

## Intro Nutrition One-on-one

### CFO's Nutritional Approach to Nutrition:

In a nutshell, we recommend a diet rich in lean meats and vegetables coupled with healthy fats and a moderate amount of fruits. We focus our efforts on trying to rid the diet of processed grains and starches, both natural and artificial sweeteners, and to some extent, dairy and legumes as these food sources are detrimental to health and well being.

Our focus is to improve health, performance, and appearance. We use these areas to guide our eating habits on an individual basis. We do not encourage specific amounts of food, only an understanding of common sense portion sizes. The positive is that the cleaner you choose to eat, the larger amount of food you will be allowed to eat. Processed foods, grains, fried foods, sugar-laden foods, unhealthy oils, and other certain food groups need to be severely limited in order allow the human body to heal itself.

We would like you to take a phased approach to cleaning up your diet as this will help to ease the transition into this different way of eating. It is recommended that you notify us of any changes to the way you feel, both good and not so good. There are some things to be expected such as possible headaches, lethargy, mood swings, etc as the body will begin to detoxify and rid itself of and once again become sensitive to these toxins. The detoxification process is highly variable from person to person and can be very brief or last a bit longer depending on what the current diet looks like and consists of.

Once detoxified, improvements in performance and health happen almost immediately while changes in appearance happen a bit more gradually. The duration of cleaner eating and how well you are able to transition to cleaner eating and maintain it will determine your ultimate success with reaching your goals, whatever they may be. As you reach the end of our phased approach, we recommend you continue to keep your eating clean and free of toxins but understand that these toxins are readily available and, for some, eliminating them entirely is out of the question. This is entirely okay as long as the understanding is there that these foods will get in the way of your goals and will ultimately lead to weight gain, sickness, both small and great, and decrease in performance.

Our goal is to impression upon you a change in lifestyle. A change in the way you think and eat on a day to day basis. It's not our way versus your way or versus everyone else's way but more an education of sorts so that you can make your own decisions on what does and doesn't work for you. We will act as a guide to help you reach your goals. If we can get you to the point where you answer questions from family members and friends about how you eat as "this is just the way I eat just as you eat the way you eat" then we know that a lifestyle has been changed. It is not about defending how you

eat as this proves only that you have made a drastic change to your regular eating as seen by others. Once you have held true to the change over a lengthy period of time and the results have come, which they will, will we be able to say that you are now a changed person.

The staff here at CrossFit Omaha does not eat perfect nor do we want to give that impression. We, just like anyone else, eat unhealthy from time to time but we also understand the consequences. A normal meal for any one of us includes what we encourage above and unhealthy eating is only a deviation from the norm. In fact, how we handle our own diets becomes more precise and specific to the above recommendations as performance and/or appearance becomes more of a priority.

At the conclusion of your phased approach to eating cleaner, there are services available to you concerning a more in-depth intervention to improving health, performance, and appearance. These include, but are not limited to, personal consultations, grocery lists, shopping partner, and seminars. We hope to be there every step of the way as you make this life-changing change. Good luck to you and please email me with any questions, [ricky@crossfitomaha.net](mailto:ricky@crossfitomaha.net).

## **Nutrisimple – CrossFit Omaha**

### Entry Level – Phased Approach

#### **Week 1 – Sugar**

During the first week, we would like you to remove both natural and artificial sweeteners from your diet. This includes everything under the sun such as:

Sugar, Brown Sugar, Stevia, Splenda, Honey, Agave Nectar, High Fructose Corn Syrup, Corn Syrup, Saccharin, sugary drinks such as fruit juices, soft drinks, Kool-Aid, etc, Dextrose, Fructose, Sucrose, Galactose, any sugar-free/no added sugar processed foods, or any other artificial sweeteners that I may have forgotten.

You will have to learn how to read food labels and are encouraged to do so. This is the first step in understanding the things you are putting into your body and whether they are healthy or not. Remember this; cancer's food source is sugar and sugar only. No sugar means no food for cancer and ultimately leads to it's demise.

The only thing allowed is fruit in moderate amounts.

#### **Week 2 – Dairy**

During the second week of changing your eating habits, continue to remain sugar free but now include dairy. Dairy contains lactose which is also a sugar and can be detrimental to health if consumed regularly. The US population, as a whole, is lactose intolerant with only a few not being allergic. The easiest way to test yourself is to remove it completely from the diet for an extended period of time and then add it back in. This will be the case for sugar, grains, legumes, and processed food as well.

Items not allowed include:

Milk, cheese, cottage cheese, yogurt, sour cream, butter, half and half, heavy whipping cream, and/or anything containing these items.

As a substitution, unsweetened coconut milk in a can is your best option. This is uncharacteristically good in coffee and/or tea. If any of the above forbidden are your go to food for snacking, try fruit, unsweetened jerky, and nuts.

#### **Week 3 – Grains and Legumes**

The third week is crucial in your transition to a healthy, natural diet. In addition to removing grains and legumes, continue to remain sugar and dairy free.

The use of grains is widespread and one of the leading causes of disease and obesity. The over abundance of grains, gluten, and Omega-6 fatty acids are part of the reason the US is at an all time high for obese adults and quickly gaining ground, obese

children. Many Americans are quickly finding out that they are allergic to gluten and finding that when removed, many ailments disappear. Gluten and Omega-6 fatty acids are found largely in grains and legumes. Grains also provide constantly elevated levels of insulin production which leads to hyper-insulinism and ton of other of today's health problems. The use of grains in our food supply is so widespread that it is almost impossible to rid them from the diet entirely without a dedicated urgency and understanding of their detriment. It is in everything except vegetables and fruit, and naturally fed animals. That's right, even our meats and farm-raised fish contain grain as this is what they are fed (corn mash) unless they are pastured animals or wild caught fish. Taking the chance on grain is taking a chance on your life.

Items not allowed:

Grains – Cereals, breads, pastries, wheat, flour, rolled oats, quinoa, corn, bulgur, semolina, spelt, durum, graham, couscous, hydrolyzed wheat protein, wheat germ, wheat starch, buckwheat, kamut, malt, barley, rye, cake flour, rice, maize, brown rice, pasta, popcorn, hominy, and any other grain variations. Yes, this includes the mythical whole grain foods, touted as healthy but so far from the truth it's sickening.

Legumes – black beans, pinto beans, soy beans, lentils, peanuts (not a nut but actually a legume), black-eyed peas, chickpeas, edamame, kidney beans, navy beans, split peas, and a whole host of other beans.

As mentioned with dairy, rid these items from your diet as much as you can to notice their true negative effect on human health. The more they are removed, the more the impact they will have on you when re-introduced.

## **Week 4 – Processed Foods**

Hopefully you are staying strong and progressing nicely. If you have any questions up to this point, please ask freely. I want nothing more than for you to succeed and it is greatly improved with support and education so fire away if you don't understand something or you feel anything goes against popular belief.

This final week is to jump start a routine of cooking at home and preparing foods for lunch. This is the week where you start to take control of what goes into your and your family's bodies. Don't be satisfied with thinking you know what is really in food. By now, you may have started to see bodily changes both on the scale and in the mirror. If not, keep on trucking, they will slowly start to come and the changes will be highly noticeable to others. Your performance and the way you feel will hopefully be at an all time high or about to be at an all time high.

The last food source that I have not talked about yet is alcohol. What about alcohol. Can you not do without it? Do you make excuses? I've seen this before, it's called an addiction. It's funny how we can easily have an addiction to pills or even sweets but no

one wants to claim an addiction to alcohol. “No, not me!” What’s the big deal then? Get rid of it.

Ain’t gonna happen? Well, if you are addicted and absolutely won’t do away with it, can I suggest that you keep it moderate? How about 1 to 2 drinks a night only? Red wines anyone? Tequila on the rocks? Beer is a grain so stay away from it. Ultimately, you have to lay out your goals and how you expect to reach them. We get a lot members who come to us with wanting to look good in the mirror and wanting weight loss and we show them the way but come sometime later and with no results and they blame it on faulty direction from us or an unsound nutritional approach but ultimately, it’s sleep deprivation and alcohol consumption. Sometimes, those two things alone can change a person’s life for the better. It’s worth a try, right? What do you have to lose? I’m guessing weight, sickness, lethargy, and poor performance?

## **Week 5 and Beyond**

After your four week phased approach comes to a close, I hope you know a bit more about yourself and how you respond to eating differently. I also hope that you are intrigued by this way of eating and continue to research and learn everything you can about it. There are multiple resources at your disposal and I would be more than happy to point you in the right direction. You can start by visiting our nutrition website, [www.cfomahanutrition.com](http://www.cfomahanutrition.com). The gym also has other services available to you such as question and answer consultations, grocery list preparation, recipes, shopping partner, etc.

We are here to help you reach a very high level of fitness at CrossFit Omaha that is devoid of injury and sickness. Our goal is to help you maintain an active, healthy life where you continue to do the things that you love to do, well into the latter stages of life. We are your support system and would love nothing more than to help you reach your goals. Whatever they may be.