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NUTRITION & TRAINING JOURNAL

OWNER

LOCK IT DOWN. Six whole weeks of clean quality foods that are going to leave you feeling and looking better than ever before! This journal will become your new best friend. In it you will find some frequently asked questions and basic info on both The Zone and Paleo as well as space to record your daily meals. Remember, if you don't log it, there's not much we can do to help.

How It's Going to Work

Nutrition

It's your choice on the nutrition plan: Zone, Paleo or both. If this is your first Lockdown we'd recommend giving just Paleo a shot, and for all the veterans it's time to take it up a notch to Zone Paleo. We will provide food journals for you, but we will not be checking them. The results will speak for themselves. We also recommend that you take a before and after pic of yourself.

Programming

On the programming side of things, we're expecting that you follow the HQ Rx of 3 days on, 1 day off. Those of you already following the MEBB programming will need to stick to your 5 on 2 off schedule.

Scoring

- 1 point for every class you attend, capped at 30 (this is max following 3-on 1-off). Your attendance is counted by your "swipe in" so don't forget that important step!
- 2 points for every % of lean body mass you gain
- 1 point for every % of body fat you lose
- The person with the highest point total WINS! What do you win? A hot new body, of course. And a healthier lifestyle. Your prize is your success!!

But wait, that's not all! Sticking with our goal-oriented mentality for 2010, everyone will set a performance goal for themselves. This goal can be a strength goal, a benchmark, or a skill. If you achieve this goal by the end of the lockdown you will receive between 1 and 5 BONUS points depending on the difficulty of your goal, which is completely decided upon by the CFNA staff - it won't pay to sandbag!

What you will need

Tools

- A food scale. You can get one at almost any grocery store, Wal-Mart, or Target. There is everything from huge industrial electronic versions to spring loaded \$6 models. You're only weighing food here, so don't get carried away.
- Measuring cups and spoons.
- A determination and discipline to change your life for the BETTER!

Resources

- www.marksdailyapple.com (general info and recipes)
- www.robbwolf.com (general info and recipes)
- www.performancemenu.com (they have a recipe section)
- www.crossfitnorcal.com (great recipes)
- www.crossfitnorthatlanta.com (AWESOME GYM...use the nutrition forum and blog)

There are thousands of great sources available online for recipe ideas. If you find one, post it up on our nutrition forum for everyone else. If you make up a recipe of your own that rocks your world, take a pic and send us a write-up and we'll post it on the nutrition blog.

Finally, don't forget that you're not alone in this. Talk to each other, use the website, email Shane, whatever it takes to keep you on track with your success.

**This CAN be done and
YOU CAN DO IT!**

Food Matrix

Protein	Carbs	Fats	Spices / Seasoning
Chicken breast	Asparagus	Extra Virg Olive Oil	Garlic
London broil	Zucchini	Almond Butter	Pepper (4 kinds)
Tuna	Brussels sprouts	Bacon Fat	Salt
Pork chops	Green beans	Tahini	Garam Masala
Ground sirloin	Spinach	Cream	Onion powder
Ham	Kale	Lard	Basil
Shrimp	Broccoli	Avocado	Chili powder
Rib eye steak	Cauliflower	Walnuts (6 kinds)	Oregano
Talapia	Carrots	Olives	Dill
Chicken thighs	Pea pods	Macadamias	Tarragon
Buffalo	Cabbage (5 kinds)	Cashews	Horseradish
Lobster	Sweet potatoes	Pecans	Cumin
skirt steak	Turnips	Butter	Rosemary
Pork ribs	Yams (4 kinds)		Bay leaf
T-bone steak	Beet / turnip		Curry (10+ kinds)
Swordfish	collard greens		Cardamon
Lamb	Eggplant		Ginger
Chuck Roast	Okra		File powder
Porterhouse Steak	Spaghetti squash		Paprika (3+ kinds)
Rabbit	Celery		Chiles (5+ kinds)
Duck			Sage
Chicken wings	Fruit		Jerk spices
Eggs	(sparingly, 1-2 a day)		Thyme
Goose	Melon (4+ kinds)		Parsley
Crawfish	Berries x (4+ kinds)		
Tofu/Tempeh	Apples		
Quail	Pears		
Pork loin	Bananas		
Corned beef	(mostly Post Workout)		

NOTES

FEBRUARY WEEK 1

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 1					
TUES 2					
WED 3					
THUR 4					
FRI 5					
SAT 6					
SUN 7					

FEBRUARY WEEK 2

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 8					
TUES 9					
WED 10					
THUR 11					
FRI 12					
SAT 13					
SUN 14					

FEBRUARY WEEK 3

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 15					
TUES 16					
WED 17					
THUR 18					
FRI 19					
SAT 20					
SUN 21					

FEBRUARY WEEK 4

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 22					
TUES 23					
WED 24					
THUR 25					
FRI 26					
SAT 27					
SUN 28					

MARCH WEEK 5

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 1					
TUES 2					
WED 3					
THUR 4					
FRI 5					
SAT 6					
SUN 7					

MARCH WEEK 6

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 8					
TUES 9					
WED 10					
THUR 11					
FRI 12					
SAT 13					
SUN 14					
LOCKDOWN OVER!					

MARCH WEEK 7 EXTENDED

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 15					
TUES 16					
WED 17					
THUR 18					
FRI 19					
SAT 20					
SUN 21					

MARCH WEEK 8 EXTENDED

	Breakfast	Lunch	Dinner	Snack	WORKOUT
MON 22					
TUES 23					
WED 24					
THUR 25					
FRI 26					
SAT 27					
SUN 28					

