

F.A.Q

How do I use the spreadsheet?

The objective is to gain *as many points as possible* over the next 6 weeks. The maximum amount of points you can accumulate in one day is 30.

Food Points

There are 5 categories – no Grains, no Sugars, no Dairy, no Legumes and nothing with preservatives, in packets or processed. YOU fill in the points for every day you DON'T eat any of these.

Bonus Points

You gain extra points for coming to the gym, sleeping 8+ hours a night (unbroken), eating breakfast, taking fish oil and drinking water. Pretty simple huh?

Deductions

Points are lost for drinking, not sleeping enough and having a cheat meal.

This time the spreadsheet will be live on the internet via Google Docs. When you enter your points in, everyone else on the challenge will be able to see. So just like the WOD's, you won't have any place to hide. Once you have confirmed your entry and paid the entry fee you can access the spreadsheet

Make sure you email me or ask me at the gym if you don't understand something, it's better to do that now than to get half way into it to only to find you've been doing it wrong!

How much fruit can I have in a day?

I recommend eating fruit only after workouts. Though, when first transitioning to eating this way, fruit is a great diversion from cheating. So a max serving a day of 3 for smaller people and 5 for people over 115kg. After the 3rd week of the challenge you should reduce your fruit intake to 1 - 2 servings per day for a smaller person and 3 servings per day for larger people.

What about squash, kumara, yams and other starchy vegetables?

I would like to see these starchy type foods consumed only post WOD. No potatoes though ok?

I know I am supposed to eat meat and veggies at every meal, but how much meat?

A rough guideline for meat is to make a loose fist and consume that much meat. If your meat is fattier i.e. ground meat, lamb, fish, dark meat then you will need to consume more of the meat or fill so add about a half fist of lean protein in addition to your fist of fattier meat.

What about veggies? Is there a limit?

No limit! I recommend each and every person consume 120 to 240 grams of veggies with every meal. Veggies (non-starch) are a great way to curb the hunger bug - the snacking bug.

Is eating all this fat okay?

Though historically (from 1970's on) fat has been considered an enemy to the body, I can assure you that this is not true. As long as the fat source is non-hydrogenated, unprocessed, and as natural a source as can be found, it is great for your bodies, brain, joints and as a fuel source.

Can I eat fatty cuts of meat?

See above for full answer, but yes. Chicken thighs, lamb, pork, beef are all ok. Remember, the source of the food matters too. Try and find local, Grass-Fed sources.

How much fat should I consume at a meal?

For a small to medium person 80-140 grams per day is recommended. For a larger sized person, 130-190 grams. If however, you are training 4 or more times at the gym, up your fat intake IF energy levels seem low. Experimenting is the key here. See what works for you.

Are peanuts and cashews a Nut or a Legume?

Peanuts are a legume and for this challenge should not be consumed. There are plenty of other options available such as macadamias, brazil nuts, walnuts and almonds.

What about milk substitutes?

No milk substitutes, other than coconut milk from a can. I will allow you to cook with clarified butter or Ghee for this challenge. Scrambled eggs cooked in butter Hell yes.

Is deli meat okay?

Deli meat is a good source of protein in a pinch. This highly processed meat can have some secret sugar added, or other unhealthy preservatives. Just check first to see what has been used to process it and make your own decision based on what you now know.

So what about supplements?

I have made a list of the supplements that I personally use and recommend. Ask me if you would like to see it and I will email you.

I'm on my first week and I feel hungry, tired, have a headache, and lethargic. My workouts seem slow and I feel weak. Is this normal?

Yes, this is totally normal. Sugar is a drug and you are now going through withdrawal. For most, it can take from 1-3 weeks for your body to make the transition to your new lifestyle and to start using fat more efficiently as its primary energy source for daily living. You might feel really hungry the first week or two. That is your body adjusting to the reduced carbohydrate intake. Read this [article](#) about the transition to stay encouraged!