



Nutrition is such a key part your fitness success that all of us at County Line Fitness have agreed that we need to set some strict standards about what we eat and how we hold each other accountable.

So here it goes.

### *Food Log*

1. Every staff member and client of County Line Fitness will keep a food log.
2. Write Down EVERYTHING in the following manner:
  - a. Date/time –
  - b. MEAL( Breakfast, Lunch dinner or Snack) –
  - c. How much (approx weight or size or number of servings).
3. Here are the things you don't have to write down:
  - a. That's right the list is empty. WRITE DOWN EVERYTHING.
4. The first week of the Food Journal is a drying out period, start easing back on the junk!
5. Week two and you follow the list below with ONE CHEAT DAY A WEEK . .. NO EXEPTIONS!
6. At the End of THIRTY DAYS we go all out for a month...
7. Lying in your food journal OR about workouts (finish times, # of reps or rounds) will get you  
TERMINATED.
8. **I've been watching and I'm not happy...**
9. **This means you...**
10. **Try me!**



## *Shopping*

I am stunned by a few facts:

1. People do not know how to cook in general. Microwave meals and fast food seem to predominate. Sandwiches and other grab-n-go are the norm. Food quality matters. Acknowledge, accept, move on.
2. People are “too busy.” If you are “too busy to cook,” you need to reevaluate your life. How much time do you spend watching TV? Chatting on Face Book? Working overtime? Be honest and realistic, because if you legitimately do not have time to feed yourself correctly, you are heading towards serious health problems.
3. People go absolutely fetal if they do not have their bread, rice, pasta and all the other “garbage carbs”. Inevitably, while staring at a bowl of healthy food, the question arises “how do I cook this?” It is simply a cover for “I don’t want this - I want my comfort food instead.” If you want results, you need to alter what you are doing. I know this seems obvious, but obvious is often also elusive! If you want to keep doing the same old thing, here is a plan for you: 1. Join a Globo gym 2. don’t show up (most people don’t) and 3. Keep eating what you have been eating. Wasn’t that easy?! Not surprisingly, you will continue to get the same results.
4. As day follows night, eating can only follow shopping. You cannot and likely should not eat out all the time. That means you need to stock your pantry and have the vittles on hand to cook nutritious, possibly (dare I say it?) even tasty meals. Hence the handy guide that follows. You CAN do this. We already have many people who have made these drastic shifts in their lives. They are committed and will not accept failure. If they fall off the pony, they get up, catch the animal and get back on. If you are not committed to this, please step away from the ride, do something else, and leave this hour open for someone who will listen, grow and reap the rewards this program can offer. All right, enough finger wagging, here is your shopping guide.

### **Fruit & Veggies:**

Central Market and Sprouts both have a great selection of frozen berries and vegetables. Hit the farmers market and buy what is in season. Avoid bananas and other tropical fruit. Buy local. Wal-Mart actually has a very good produce section. I think they sell enough volume that they constantly turn the stock over. Many of the supermarkets have anemic looking produce sections...I’d swear I’ve seen the same avocado from week to week in one store. Try buying some other goodies. Expand your horizons for crying out loud! That said, however, you should ALWAYS have the following in the freezer from Central Market:

- Broccoli
- Green beans
- Asparagus
- Blueberries

Central Market and Sprouts have some other frozen veggies that are good, but you MUST have these on hand. You can easily throw together a meal with some meat or chicken and a half bag of these veggies. Remember the excuses above of not having enough time? Keep this stuff on hand and you will have no



problems. FYI – we make random checks to peoples homes to verify veggie stocks...just kidding, but man, we should!

### **Fresh Meat:**

Central Market and Sprouts are good sources for grass fed meat. This is your first choice with all the varieties of meat. Grass fed is better than organic. Free range chicken or any wild meat available is also a great option. Conventional cuts like London broil for beef and pork loin are good options if the organic and grass fed options are not available. There are other stores that sell grass fed meats but they have shorter hours so plan ahead. Costco has good prices and good quality. Stock up! People tend to make bad food choices when they run out. Don't be one of "those" people.

**Vegetarian? Find another trainer; I will not work with you. You won't make progress and all we will do is argue. Someone else can take your money and watch you not make progress.**

### **Fish and Shellfish:**

Central Market and Sprouts (No, I do not have stock in them) have a good selection of frozen fish and shellfish. They also have a canned Wild Alaskan Salmon - great stuff for salads. When you buy any type of salmon, make sure it is WILD. "Fresh" does not mean wild. They also carry a mild sardine called "Bella Olhao." I cannot stand other sardines. These are actually pretty darn yummy. Again, great for salads, just pour in the olive oil they are packed in.

Try some less popular fish like mackerel that are pretty strong tasting but amazingly nutritious. BBQ mackerel outside or your house will smell like fish for a year.

### **Eggs:**

Omega-3 enriched only. Costco has a great deal on these, and they are top quality. Central Market and Sprouts are even better! Any major supermarket carries these, however.

### **Shopping the Store Interior:**

Most of what we want to buy will be on the outside walls of most grocery stores. However there are some items that we find on the store interior. Proceed into this area with great caution:

- Coconut milk – if you like Curries, this is a great carrier. Safeway carries a Thai brand "Chaco." No idea on the pronunciation. The Asian food stores carry this one as well. Just a personal favorite, but any coconut is good coconut milk.
- Olive Oil – Pacific Sun or one of the other top shelf brands will lighten your pocketbook a bunch, but they are amazing. You get what you pay for with olive oils. Sprouts and Central Market both have good base models that are affordable. This is a good day-to-day olive oil.
- Tomato paste/pasta sauce – Central Market and Sprouts to the rescue again. They have a canned marinara .You can pour this over any meat/veggie dish and LOVE it.



- Spices – the more the better. If you do not know how to cook, learn. We have classes in the works. Google specific recipes, look for examples on YouTube. If you **MUST** watch television, then watch the food network...unless **LOST** is on. You **MUST** watch **LOST**.
- Green tea – any.
- Coffee – Central Market and Sprouts.... prepare to get wired.

Finally to round out the list, all items listed below can be found at either Central Market, Sprouts, Farmer's Market or other chains:

- Seeds
- Nuts (raw, but **not** peanuts)
- Organic fruit and vegetables
- Unsweetened coconut flakes
- Nut flours (almond, pecan and chestnut)

### *Meal Planning*

Based on the shopping list, you could probably figure out what you are supposed to eat...here is a hint: it's not bread, rice, pasta nor potatoes. What **IS** on the menu? Glad you asked:

#### **Protein – Every Meal:**

- Chicken – 3-4 oz.
- Beef – 3-4 oz.
- Fish – 3-4 oz.
- Eggs – 2-3 whole eggs

**Protein Myth** - Another frequently confusing point is the topic of “protein.” If you are fighting for survival in a 3<sup>rd</sup> world country, then yes, beans and rice count as a protein. At County Line CrossFit, it most assuredly **DOES NOT**. You need chicken, beef, fish, pork, lamb, turkey...are you picking up what I'm putting down? If you think beans, nuts or Tofu count as protein, please re-read the vegetarian clause above and follow those directions appropriately.

#### **Vegetables – Every Meal:**

Vegetables – all varieties – as much as you want, especially:

- Broccoli
- Spinach
- Kale
- Cabbage
- Asparagus
- Onions
- Tomatoes



**Newsflash** – more vegetables exist than those listed above, you may eat those...unless they appear on the “no-no” list below:

**Fat** – Every Meal:

- Nuts: raw or lightly roasted and preferably unsalted – small handful
- Almonds
- Cashews
- Pecans
- Walnuts
- NO PEANUTS
- Avocado – ½ of medium sized one
- Olive oil – use as a salad dressing – 1-2 Tbs.

**Newsflash 2** – Fat does not make you fat. We recommend a moderate to low carb diet. It is healthy and effective. Ask questions, check blood lipids but for crying out loud, just do this stuff for a month! Do you see ANY processed food in this? Any sugar? Trans fats? No, no and no. It’s whole, natural foods, and you will thrive on it.

Now, I’m assuming you are pretty sharp, but oddly enough, a few things seem to slip by even the sharpest people...repeatedly. When I say “every meal,” I in fact mean EVERY BLESSED MEAL. This is especially critical if you are trying to lose body fat.

**Some optional add ins:**

**Fruit** – Occasionally, always with protein!

In order of preference:

- All berries
- Melons
- Oranges
- Grapefruit
- Tangerines
- Apples
- Eat what is in season and local.

**Coffee** – Espresso or Americano’s only – preferably black – no sugar or artificial sweeteners.

**ABSOLUTELY NOT!**

- All flour products
- Bread/cake/cookies/scones/tortillas/pastries, etc.
- All sugars
- No Jamba juice – too much sugar!
- No dairy (cheese/milk/butter/cottage cheese, etc.)
- No mochas, no latte, no frappaccinos
- No artificial sweeteners
- No potatoes, corn, beans or other starchy vegetables



Now, similar to the admonition to “eat this at every meal,” the “absolutely not” category means, don’t eat it! You have a month of introduction in which we will help you get your insulin levels normalized, clean up your digestive health and likely a whole slew of other considerations, all while losing fat and feeling better.

After a month, you can tinker with re-introducing some of the “banned” foods, but you need to know that non-compliance in the first month is grounds for termination. No messing around. I have limited time and love what I do, and I WILL NOT waste my efforts on someone who cannot hang in at least a month. Like I said previously, there are a slew of trainers who are fine with taking your money and allowing you to continue along with bad nutrition.

Not me.

You will get results; you will feel and look better.

Why? It’s easy - you followed these guidelines and reaped the benefits from sound training and nutrition.

3...2...1...go!