antinutrients-your-key-to-bad-health/>

3): Food quantity

The following information is meant to give you a **basic idea about food quantity**. It does not mean you have to get a scale, but rather think a bit about how much food you are consuming. While the food quality post was about the choice of the “right” foods, this one touches on: How much? As you will see, this is a lot about “**balancing the macronutrients of your meals**”. The underlying concepts here come from the “Zone” way of eating: By having certain amounts of carbohydrates, proteins and fats every meal, **the body enters a state where it functions ideally**. This means high energy levels, high level of mental alertness and physical capability and is mainly caused by **balancing the hormones insulin** (storage hormone, triggered mainly through carbohydrates) **and glucagon** (release hormone, triggered mainly through protein).

The “Zone” uses a “**block**” system to simplify the balancing: You should eat an equal amount of blocks of every macronutrient in each meal: If you eat 2 blocks of carbohydrates for breakfast, you will also have 2 blocks of protein and 2 blocks of fat. A block of carbohydrates equals **9g of carbohydrates**, a block of protein equals **7g of protein** and a block of fat equals **1.5g of fat**. In case of said breakfast, you would have 18g carbohydrates, 14g of protein and 3g of fat in your meal. This “right combination” should give you access to the Zone benefits.

To give you an idea of amounts, men should consume between 16 and 25 blocks a day, women between between 10 and 14. You can download a pdf file with the chart from the [CrossFit Journal](#).⁴ **These block should be evenly distributed throughout the day between 3 bigger meal and 2 smaller snacks so that you get food every 4 to 6 hours**. A 18 block male, for instance, could have 4 blocks each for breakfast, lunch and dinner and then 2 snacks with 3 blocks each. The Zone works **great for fat loss and optimizing performance**. Ideally, you want to combine it with high quality nutrition (see previous post and examples in upcoming posts). The fact that **you need to weigh and measure your food** is a mixed blessing:

- The Zone gives explicit instructions and **precise guidelines** on how much of the macronutrients you should eat in each meal. If you are unsure and looking for orientation that is a plus.
- You do not need to weigh and measure forever: **Within about 2 weeks** you usually get a good sense about food quantities for most foods you eat and **can eyeball** from then on in.
- If you really dislike weighing and measuring, to get some benefit of the Zone, **you can “eyeball-Zone” to start with**: Fill 1/3 of your plate with a protein source, then fill the other 2/3 with vegetables and fruit. Add some fat. It is a good start in the right direction – especially with high quality foods.
- A huge benefit is that **you can get by** with measuring and weighing your food, **if you do not always have high quality foods available** and still get good benefits out of your nutrition.

The **CrossFit Journal No 21** is an easy-to-use guide to use the Zone for yourself. Have a look at [nutritiondata.com](#) for nutritional data on most foods. With this information, can you figure out how many blocks of carbohydrates, protein and fat you had for breakfast, lunch or dinner?

4): Putting it all together

With this information, we can put together some easy to implement **guidelines for meals**:

- Have **high quality protein** in every meal. Ideally wild game, grass fed beef, free range eggs, etc.
- Add some **high quality fat**: Tree nuts, avocado, coconut or olive oil, etc.
- Complement with a **large variety of (unstarchy) vegetables or fruit**.
- If high quality foods are not available, try to get at least the proportions (quantities right).

Over the day:

- Have **3 to 6 balanced meals** or snacks.
- Try not to stay without food for more than **4 hours**.
- **Stay hydrated** and drink plenty of water.
- **Fill your fridge with high quality foods** so you have them readily available. **No excuses!**

4 <http://journal.crossfit.com/2004/05/zone-meal-plans-crossfit-journ.tpl>

Part III: Special topics

1) Milk & Dairy

Dairy products (milk, cheese, etc.) are **NOT paleolithic foods** and thus do not fulfill the dietary quality requirements as outlined previously: They are not part of the diet humankind evolved on and they are linked to autoimmunity and hyperinsulinism as dairy **elicits a high insulin response**. However, there are some advantages to dairy (and specifically milk) consumption that make it favorable to include in your diet.

Here is **when NOT to consume dairy**:

- This should be your **DEFAULT, especially when you are trying to lose bodyfat**. Dairy consumption entails a high insulin response. Insulin, being a storage hormone, will inhibit fat loss in general.
- Dairy may be **gut irritating**. If that is the case with you, avoid dairy in general. With gut integrity come autoimmune issues which you want to avoid in general. Another reason for not consuming dairy.

Here is **when to consider consuming dairy**:

- **Whole milk** serves a few different functions. It is a complete meal and contains protein, fat, vitamins D and K, all conducive to performance and strength gains. See more details about it [here](#).⁵
- Overall, whole milk is excellent for recovery and muscle building. In these cases, a significant consumption immediately after workouts is indicated. For building muscle, it is recommended to have up to 4 litres of milk a day. CrossFit Football endorses this for their performance oriented diet.
- When consuming dairy make sure to use whole (full cream), mostly unprocessed, milk. From grass fed cows. Keep it as natural as possible.

In general you should **START OUT WITHOUT DAIRY IN YOUR DIET - especially if you still want to shed some bodyfat**. If you have specific goals in mind, you may include it for better recovery after workouts and for muscle building purposes. Are you currently consuming dairy in your diet and if so for which purposes?

2) Eggs

Would you in general consider having eggs for breakfast, but are worried about the fat and cholesterol content? Maybe this information helps you with your decision - Here are some interesting facts:

- You can find studies showing that high cholesterol levels will make you live longer and more immune to infections & diseases than low cholesterol levels.
- **Your Body Makes Cholesterol**. Your liver makes 3-6x more cholesterol than you can get eating eggs and other animal products.
- **Cholesterol is Vital To Your Body**. You need it for the production of steroid hormones like Testosterone and to build & repair cells.
- **Dietary Cholesterol Isn't Bound to Blood Cholesterol**. There's no relation to cholesterol & saturated fat intake to higher cholesterol levels.

[Here](#)⁶ is a nice writeup on the topic of eggs, fat and cholesterol. [Here](#)⁷ are other very interesting facts on this topic. I hope this helps next time you are worried about having a few eggs for breakfast.

3) Omega 3 Fish Oil

According to the Paleo concept (which we refer to when talking about **food quality**), if you eat foods that our early ancestors evolved on, you get all the nutrients you need from your diet and there is no need for supplementation. If you cannot stay 100% paleo - for instance, if the steak that you ordered at the restaurant is not from grassfed cows, you are having coffee or some ice cream (...) for desert (not on a regular basis, of course) - it helps to supplement with omega 3 fish oil in order to balance out your fatty acid balance.

⁵ <http://www.crossfitfootball.com/page/index.php?menu=nutrition&page=milk>

⁶ <http://stronglifts.com/cholesterol-saturated-fat-how-many-eggs-daily/>

⁷ <http://www.ravnskov.nu/cholesterol.htm>

Without getting too much into details, the fatty acid ratio in the Paleo diet from omega 6 to omega 3 fatty acids was about 2:1, in an “average” modern diet (including processed foods, grains, etc.) the ratio is about 40:1. To “balance out” this ratio, omega 3 (fish oil) supplementation can be very useful as you just won't get enough from eating more fish. Here are some of the benefits:

- Reduced pain and inflammation (prevents and relieves painful conditions like arthritis, prostatitis, cystitis and anything else ending in “itis”).
- Improved cardiovascular health: Omega 3 fatty acids help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.
- Protection from stroke and heart attack.
- Increased brain function: Pregnant and nursing mothers can have a great impact on the intelligence and happiness of their babies by supplementing with fish oil. For adults, omega 3 improves memory, recall, reasoning and focus.
- Less depression and psychosis: Research indicates that omega 3 fish oil supplements “alleviate” the symptoms of depression, bipolar disorder and psychosis.
- Reduction of breast, colon and prostate cancer: Omega 3s stop the alteration from a normal healthy cell to a cancerous mass, inhibiting unwanted cellular growth and causing apoptosis, or cellular death, of cancer cells.

The evidence indicates that omega 3 fish oil is rather a good thing to take. Just make sure that you chose a product that is “pharmaceutical grade” (possible toxins are filtered from the oil) and that has a high content of EPA/DHA (at least 60%). Check [this post](#)⁸ and [this calculator](#)⁹ to figure out how much fish oil you should be taking. Are you currently supplementing and if so with what and how much? Do you agree on the benefits of taking omega 3s?

4) Grains and Legumes

You find **grains** in a lot of dietary products nowadays and they are widely believed to be healthy. You will find that this post does not support this opinion! The grain related problems can be categorized into problems related to **hyperinsulinemia** and those related to **irritant/toxicant properties** inherent to the grains:

- **Hyperinsulinemia** is a condition in which there are excess levels of circulating [insulin](#)¹⁰ in the blood. Symptoms of hyperinsulinemia include weight gain, cravings for sugar, weakness, emotional instability, lack of focus, feelings of anxiety or panic, etc. Risks associated with hyperinsulinemia include arteriosclerosis, elevated triglycerides (increased risk of heart disease and stroke), high uric acid ([gout](#))¹¹, and a lot more. See a more comprehensive list [here](#)¹². Or: google “hyperinsulinemia” and any disease you can come up with. Chances are hyperinsulinemia is involved.
- Grains, both processed and unprocessed, are almost entirely carbohydrate and they are typically consumed in large quantities. Consequently, they have a potent impact with regards to insulin response, leading to a variety of problems such as promoting hyperinsulinemia.
- **Irritant/toxicant properties:** Grains are essentially a reproductive system that contains a number of control mechanisms that prevent both predation and abnormal germination. To protect their reproductive cycle, plants put [anti-nutrients](#)¹³ (toxins) in seed coverings to discourage animal consumption ([phytic acid](#)¹⁴, [lectins](#)¹⁵, and [enzyme inhibitors](#)¹⁶). The lectin gluten for instance, is a protein found in wheat and other grains that actually damages or destroys the gastrointestinal tract.

Not everybody reacts to the same extent to the toxins/irritants of grains, but it should be clear that they are not a wise choice for optimized health. For more information on this, I highly recommend Robb Wolf's website ([robbwolf.com](#)).

As with grains, most legumes (beans, peas, lentils) in their mature state are non-digestible and/or toxic to most mammals when eaten in even moderate quantities. Have a look at [Loren Cordain's references](#)¹⁷ that summarize the basics about legume indigestibility/toxicity. Legumes contain a wide variety of antinutrient compounds which influence multiple tissues and systems, and normal cooking procedures do not always eliminate these.

8 <http://whole9life.com/fish-oil/>

9 <http://whole9life.com/2010/03/robb-wolf-fish-oil-calculator/>

10 <http://en.wikipedia.org/wiki/Insulin>

11 http://www.caringmedical.com/symptoms/condition.asp?condition_id=534

12 <http://www.caringmedical.com/conditions/Hyperinsulinemia.htm>

13 <http://en.wikipedia.org/wiki/Antinutrient>

14 http://en.wikipedia.org/wiki/Phytic_acid#Food_science

15 <http://en.wikipedia.org/wiki/Lectins#Toxicity>

16 http://en.wikipedia.org/wiki/Enzyme_inhibitors#Natural_poisons

17 <http://www.beyondveg.com/cordain-l/grains-leg/grains-legumes-1a.shtml#legumes>

Part IV: Examples

1) Breakfast

Let's have a look at a breakfast situation: A person has a **“typical” breakfast**, that could be considered “healthy” by some people, but that in fact is not:

- 2 slices of whole wheat bread (92gr)
- 30gr of “light” margarine
- One tomato (200gr.)
- Sugar free “diet” strawberry jam (40gr)
- 1 glass of orange juice (200ml)

Before making any adjustments, here is a **quick analysis of this meal**:

1. **Macronutrients:** Bread, Tomato, Marmalade and Orange juice all contain carbohydrates but no significant amounts of protein. The margarine contains some fat, but no protein.
2. **Food quality:** All foods - except for possibly the tomato - are processed and would not occur like this in nature. On top, the bread contains grains which are detrimental to your health.
3. **Food quantity:** The bread contains 48g carbohydrates, the tomato about 9g, the jam (even though it is “sugar free”) 10g, the orange juice 22g. The margarine may contain 12g fat. In sum, that will be 89g of carbohydrates (about 10 blocks), 12g (8 blocks) of fat and zero (0 blocks) useful protein.

Needless to say, at a closer look, this meal is far from ideal. Here is our easy **3 step approach to “fix” this meal**:

1. Get high quality protein in your meal: Use 3 free range eggs to make an omelette.
2. Get high quality fat in your meal: Take 1/3 of an avocado (30g) onto the omelette or on the side.
3. Add some vegetables. How about mushrooms (100g) and green peppers (100g)?

This way, you get all your macronutrients to some extent. You have high food quality. And if you add an apple as a desert, you would have a perfectly balanced 3 block meal. This will give your body great sources of nutrients in the right amounts in order to function ideally for the next 4 to 6 hours.

2) Lunch / dinner

Let say you have what some people consider a “normal” lunch or dinner - spaghetti napolitana – in other words, **here is what not to do**:

- Whole wheat spaghetti (200g)
- Napolitana sauce (100g)
- Glas red wine (150ml)

Again, here is a quick analysis of this meal:

- 1) **Macronutrients:** All ingredients are mainly contain mainly carbohydrates, **quality protein and fat are entirely missing.**
- 2) **Food quality:** All foods are processed and would not occur like this in nature. On top, the pasta is made from grains which can be **detrimental to your health.**
- 3) **Food quantity:** The spaghetti contain 54 g carbohydrates, the sauce about 7g and the wine about 4g. In sum, we are looking at a nice “carb loading session” with about 65g of carbohydrates (about 7 blocks), no useful proteins or fats.

As in our previous example, here are **two ways to fix the meal in 3 steps**:

- 1) Get high quality protein in your meal: Have 100g of wild salmon (20g protein).
- 2) Get high quality fat in your meal: Have a few almonds on the side. (9 = 4.5g fat)
- 3) Add some vegetables or fruit. How about asparagus (200g) on the side and 200g strawberries for desert?

This way, you get all your macronutrients to some extent. You have high food quality and in this case a perfectly balanced 3 block meal. Again, this will give your body great sources of nutrients in the right amounts in order to function ideally for the next 4 to 6 hours.

3) Snack 1

No bad examples this time, as I think by now you get the picture: It should be clear that you should stay away from grains and other processed foods, such as breads, bakeries, sweets, sandwiches (bread), cereals & mueslies (mostly grains), etc. Here is what you can rather do for a snack:

- 1) Get some high quality protein: How about some grass fed biltong? Try having with as little additives as possible. 40g gives you about 22g of protein.
- 2) Get some high quality fat. A handful of nuts (about 10 almonds, cashews, wal-, brazilnuts or 3 macadamias) should do the trick.
- 3) Fruits or vegetables. A (big) apple is the easy way to go - or 150g grapes.

It is really easy to prepare one or two of these snacks in the morning and then fall back on them as needed during the rest of the day. You have high quality protein and fat with some carbohydrates in a balanced snack meal.

4) Snack 2

Here is another option for a snack that might prove practical for some people:

- 1) Get some high quality protein: Use 30g of “100% whey protein” for about 23g of protein (read label for exact amounts). From all processed foods, this is one of the best options to get decent quality protein.
- 2) Get some high quality fat. About 30ml of coconut milk do the trick: This amount contains about 4.5g of fat.
- 3) Fruits or vegetables. 200g blueberries OR 300g stawberries OR 250g blackberries work great.

Prepare all this with water in a blender to get the consistency you prefer – and enjoy throughout the day. Again, you can easily prepare one or two of these snack meals in the morning to fall back on during the day, and always have a great food choice handy: You have high quality protein and fat with some carbohydrates in a balanced snack meal. **Note that using Whey Protein is a compromise if you haven't got any other options (real foods) available. Avoid this in the Whole30 program!**

Part V: Questions & Answers. Literature.

Q: Why read this?

A: It's real simple: Results. Here is a short quiz that illustrates this important point: You come in for a 60-minute training session and you give it all you got. You do CrossFit and it is tough. Lying on the floor exhausted after the workout, you are asked what kind of results you would like to get from doing this tough workout. Here are your options:

- 1) Would you rather improve your time to complete the workout by
 - a) 1 minute or
 - b) 2 minutes?
- 2) If you continue training like that, would you rather achieve your first pull up in
 - a) 4 months time or
 - b) 2 months time?
- 3) Would you rather improve your deadlift by
 - a) 5kgs or
 - b) 10kgs?
- 4) Over the next month, would you rather lose
 - a) 1kg of bodyfat
 - b) or 3kg of bodyfat?

You can just pick a) or b). The work that you need to get results a) or b) are exactly the same. Obviously b) is always the better choice and it is so easy to pick. And, in fact, you can always get b) by simply getting your nutrition right. There is no reason to give 100% in your workouts and only getting 50% out of it. So don't pick a). Don't be that person...

Q: What if I don't have the time?

A: When it comes to nutrition, there are NO EXCUSES and NO CHEATING: If you feel that other things in life are more important than what you eat that is fine, but do not expect that you get all the results you want just because you feel you are entitled to. Excuses like "I have no time for my nutrition" are equal to saying "I have no time for what should be really important in my life". If you put some thought into it, you don't really need more time to eat better, anyways. Cheating as in "I am eating well" (when really you are not) is only cheating yourself and you will be rewarded accordingly. ONLY YOU are to BLAME. That being said, if you read this guide, you will find that chocolate cookies are fine to eat (just not ALL the time). And that is more important to make smart decisions most of the time as opposed getting it right all the time.

Q: What else do you recommend reading?

A:

www.robbwolf.com

www.whole9life.com

"The Paleo Solution: The Original Human Diet" by Robb Wolf

"Good calories, bad calories" by Gary Taubes.

"Lights out: Sleep, Sugar and Survival" by Wiley/Formby

"Mastering the Zone" and "The Omega Rx Zone" by Dr. Barry Sears.

"CrossFit Journal 21" (Nutrition issue).