

Primal Journey Challenge

What is it? It is a 6 week partner paleo challenge that includes a before and after benchmark workout, body comps, tape measurements, weigh-ins, and pictures. All participants will also get challenge shirts as well, and the winning team takes all for prizes.

How do you receive your points? There are 4 ways listed below to receive points. Each way is worth 25 points that you either get all the points for completing or none of the points for completing. This is for both you and your partner, so there are 200 points for grabs just for successful completion.

- Submit 1-2 weeks of food log to coach and review. Food logs need to be as descriptive as possible with measurements for portion. The 1st food log will be from time period 6/16-6/23. If the 1st food log is looking on track that will be the only log required, however if it is not the participant will not lose points as long as they bring the next weeks food log in attempt to make improvements.
- Any progress in any of your measurements.
- Any progress in you Benchmark workout.
- Did you take your before and after pictures? If you did, you are good to go!

*** IN THE EVENT THERE IS A TIE THERE WILL BE A TIE BRAKER***

What is Paleo?

Paleolithic diet (paleo diet), also popularly referred to as the caveman diet, Stone Age diet and hunter-gatherer diet, is a nutritional plan based on the presumed ancient diet of wild plants and animals that various human species habitually consumed during the Paleolithic—a period of about 2.5 million years duration that ended around 10,000 years ago with the development of agriculture. In common usage, such terms as the “Paleolithic diet” also refer to the actual ancestral human diet. Centered on commonly available modern foods, the “contemporary” Paleolithic diet consists mainly of meat, fish, vegetables, fruit, roots, and nuts (allowed foods), and excludes grains, legumes, dairy products, salt, refined sugar, and processed oils (non-paleo food).

- **No Grains** (bread, rice, pasta, seitan, quinoa or any pseudo-grains)
- **No Dairy** (butter, cream, yogurt, cottage cheese, goat cheese, etc.)
- **No Legumes** (No beans, lentils, peanuts, tofu)
- **No Sugar** (of any kind...honey, stevia, splenda, agave nectar, etc; including artificial sweeteners)
- **No Processed Stuff** (nondairy creamers, shakes, bars, etc.)
- **No Alcohol** (it's only a couple weeks...relax and give it a chance)

Always try cooking meats with little added fat (ie broiling, baking, grilling)

Allowed Foods:

Proteins

- Beef, pork, lamb (trimmed of visible fat)
- Poultry
- Extra Lean ground (7% fat or less)
- Fish
- Any other lean cut (grass fed or wild caught always preferred)
- Eggs (limit to 6 per week) (look for omega-3 enriched or free range)

Fruits and Vegetables

Organic or Local always preferred, buy what's in season, mix up colors. Limit fruit if fat loss is your goal.

Fats are higher in calories. If you are trying to lose weight, you should their use.

- Nuts – Unsalted macadamia, almonds, walnuts
- Olive Oil
- Avocado

Beverages

- Coffee
- Tea
- * (avoid all sweeteners including artificial)

Paleo Sweets

- Nuts & seeds mixed with dried fruit & fresh fruits (with moderation)

Extra Recommendations:

- Attempt to balance every meal and snack eaten (make sure that every meal has a roughly zoned portion of protein, carbs, and fats). (Below we will have a page of the zone blocks for paleo foods only)
- Stay away from paleo desserts.
- Have a set day to prepare foods for the week (we normally choose Sundays).
- Exercise for at least 20-30 minutes every day, this doesn't have to be CrossFit, but don't count mowing the lawn as exercise that is a chore. Get out and actively move. Go for a walk, play a sport, do Zumba or prancersize ;)
- Of any of the supplements on the supplement guide, at the very least take your fish oil and Tonalin CLA.

Supplements

Fish Oil:

The health benefits of fish oil include its ability to aid in treatment of heart diseases, high cholesterol, depression, anxiety, ADHD, low immunity, cancer, diabetes, inflammation, arthritis, IBD, AIDS, Alzheimer's disease, eye disorders, macular degeneration and ulcers. It also helps in weight loss, pregnancy, fertility and skin care (particularly for conditions such as psoriasis and acne).

Dosage: 2-4 grams a day

Tonalin CLA:

Benefits:

- Increases metabolic rate
- Decreases abdominal fat
- Enhances muscle growth
- Lowers cholesterol and triglycerides
- Lowers insulin resistance
- Reduces food-induced allergic reactions
- Enhances immune system

Dosage: 3.4-5 grams per day

ZMA:

- Increase strength
- Prevents growth hormone levels from dropping during sleep
- Increased sexual drive
- Longer and deeper sleeping patterns (experienced in almost all cases)
- Reduces muscle cramps

BCAAs:

BCAAs (branched chain amino acids) are the essential amino acids leucine, isoleucine, and valine. Amino acids are the building blocks of protein and are involved in muscle growth and repair.

Uses:

- Supports lean muscle growth.
- Speeds recovery time of muscle repair.
- Supports essential brain functions.
- Supports healthy hair growth.

Recommended Dosage

3-20g per day, 1-3 grams pre workout, 1-5 grams post workout.

Melatonin:

Melatonin is a hormone that governs over sleep patterns.

Uses:

- Mainly used for the treatment of sleep disorders.
- New Studies have shown that supplementing with melatonin can increase growth hormone levels by up to 157%.
- Melatonin is a potent antioxidant that may also reduce damage caused cancer, hypertension, atherosclerosis, diabetes and Alzheimer's disease.
- Can support a healthy immune system.
- It has also shown abilities to help prevent/manage migraines.

Dosage

0.5 to 9 mg of melatonin before bed.

Creatine Monohydrate:

Creatine monohydrate is the most effective and popular supplement used by athletes.

Uses:

- Creatine supplementation delays the onset of lactic acid build up.
- Enhances protein synthesis.
- Helps increase lean muscle mass, strength and energy.
- Creatine is used to regenerate the muscles' ultimate energy source, ATP (adenosine triphosphate). The increased energy that creatine provides means results in more explosive energy when training, which means pushing out more reps, which leads to increased lean muscle growth.

What Are The Recommended Creatine Monohydrate Dosages?

- Creatine loading:
Creatine loading works saturating the muscles with creatine in the first 5-7 days and then maintaining the creatine levels in the following weeks. So in the first 5-7 days, 20g of creatine monohydrate is taken (4 x 5g servings) with a non-acidic fruit juice or dextrose. The dosage is then reduced to 5-10g per day taken post workout and before bed.
- Gradual approach:
The gradual approach skips the loading phase and moves straight on to taking 5-10g per day.

How To Optimize The Uptake Of Creatine

You can increase the uptake of creatine by creating an insulin spike. Insulin is an extremely anabolic hormone and can transport nutrients throughout the body quickly and effectively. The easiest way to create an insulin spike is by using creatine products that are mixed with simple carbohydrates (only non-acidic fruit juices).

L-Glutamine

Uses:

- Glutamine plays key roles in protein metabolism, cell volumizing, anti-catabolism (prevents muscle breakdown).
- Supports proper immune system function (especially after taxing workouts).
- Increases your ability to secrete Human Growth Hormone (by up to 400%), which helps metabolize body fat and support new muscle growth.

How Much Should You Supplement With?

2-5 grams 2-3 times daily.