



# FOOD LIFESTYLE GUIDE

**WELLNESS CHALLENGE**



# INTRODUCTION

AS WE HAVE ALL ENTERED THIS UNPRECEDENTED TIME OF "SOCIAL DISTANCING" DUE TO THE COVID-19 PANDEMIC, WE HAVE Banded TOGETHER TO CONTINUE REACHING FOR OUR GOALS "OUTSIDE OF THE BOX."

THIS NUTRITION GUIDE IS JUST THAT, A GUIDE. OUR GYM IS WHAT WE LIKE TO CALL A "HEALTH-HUB." YOU HAVE A SUPPORT SYSTEM HERE THAT IS MADE OF THE PEOPLE WHO ATTEND THIS GYM.

THERE'S NO FITNESS COMMUNITY LIKE IT. THE KNOWLEDGE, THE EXPERIENCE, THE EMPATHY, THE ENCOURAGEMENT IS SECOND TO NONE. SEEK ADVICE FROM THE COACHES, BUT ALSO FROM ONE ANOTHER.

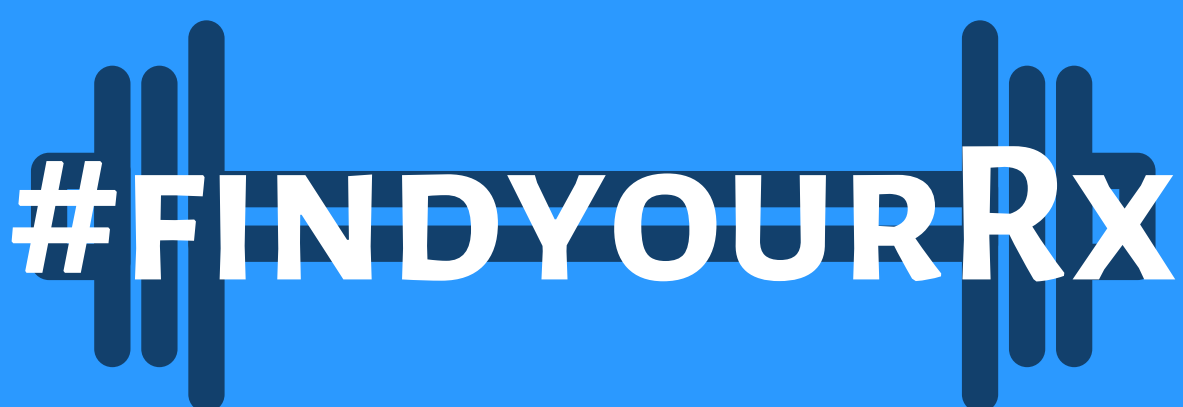
UNLIKE ANY OTHER "CHALLENGE" THIS IS THE CFP DIFFERENCE...

## EDUCATION SUPPORTS SUSTAINABILITY

OUR GOAL IS TO LEARN. LEARNING IS WHAT DRIVES A LIFESTYLE. THIS ISN'T A QUICK FIX. THIS ISN'T A BLIND FOLLOWING. LEARN AND GROW. TOGETHER.

LET'S SHARE OUR GOALS. LET'S SHARE OUR SUCCESSES. WE HAVE ANYWHERE FROM 4-6 WEEKS OF MAKING A DIFFERENCE. LET'S SEE THOSE PRs, LET'S SEE THOSE BEFORE AND AFTER PICTURES!

COMMUNITY IMPACT IS EVERYTHING!





**FIRST PRIORITY:**  
**FOOD QUALITY!**

**FOLLOW THE "GLASSMAN GUIDELINES!"**

**"EAT MEAT, AND VEGETABLES, NUTS  
AND SEEDS, SOME FRUIT, LITTLE  
STARCH, AND NO SUGAR."  
-GREG GLASSMAN  
"WHAT IS FITNESS?" 2002 CFJ**

**CrossFit®**

**FOOD TRACKING ASIDE, FOLLOW  
THOSE GUIDELINES FOR OPTIMAL  
HEALTH.**



**IF YOU WANT TO SEE SIGNIFICANT CHANGE IN THE WAY THAT YOU FEEL AND LOOK... IF YOU WANT TO BUILD THE DISCIPLINE IT TAKES TO MAKE STRIDES IN YOUR HEALTH AND FITNESS, STAY TRUE TO THE GLASSMAN GUIDELINES OVER THE NEXT 4-6 WEEKS! USE THE FOOD LIST BELOW AND EAT EXCLUSIVELY FROM THEM, USING CARBOHYDRATES/STARCHES SPARINGLY.**

## **SECOND PRIORITY:** **FOOD QUANTITY!**

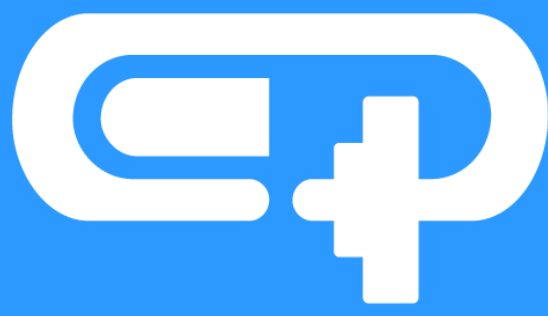
**THERE IS NO "BEST DIET"**

**NUTRITION IS NOT A ONE SIZE FITS ALL**

**EACH PERSON'S PLATE CAN LOOK DIFFERENTLY.**

**DEPENDING ON YOUR GOALS, NEEDS, AND ACTIVITY LEVEL DETERMINES YOUR TOTAL CALORIC INTAKE AND AMOUNT OF EACH MACRONUTRIENT NEEDED**





# CROSSFIT PETOSKEY

## GOALS

***UNDERSTAND WHERE YOU ARE AND WHERE YOU WANT TO BE.***

### FAT LOSS

**IT IS A PRIORITY TO LOSE WEIGHT, BUT YOU WANT TO KEEP AS MUCH LEAN MASS AS POSSIBLE. STRICTLY FOLLOW THE "GLASSMAN GUIDELINES." KEEP AN EYE ON YOUR PROTEIN INTAKE, MAKING SURE EVERY MEAL HAS AT LEAST A PALM-SIZED SERVING. USE STARCHY-CARBS VERY SPARINGLY, AS CARBOHYDRATES CAN BE A VERY SMALL PERCENTAGES OF YOUR OVERALL INTAKE.**

### MAINTENANCE

**IT IS IMPORTANT TO KEEP MOVING AND FEELING WELL, BUT THIS IS A GOOD TIME TO RESET, ELIMINATE STRESS, ENJOY WORKING OUT FOR FUN, AND ENJOY HAVING SOME FUN MEALS ALONG THE WAY. THIS WILL HELP YOU SET NEW GOALS FOR THE FUTURE. FOCUS ON FOOD QUALITY OVER TRACKING! GET A WIDE RANGE OF FOOD GROUPS. HAND-PORTIONING HELPS EYE-BALL YOUR PLATE.**

### PERFORMANCE

**YOUR TRYING TO PERFORM AT YOUR HIGHEST. THE SPORT OF CROSSFIT IS IMPORTANT TO YOU, OR YOU'RE AN ENDURANCE ATHLETE. MAKINGS SURE YOU'RE EATING ENOUGH TO PERFORM IS PARAMOUNT. CARBOHYDRATES/STARCHES ARE USED FOR FUELING UP FOR PERFORMANCE AS WELL AS RECOVERY.**

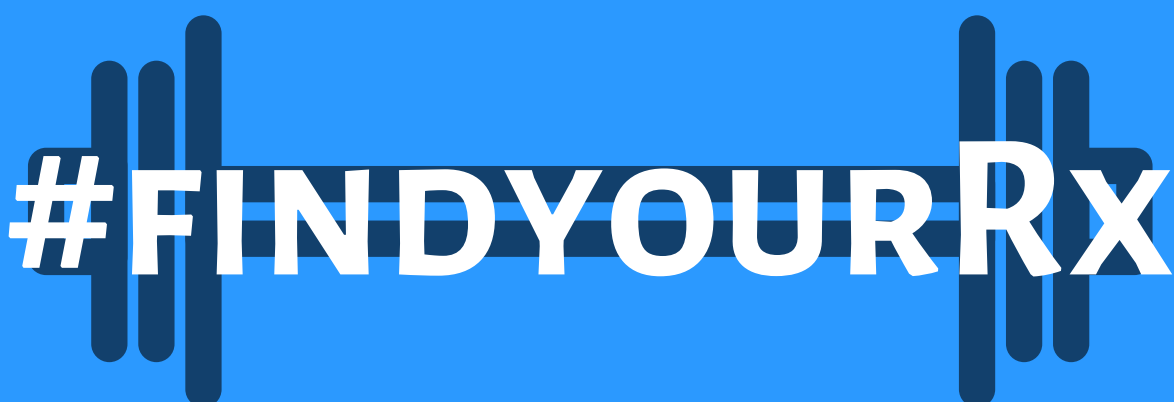
## MACRONUTRIENTS

**IT IS A GOOD PRACTICE TO BEGIN LOOKING AT YOUR PLATE IN TERMS OF MACRONUTRIENTS.**

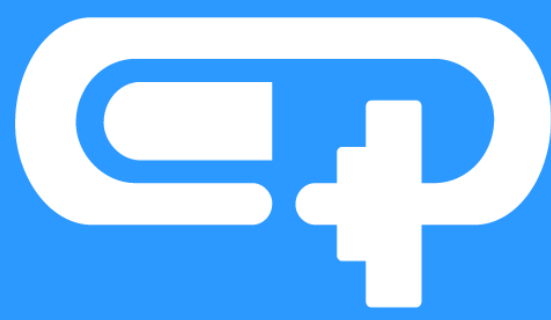
PROTEIN = 4 CALORIES/GRAM  
CARBOHYDRATES = 4 CALORIES/GRAM  
FAT = 9 CALORIES/GRAM

**THE BELOW LISTS LABEL IDEAL FOOD CHOICES GIVEN EACH MACRONUTRIENT.**

**THE PIE CHARTS DESCRIBE RANGES FOR MACRONUTRIENT INTAKES GIVEN VARIOUS GOALS AND BASED OFF OF AN OVERALL DAILY INTAKE.**







# CROSSFIT PETOSKEY

## PROTEIN

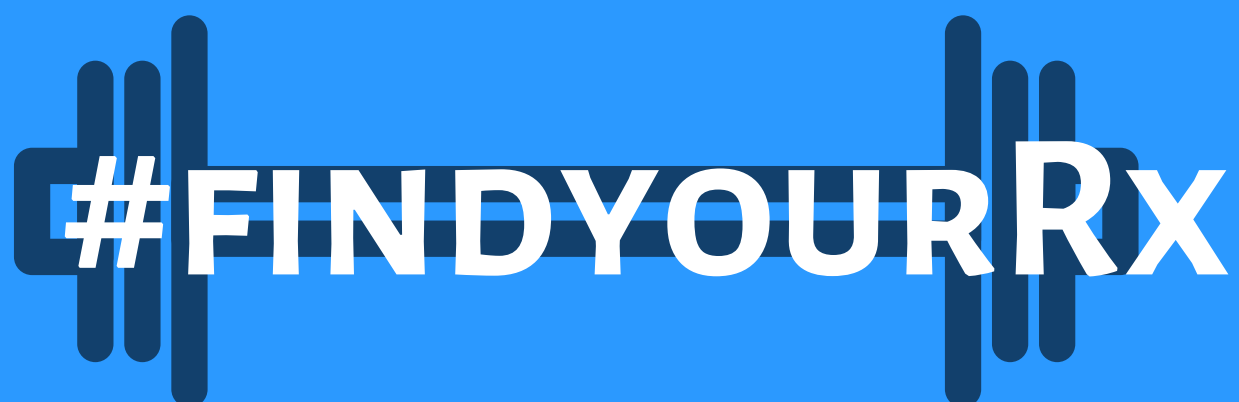
CHICKEN  
LEAN BEEF  
GROUND TURKEY  
SALMON  
WILD GAME  
TUNA  
TURKEY  
EGGS  
EGG WHITES  
COTTAGE CHEESE  
GREEK YOGURT

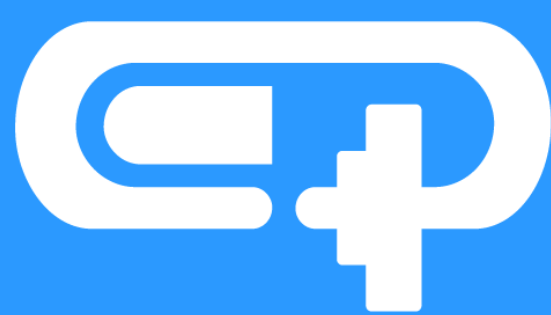
## CARBOHYDRATES

SWEET POTATOES  
POTATOES  
RICE (ANY KIND)  
OLD-FASHIONED OATS  
QUINOA  
WHOLE GRAINS  
BEANS  
LENTILS

## FATS

OLIVE OIL  
COCONUT OIL  
AVOCADO OIL  
AVOCADOS  
GRASS-FED BUTTER  
VARIOUS NUTS  
VARIOUS SEEDS  
NATURAL NUT BUTTERS





# CROSSFIT PETOSKEY

## VEGETABLES

ZUCCHINI  
TOMATOES  
PEPPERS  
ASPARAGUS  
ONIONS  
CUCUMBERS  
SPINACH  
LETTUCE  
KALE  
CAULIFLOWER  
BROCCOLI  
MUSHROOMS  
GREEN BEANS  
SQUASH  
CELERY  
BEETS  
BRUSSEL SPROUTS

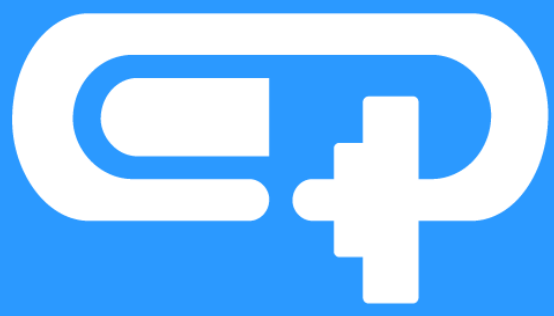
## FRUIT

BANANAS  
BLUEBERRIES  
STRAWBERRIES  
RASPBERRIES  
APPLES  
GRAPES  
ORANGES  
PEACHES  
PEARS  
CANTALOUPE  
WATERMELON

\*Fruits and Vegetables Fit Into the Carbohydrates  
Portion of Your Plate

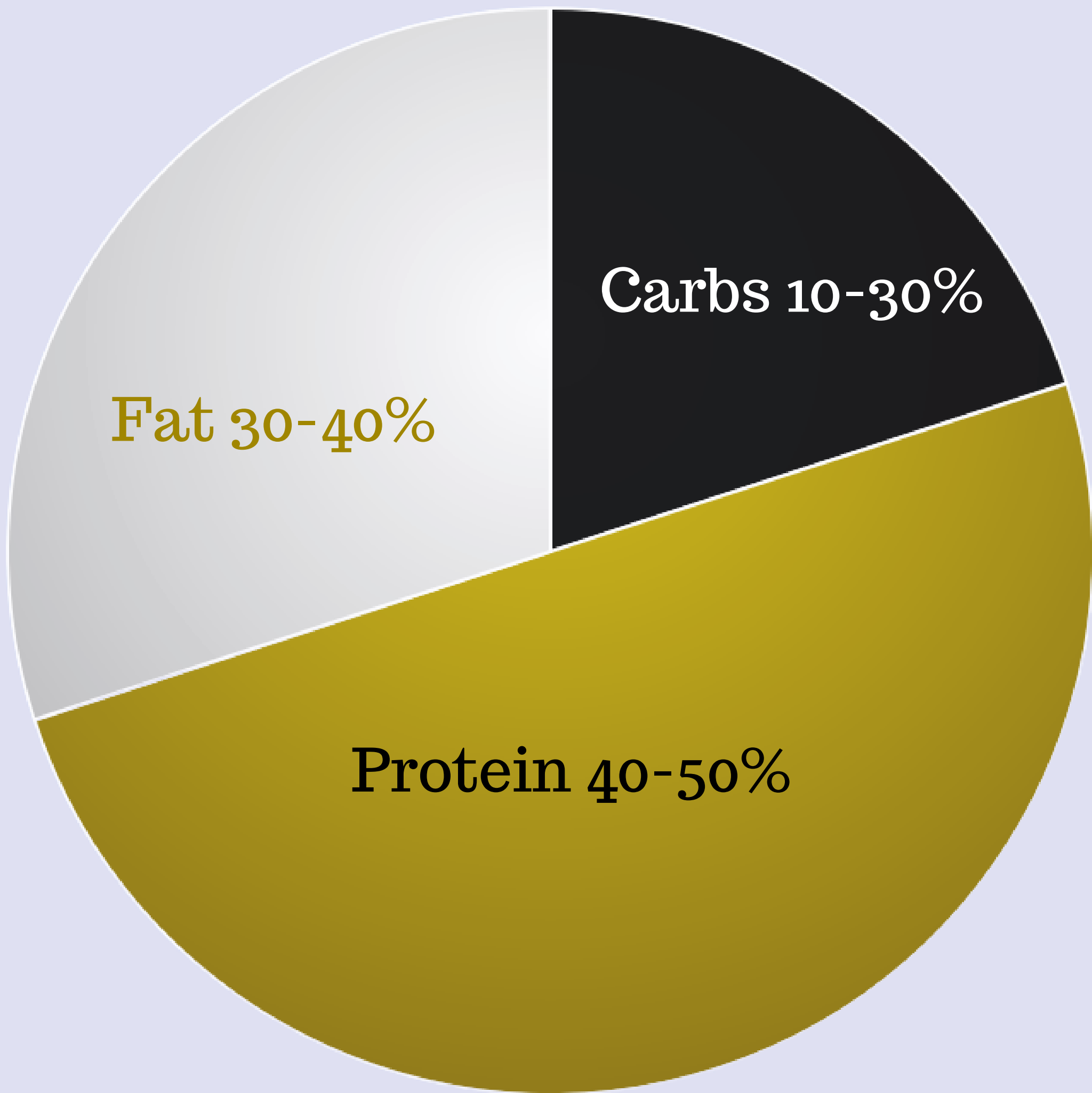
#FINDYOURRX





CROSSFIT  
PETOSKEY

## FAT LOSS

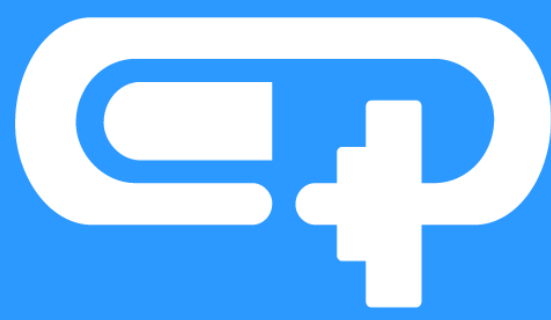


**FOR THE MAJORITY OF US IN THE "FAT LOSS" GROUP, CARBOHYDRATES ARE NOT AN ESSENTIAL GROUP. EAT A GENEROUS PORTION OF VEGETABLES AT EVERY MEAL.**

#FINDYOURRX

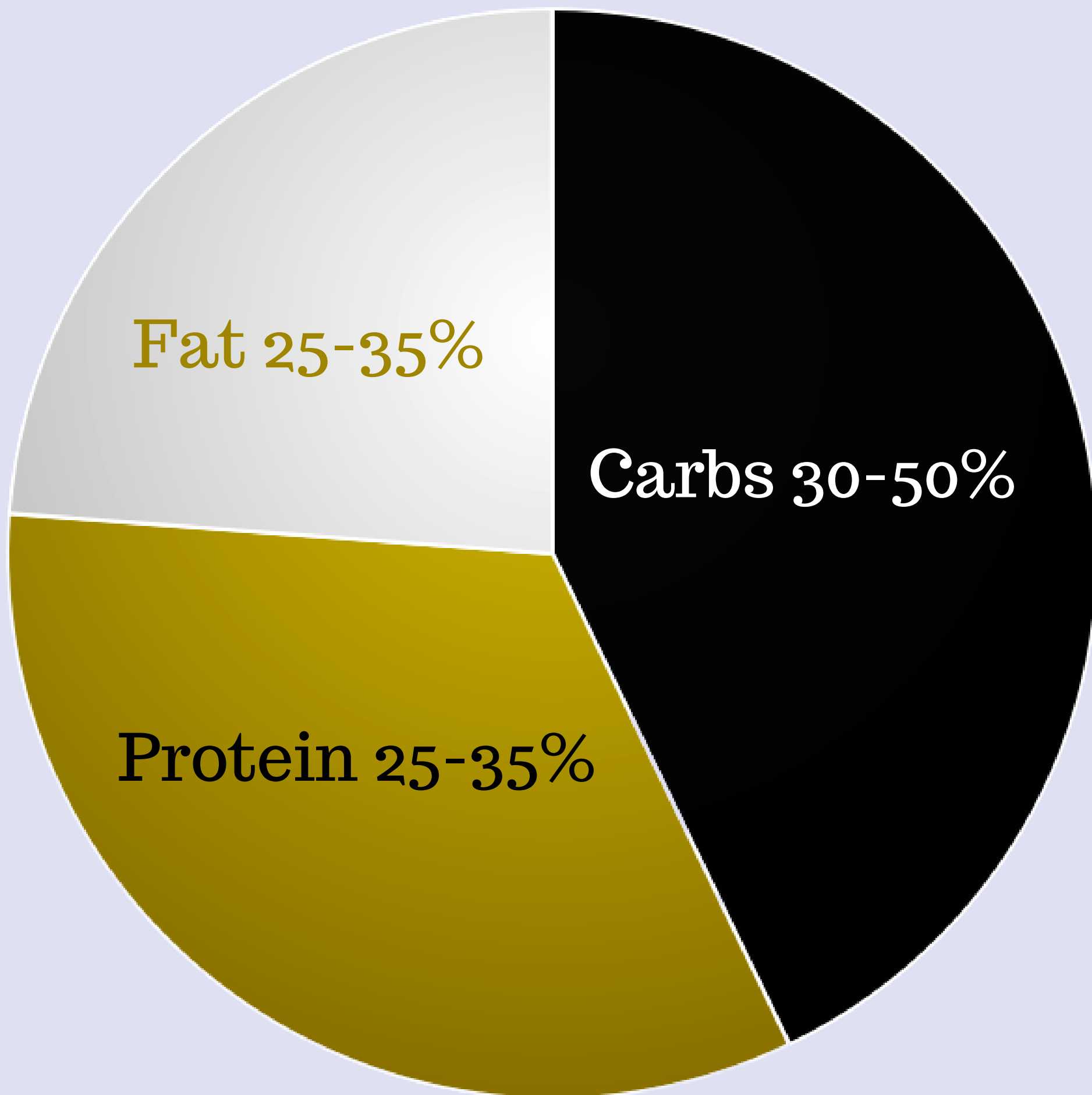






# CROSSFIT PETOSKEY

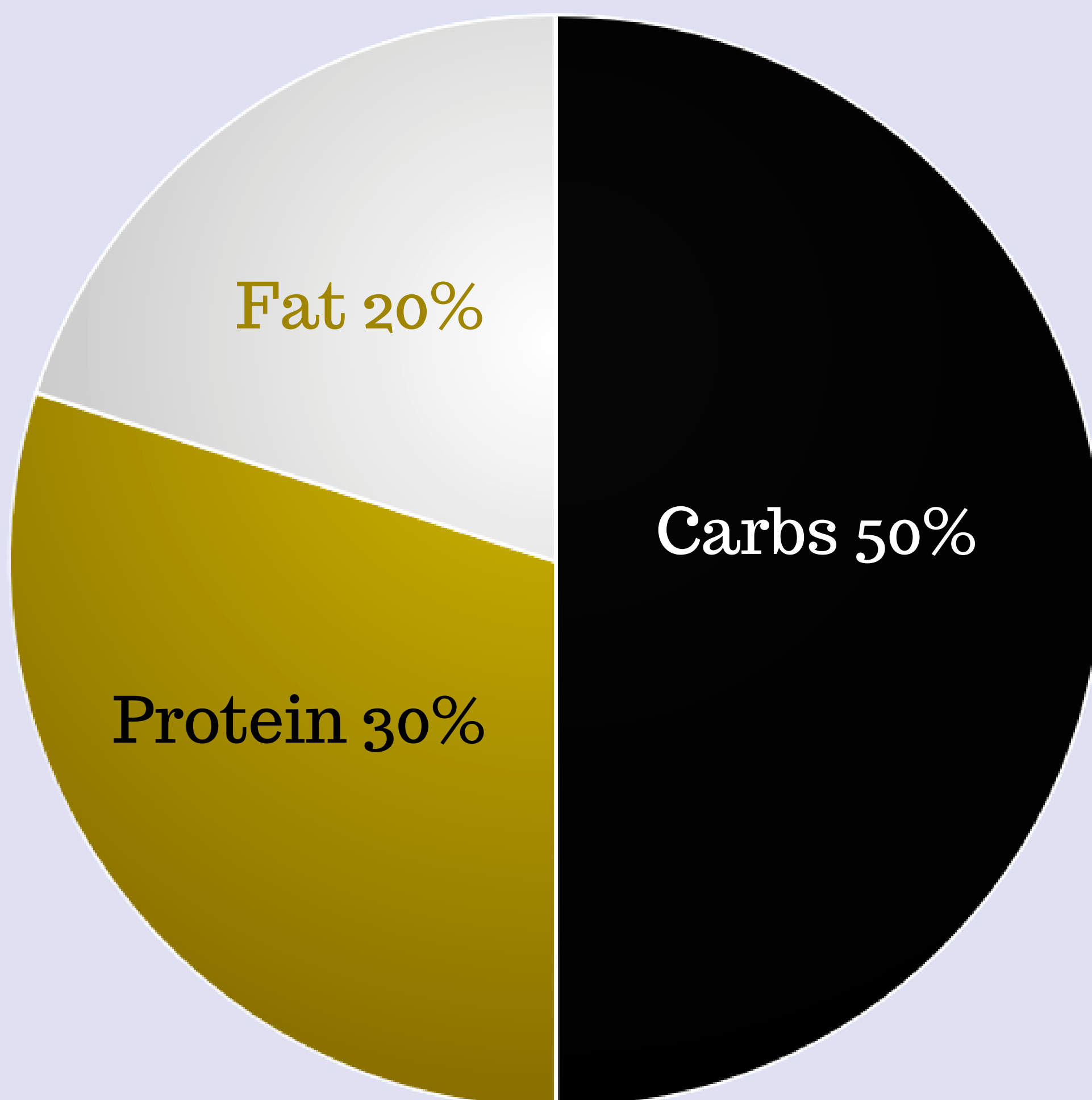
## MAINTENANCE



#FINDYOURRX



## PERFORMANCE



## **BASICS OF TRACKING**

**READ NUTRITION LABELS**

**USE A FOOD SCALE AND MEASURING CUPS**

**USE HAND PORTION GUIDE**

**LOG YOUR INTAKE INTO A FOOD TRACKING APP  
(MYFITNESSPAL)**

**OR IN A JOURNAL IF YOU LIKE WRITING AND  
ADDING!**





# CROSSFIT PETOSKEY

## HAND-SIZING PORTIONS

PER MEAL, STARCHES ARE OPTIONAL, BUT FOR MOST, NOT NECESSARY.

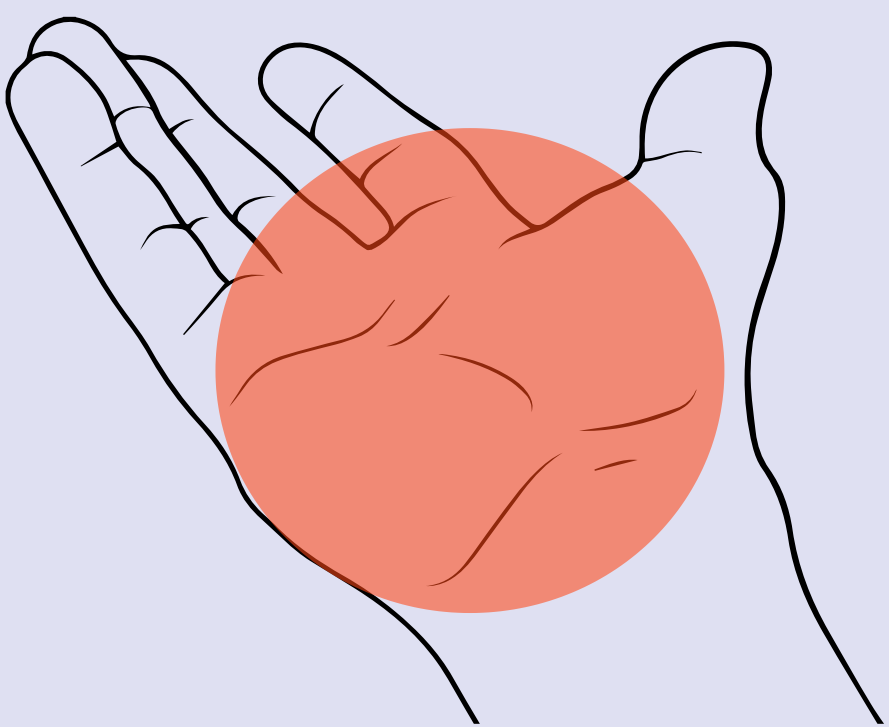
IF YOU'D LIKE FRUIT IN YOUR MEAL, PORTION IT AS YOU WOULD A STARCH.

### "The Glassman Guidelines"

"Eat **meat**, and **vegetables**, **nuts** and **seeds**, some fruit, little **starch**, and no sugar."

-Greg Glassman

"What is Fitness?" 2002 CFJ



#### PROTEIN

Beef, chicken, pork,  
eggs, fish...

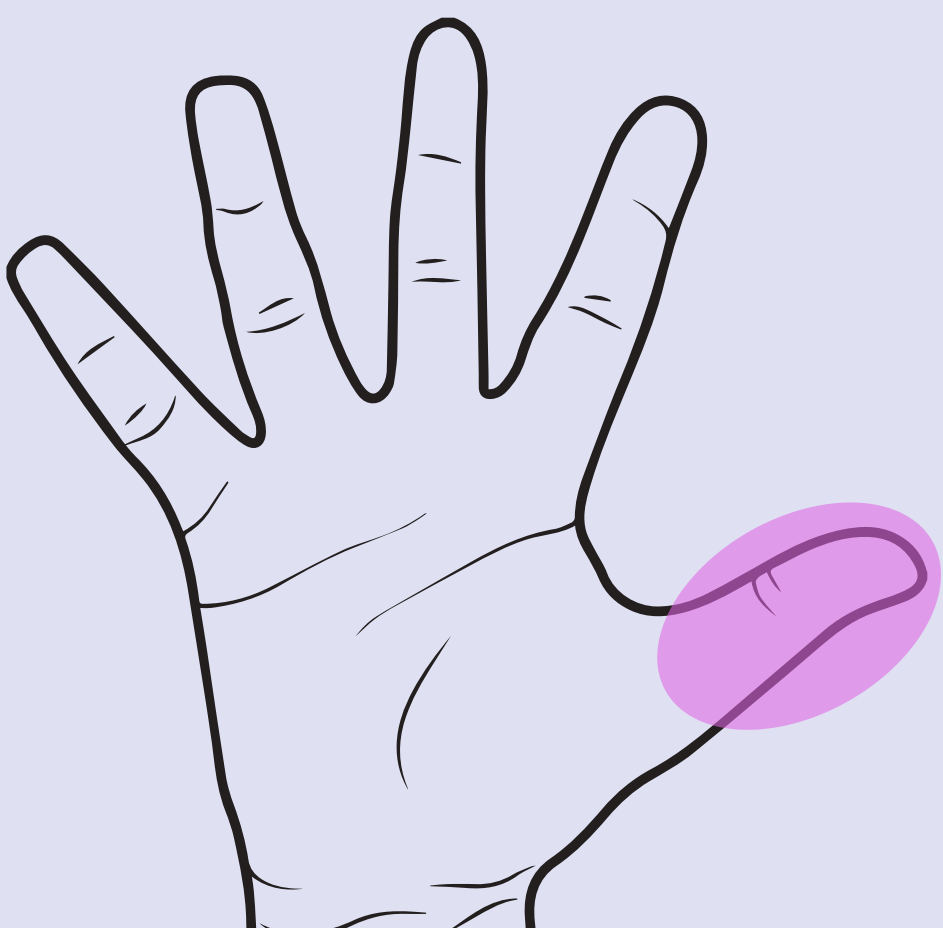
The size of your palm



#### VEGETABLES

A variety of colors of  
fibrous veggies.

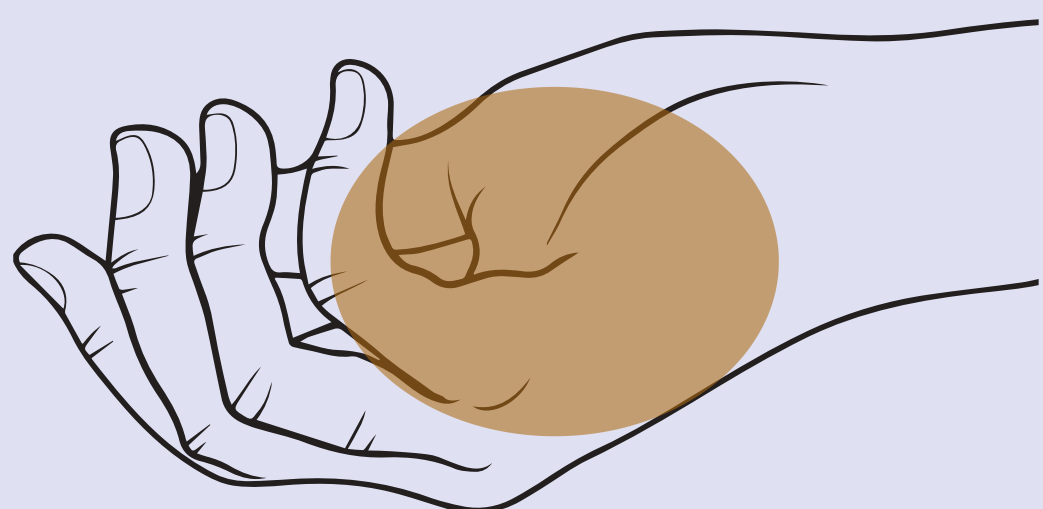
The size of your closed fist



#### FATS

Nuts, oils, dressings,  
avacado, seeds...

The size of your thumb



#### STARCHES

Rice, oats, potatoes,  
grains...

The size of your cupped hand

## CONTACTS

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WE WANT TO HELP YOU REACH YOUR GOALS. IF YOU NEED ANY HELP OR GUIDANCE, PLEASE REACH OUT TO ANY OF THE ABOVE EMAILS, OR COMMENT IN THE FACEBOOK GROUP. YOU MAY ALSO DIRECT MESSAGE ON OF THE COACHES IN THE FACEBOOK GROUP.

THANK YOU!  
WE'RE RIGHT ALONGSIDE YOU!