

# Sexy Buncha Caveman Challenge

## General Rules

- \* Teams of 3
- \* Team with the lowest score wins
- \* Come to the gym 4 times a week. It is one point for each day you don't attend
- \* Complete a food log and submit it by Monday at midnight every week electronically to [Foodlog@crossfiteastdecatour.com](mailto:Foodlog@crossfiteastdecatour.com) . It is one point everyday it is late
- \* Complete a benchmark workout at the beginning and end of the challenge
- \* Follow the nutritional guidelines for the full 8 weeks. It is .5 point per cheat. Yes 2 beers means 1 point.

## Nutrition Guidelines

1. **Do not eat dairy.** This includes butter, cheese (hard and soft), yogurt (even Greek) and milk (including cream in your coffee or tea).
2. **Do not eat grains.** This includes bread, rice, pasta, cereal, oatmeal, corn and all of those gluten-free pseudo-grains like quinoa and sprouted grains.
3. **Do not eat legumes.** This includes beans of all kinds (soy, black, kidney, etc.), peas, lentils, and peanuts. (No peanut butter, kids.)
4. **Do not eat or add sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

5. **Do not eat processed foods.** This includes protein shakes, processed bars (like Zone bars), dairy-free creamers, etc.

6. **Do not drink alcohol,** in any form.

7. **Do not eat white potatoes.** It's kind of arbitrary, but one, they're a [nightshade](#), and two, sweet potatoes and yams are a more nutrient-dense option, so go for those instead. (On that note, **if you have serious inflammation issues like arthritis**, you may want to consider avoiding *all* nightshades for 30 days.)

These are less than optimal foods that we are okay with you including in moderation.

1. **Processed Meat.** On occasion, we are okay with [organic](#) chicken sausage (these are nitrate, dairy, gluten and casein-free), and high quality bacon, deli meat, and jerky.

2. **Nuts.** We do *not* want you cracking out on nuts and nut butters, people. Sunbutter is acceptable – buy the organic (no sugar added) if possible.

3. **Dried Fruit.** In general, careful with the fruit. Use dried fruit and Larabars in serious moderation, and *only* if it doesn't send you running for the nearest candy dish.

4. **Non-"Paleo" Vegetables.** We're fine with green beans, sugar snap peas and snow peas. While they're technically a legume, they're far more "pod" than "bean", and we want you to eat your veggies.

5. **Coffee and black tea.** We're okay with coffee (black, or with a little coconut milk) in moderation, and only if it doesn't interfere with sleep. Usually, that means none after noon. If you really want to go hardcore and reset your body's sensitivity to caffeine, skip the coffee/tee for the 30 day period as well.

6. **Vinegar.** While it's technically not "Paleo", we're fine with using it in small quantities as a salad dressing or in salsa.

7. **Salt.** While some "approved" foods like olives or bacon will have some salt in them, go easy when adding salt to your food.