



## 2019 New Year Nutrition Challenge

Challenge dates: February 4<sup>th</sup> to March 15<sup>th</sup>, 2019

Introduction Seminars offered January 23<sup>rd</sup> and 29<sup>th</sup>, 6:30 – 7:00 PM

### Start of Challenge

*Performance Measures/ Indicators*

- CrossFit total test
- 500-meter row test for time
- Body fat analysis and tracking via Bioelectrical Impedance

### Support

- A private Facebook group will be created for participants to share successes and strategies that work for them. Helpful tips and other items will be shared each week.
- Weekly check-ins with body fat analysis and weight (Saturday mornings, 9:00-10:00 AM) are not mandatory but optional for assessing progress.

### Guidelines

- Choose foods from the categories given
- Drink plenty of water (at least half your body weight in ounces per day), your urine should be pale yellow
- Avoid highly processed foods (vegetable oils, foods laden with unhealthy fats (trans and polyunsaturated fats) and simple sugars, ultra-pasteurized milk, and artificial sweeteners)
- Avoid vegetable oils and other modern oils listed (corn, soy, canola, sunflower, grapeseed, safflower, cottonseed, rice-bran)
- Limit alcohol, but caffeine is approved



## *Macronutrient and Calorie Recommendations*

### 1. Determining your current caloric intake:

For your consideration to minimize fat gain: Determine the number of calories you currently consume (done the first 3 days of the challenge):

- I recommend using a food tracker such as MyFitnessPal, Cronometer, or CalorieKing.
  - Use measuring cups or a kitchen scale to get accurate food measurements to input into the calorie tracker
    - Kitchen scales can be purchased at stores such as Bed Bath and Beyond and Amazon for \$10-20

For first 3 days of the challenge, participants are to:

- Track calories and find average intake (without changing your current diet)
  - (example: day 1- 2200, day 2-2325, day 3- 2300=  $6825/3$  days= **2275= average**)
    - This will be used as an estimate for maintenance calories

### **For Fat Loss**

- Once daily maintenance calories are determined, subtract 500 calories to allow for around 1lb. weight loss per week
  - **Be aware** that more aggressive calorie restriction results in more loss of lean body mass (i.e. muscle) and can impair strength gain.
  - To mitigate this, a less aggressive caloric restriction can be induced (200-400 calories)
    - Keep in mind that part of the challenge goal is to maintain or attain lean body composition and thus you may need to induce a caloric restriction. It will be up to you to find the right balance that will help retain/gain lean mass but lose fat at the same time.



## For Muscle/Weight Gain

- Once daily maintenance calories are determined, add 500 calories to allow for around 1lb. weight gain per week.
  - **Be aware** that a more aggressive calorie surplus results in greater gain of fat mass.
  - To mitigate this, a less aggressive caloric surplus can be induced (200-400 calories)
    - Keep in mind that part of the challenge goal is to maintain or attain lean body composition and thus, you may need to induce a caloric surplus for strength gain. It will be up to you to find the right balance that will help retain/gain lean mass, gain strength, and lose fat at the same time.

### How should your macros look?

- Protein (provides 4 calories/ gram): Protein should be high (1 gram/ lb. of body weight) on **all** days (training/non-training) NOTE: high protein diets are NOT advised for individuals with kidney disease.
  - Ex. 200 lb. individual → 200 grams of protein/ day
  - Promotes satiety, promotes lean mass retention
- Carbohydrates (4 calories/ gram): 1 gram/ lb. of body weight (higher carbohydrate intake can be used on heavy training days, refuel! (hard, draining WODs. Also, note that carbohydrate can spare protein)
  - Eat plenty of non-starchy vegetables, promotes satiety (ideas in list below)
- Fat (9 calories/ gram): The rest of the calories can come from fat, once protein and carbohydrates are determined
  - Calories coming from fat can typically range from 50 grams all the way up to 120 grams, it's what you prefer, keeping in mind your caloric budget
    - High fat/ low carb days can be utilized on days with little activity



## End of Challenge

### *Performance Measures/ Indicators*

- CrossFit total test
- 500-meter row test for time
- Body fat analysis and tracking via Bioelectrical Impedance

## Prizes

### 1 Male & 1 Female Winner

- Free 1-month session of Nutrition Coaching with Reformed Nutrition
- Free Yankee CrossFit Tee Shirt
  - Includes:
    - Personalized Eating Plan
    - 1 weekly check-in (about 30 minutes each)
    - Periodic updates to your personalized eating plan as you progress with diet and training
    - No restrictions to volume or frequency between you and Hunter (unlimited access to text and email if one so desires)

**Scores:** Based on the difference between CrossFit Total (start and finish), 500-meter row time (start and finish), and body composition analysis via bioelectrical impedance (start and finish). Points are added up and winners are determined.

**Bonus:** If 1 nose-to-tail item (liver, heart, tongue, kidney, marrow, bone broth or collagen/ gelatin or similar food item) or natto (vegetarian friendly) is incorporated into the regimen over the six weeks it will gain the participant ¼ point.

**Overall goal:** Keep body composition in check throughout the challenge (retain and gain muscle, lose fat if possible) and improve performance in the gym (strength and endurance).

There will be two official check-ins (start and finish) which will count toward participants' scores. Mid-challenge check-ins will also be available February 16 and March 2, 9:00 – 10:30 AM. These are not mandatory but optional for assessing progress.

## Food List

### Protein

- Beef (Ideally grass-fed and finished)
  - Leaner cuts can be grain-fed
    - Ground
    - Steak
    - Liver
    - Heart
    - Tongue
    - Kidney
    - Bones, cartilage (broth and stock), marrow (marrow is very delicious)
  
- Poultry: Chicken & Turkey (Ideally pastured raised or organic)
  - Ground
  - Breast
  - Thighs
  - Legs
  - Liver
  - Kidney
  - Bones and cartilage (broth and stock)
  - Eggs
  
- Pork (ideally pasture raised or organic)
  - Chops and loin
  - Bacon
  
- Lamb (ideally pasture raised/ grass-fed)
  - Chops
  - Leg
  - Loin
  - Liver
  
- Fish (wild caught)
  - Salmon
  - Sardines
  - Tuna

- Flounder
  - Mahi-mahi
  - Cod/ haddock
- Dairy (Ideally raw, pastured raised/ grass-fed or organic- full fat)
  - Fermented dairy
    - Kefir
    - Yogurt
  - Whole milk
    - Choose *raw milk* or *low-temp pasteurized* when available (available at local stores, *Highland Park Market- Farmington* or *Garden of Light Health Foods- Avon*)

#### Other Liquids

- Water
- Coffee and tea
- Bone broth

#### Grains/Legumes/Starches (ideally organic)

- Select sprouted or sourdough options (ideally whole grain)
  - Bread
  - Pasta
  - Rice
  - Beans
  - Oats
  - Corn
  - Peas
  - Pumpkin
  - Russet & Yukon gold potatoes
  - Sweet Potato

#### Non-starchy vegetables

- Broccoli
- Asparagus
- Lettuce
- Spinach
- Kale
- Collard greens
- Cauliflower
- Brussel Sprouts
- Celery
- Green beans
- Onion
- Leeks
- Carrots
- Beets
- Tomatoes
- Peppers
- This list is not exhaustive of all non-starchy vegetables

## Fruit

- Low(er) carb
  - Strawberries
  - Raspberries
  - Blackberries
  - Lemon
  - Lime
- High(er) carb
  - Apple
  - Watermelon and other melons
  - Pineapple
  - Kiwi
  - Oranges
  - Grapes
  - Blueberries
  - Bananas
  - Mango

## Approved sweeteners

- Caloric options (**use sparingly**)

- Raw honey
  - pure maple syrup
  - molasses
  - coconut sugar
  - pure cane sugar
  - jams & jellies
- Non-caloric options (choose organic when available)
- Stevia
  - Non-gmo xylitol
  - Monk fruit

## Fats & Oils

- Olives & olive oil
- Avocado & avocado oil
- Coconut & coconut oil
- Unrefined palm oil
- Nuts & nut butters (ideally soaked or sprouted)
  - Almond
  - Peanut
  - Macadamia
- Grass-fed lard & tallow
- Grass-fed/ pastured butter
- Grass-fed bone marrow



## Tips:

- Eat nose-to-tail on the animal (try eating liver 1-2 times per week (very nutritious); chicken and lamb liver are the mildest, chicken liver is most accessible)
- Eat cartilage along with meat (chicken legs, etc.)
- Consume stock and broth made from grass-fed/ organic bones / marine collagen
- Avoid highly processed foods with added fat and sugars (vending machine foods/snacks and other convenience foods)
- Season your food; salt & pepper food to liking. Use other seasonings (seasonings by *Flavor God*)
- Track calories for reliable and efficient fat loss
  - I recommend using a food tracker such as MyFitnessPal, Cronometer, or CalorieKing.
  - Measure food - use a food scale and measure in grams or ounces. Input these amounts into your calorie tracking software.
- Get at least 1 gram of protein per pound of body weight
- Eat plenty of fibrous non-starchy vegetables
- Eating at least one nose-to-tail item or natto (vegetarian friendly) over the six-week time will gain ¼ bonus points

**Disclaimer:** Always discuss with you doctor regarding changes in your diet, especially if you have had health history of disease. If such is the case, this challenge is not advised. Please contact Hunter Bahre of Reformed Nutrition if you have any questions!

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