** 30 DAY FITNESS CHALLENGE – JCCF $5.00 Buy In**

WINNER!!! A pair of CrossFit shoes, 2nd and 3rd a pair of wrist wraps

**BEGINNING BODY COMPS and WOD PERFORMANCE DATES: Friday, January 31, 2014**

**TIME PERIOD:** February 1, 2014 – March 3, 2014

**FINAL BODY COMPS and WOD PERFORMANCE:** March 3, 2014

**GUIDELINES**

1. **WOD 4-5 Times a week**

**2) 5-6 Meals a day**- one protein, one vegetable, one healthy fat in “fist”ful size portions

\*Meat, vegetables, little fruit. Nuts and seeds. Minimal dairy.

 Meats: (6-8oz a serving) Chicken, Turkey, Fish, Red Meat, and Pork

 Vegetables: 1/2 to full cup serving "GREENS" broccoli, spinach, cauliflower, lettuce, green beans, Squash, Sweet Potatoes, Rutabaga, Cabbage, Onions, Zuchinni, Asparagus.

 Fruits: BERRIES are your friend. Apples, Oranges, Grapefruit, Melon, Pears. (NO DRIED FRUIT)

 Beans: None.

 Nuts: Almonds, Cashews, Sunflower seeds, Macadamia, Pistachio Etc. Try to stay away from peanuts.

 You need healthy fats as part of every meal (olive oil, coconut oil, nuts, avocados) Fat fills you up, not protein and carbs.

 \*Little Dairy: Half and Half, Greek Yogurt, Cottage Cheese, Butter allowed

1. **No alcohol**-(challenge yourself to abstain)
2. **No soda, juice, or flavored beverages:** Coffee and unsweetened teas are fine.
3. **No bread, crackers, muffins** - **Don’t care if its gluten free**. If you are going to bake, do it with almond or coconut flour. But remember almond flour and coconut flour still have carbs. Honey, no sugar or fake sugar. Know that it still has carbs and fat. Remember, simple. **A paleo brownie is still a brownie**.
4. **Cheat meals**: 30 Days there is no cheat meal. At your own risk. And if you are going to have a cheat, go through detox the first 14 days before doing so.

Cheat meal consists of eating and drinking whatever you want for 3 hour time span on that given day. ENJOY and note how you feel. (like crap)

1. **Have ‘ go to’s ‘ not Drive thrus:**

WHEY PROTEIN SHAKES (Mix with ALMOND MILK, DAIRY, OR WATER) If you add fruit do it right before or right after a workout. Already bottled at grocers: *Muscle Milk*, *EAS*. All, shakes are best prior to or right after a workout and in the morning. Remember though it is better to “Eat and Chew” your meals than to drink them.

PROTEIN BARS: Minimal. Pure Protein Bars. STAY AWAY FROM SOY PROTEIN! Compare on Nutrition label 10 grams of carb to 10 grams of protein. 1:1 ratio.

1. **Don’t’ let yourself go hungry! Grocery shop in the meat and protein section.** Meal plan on Sundays for the rest of the week.
2. **Drink water like it’s your job**. Flavored water, coffee, tea, diet beverages, don’t count. Prescribed is number of oz per lb’s body weight.

**10)Fish Oil**. Take fish oil as a supplement. Discuss with your doctor first, but you can work up to 4-6 grams a day. It lubricates joints, is anti-inflammatory, good for the heart and brain.