

How to Start

Clean Out the Cupboards

We do not have self-control! Don't have tempting foods in the house. Remove the bread, rice, pasta, cookies, crackers, puddings, ice cream, waffles, juice, sodas, cereals, oatmeal, artificial sweeteners, yogurt, soy sauce, teriyaki sauce, canned soups, apple sauce, noodles...all refined, packaged foods.

Plan Your Meals

Make a meal plan for the week. Stick to it! Have options for snacking in there too. Planning will make eating every day so much easier, because you won't have to worry about what you're going to cook which eliminates deviating from the plan – simple.

Go Shopping

Make a list or take the one provided in the challenge.

Protein

Pork, beef, lamb, trout, salmon, shrimp, crab, chicken, turkey, duck, ostrich etc. Round things off with some good quality nitrate free bacon (*make sure it's not cured in sugar!*) Lots of free range Organic eggs and some good quality sausages to mix it up.

Veggies

Ideally these are local and organic, but again, this should not be a deal breaker. New World actually has great produce outside of the farmers market, and at a good price. Shop with the season, which typically means what is on sale. Mix up the colors.

Fruit

Limit fruit to 1 serving per day if fat loss is your goal. A serving is not a whole watermelon. If you want to screw things up and not make progress, eat all the fruit you want, it's your 2 cents, ride the ride as you like. In order of preference: Berries, melons, citrus, apples, pears. Bananas, papayas and mangoes are great for athletes post workout but dodgy for folks who want to lose weight.

Fats

Olive oil (extra virgin) coconut, avocado (oil and whole), macadamia (whole and oil), almonds, walnuts. If fat loss is a goal limit nuts to 1-2 oz per day.

Sauce, Stocks, Spice & Herbs

Marinara sauce, herbs, spices-curry powder, garlic, ginger, cilantro, garam massala, chili powder, black pepper, lemon zest, allspice, cinnamon, cumin, oregano, and basil. Get at least 20 herbs and spices to keep your cooking lively. Stock up on espresso, teas and mineral water as these are your beverages of choice.

Cook

The majority of your meals look something like this:

- 115 – 225 grams of lean protein such as chicken, lean beef, turkey, pork loin or seafood
- Several servings of vegetables, raw, steamed or lightly cooked
- Round off the meal with good fats from Avocado, good quality olive oil or a handful of un-salted, naturally roasted nuts such as almonds, pecans, macadamias or walnuts

Get Some Exercise

Get your ass to the gym and hit some WOD's!

Sleep

Black out your room. No LED lights from alarm clocks, fire alarms, TV's etc. Do not watch TV or check email for at least 1 hour before bed. Get at least 8-9 hrs of sleep. You should wake up without an alarm, feeling refreshed.

Key Points

- Protein every meal
- 3 - 4 meals per day
- Limit fruit to 1 serving if fat loss is a goal
- Limit nuts to between 28 and 56 grams
- Beverages are water, coffee (a [macchiato](#) is ok for this challenge) or tea

Questions?

If you are curious about these recommendations please read The Paleo Solution. Ask me, I have a copy you can borrow.

I can give you the *how* people. I also know that this *works*. But nothing beats the experience of *doing* and if you really want to know the *why* then read the book. Robb Wolf does a much better job at explaining all the technicalities. My strength is giving you the tools to do it!

Sweet? Great Go forth and DO!