



Nutrition Challenge



Congratulations!

We are so happy that you just took the next step in becoming a healthier you. Over the next forty days we are going to work together to keep you more accountable and shed unwanted pounds.

How does it Work?

In the pages that follow you will see a set of guidelines for you to follow throughout the challenge. Those include:

- 1: Clean Eating guidelines
- 2: Workout tracking guidelines
- 3: Bonuses to help earn more points

At the end of these forty days we will select our top three winners based on percentage of weight lost and points earned throughout the challenge.

Good Luck!

Let's Get Started

Throughout this challenge you'll have a team to help keep you accountable. If you bought a sweatshirt then your color of sweatshirt is your team. If you bought two or didn't plan on getting on No Worries, you have been added to a team randomly.



Red Team
Coach Ant

VS.



Black Team
Coach Murph



At the end of our Nutrition Challenge there will be an in house competition, "The Fight for the Crown" against both teams. The results do not count towards the nutrition challenge winners but participation does give you a chance to earn additional points.

Point System

Nutrition Point system **(150 points total):**

You'll start your day with 5 points and deduct 1 point for each serving of non-compliant foods you consume. Teams will view each others food journal in group text, Facebook group, or MyFitness Pal. and email your team leader once a week with scores. 35 Points would be a week with zero cheats.

Exercise **(30 points total):**

You will get 1 point a day for coming to a CrossFit class at Kings Fitness. This is capped at 5 classes/week. The week begins on Monday and ends on Sunday.

Social Media (20 points total):

You must post a nutrition challenge related picture or status 20 times during the challenge. Typically these will coordinate with the days you workout but in case you forget we will be more flexible with these. You just need to post 20 time throughout the challenge limited to 1x/day. PLEASE make these posts on your Facebook or Instagram and tag us. Leaving us a review on FB or Google will give you 5 points however you are still capped at 20 points.

Bonus!

You are not required to weigh yourself but If you decide to you can take advantage of these points as well. 10 Points per 1% of body weight lost!!

This must be coordinated with your team leader before hand.

What can I eat??

Protein

COMPLIANT

- Beef ✓
- Chicken, turkey, duck, other fowl ✓
- Eggs ✓
- Bacon (NOTE: Bacon is an exception to the sugar and nitrate rules) ✓
- Deli meats containing ONLY meat, water, seasoning, or salt ✓
- Fish, fresh and canned (tuna, salmon, sardines) ✓
- Pork ✓
- Seafood ✓
- Shellfish ✓

NON-COMPLIANT

- Deli & processed meats containing ingredients BESIDES meat, water, seasoning, or salt ✗

Vegetables & Legumes

COMPLIANT

- Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) ✓

What can I eat??

- *Corn 
- *White potatoes 
- *Sweet potatoes 
- *Yams Winter squash (butternut, acorn, pumpkin) 
- *Beans & other legumes (e.g. lentils and chickpeas) Fermented (tempeh, miso) 
- *Yuca 

When you see () next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.*

NON-COMPLIANT

- Soybeans (edamame, tofu) 
- Taro 

Fruit

COMPLIANT

- *All fruits 
- *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice 

NON-COMPLIANT

- Dried fruit with added sugar 

What can I eat??

Fats & Oils

COMPLIANT

- Olive oil ✓
- Coconut oil ✓
- Butter ✓
- Avocado oil ✓
- Duck fat ✓
- Flaxseed oil ✓
- Grapeseed oil ✓
- Lard (pork fat) ✓
- Nut oils ✓
- Tallow (beef fat) ✓
- Avocados ✓
- Coconut ✓
- Olives ✓

NON-COMPLIANT

- Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils ✗
- Hydrogenated oils ✗

What can I eat??

Grains

COMPLIANT

*Rice (white, brown, wild) ⚠️

*Corn tortillas (NOTE: exception to flours of any grains rule) ⚠️

Oats and oatmeal ✓

Quinoa ✓

Amaranth ✓

Buckwheat ✓

NON-COMPLIANT

Bread, bagels, muffins ✗

Flour tortillas ✗

Pasta or noodles of any kind (bean, rice, quinoa) ✗

Couscous ✗

Cereal ✗

Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour) ✗

Potato starch ✗

Alcohol & Beverages

COMPLIANT

Coconut water ✓

Tea ✓

Coffee ✓

Vegetable juice ✓

Kombucha ✓

*Beet juice ⚠️

*Carrot juice ⚠️

Wine or Spirits - Limit 1 per week ⚠️

What can I eat??

NON-COMPLIANT

- Beer ❌
- Fruit juice ❌
- Soda - diet or regular ❌

Dairy

COMPLIANT

- Keri Gold Butter ONLY ✔️
- Plain Greek Yogurt ✔️
- Whey protein ✔️
- Cottage cheese ✔️

NON-COMPLIANT

- Cow, goat: ❌
- Milk ❌
- Buttermilk ❌
- Cheese ❌
- Sour cream ❌
- Cream ❌

Sugar & Sweeteners

COMPLIANT- ORGANIC HONEY ONLY

NON-COMPLIANT

All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet ❌

What can I eat??

Snack foods & artificial ingredients

COMPLIANT

*Sweet potato "fries," BAKED or FRIED *White potato "fries," BAKED

*Baked chips (sweet potato, white potato, vegetable) ⚠️

Hummus ✅

*Arrowroot powder ⚠️

*Guar gum ⚠️

*Tapioca starch ⚠️

*Xanthan gum ⚠️

*Natural and artificial flavors and colors ⚠️



NON-COMPLIANT

White potato "fries," FRIED (french fries) Fried chips of any kind, including vegetable Popcorn ❌

Benzoates ❌

Hydrogenated oil ❌

MSG ❌

Nitrates and nitrites ❌

**Have any questions or specific allergy limitations?
Email your team leader:**

coachmurph@kingsfitness.org

coachanthony@kingsfitness.org