

DEUCE ★ NUTRITION PROTOCOL

#HOLDTHESTANDARD



TO PROVIDE BASIC STRUCTURE TO A NUTRITIONAL APPROACH.

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★ THE BUY IN

WHAT TO EAT

Eat clean protein, greens, healthy fats, complex carbs*, less to no sugar.

**Carbs based on nutritional style of eating.*

GOALS

- **PERFORMANCE**

Nutritional support to enhance work capacity

- **PHYSIQUE**

Nutritional support to look good, feel good

- **PARAMETERS**

Lower body fat generally leads to better health results

EXPECTATIONS

12 WEEK EFFORT

Baseline Testing:

- AMRAP 15
- 10 WB
- 200m Run
- 10 Burpees
- Supplementary Workouts

Check in:

- Weekly Weigh In
- Body Measurements
- Personal Photo

* This packet is meant to be a baseline informative document to nutrition. For specific dietary needs seek your medical doctor or registered dietitian.

**DO YOU WANT
TO INCREASE
PERFORMANCE?**

NO



**THEN KEEP DOING WHAT YOU'VE
BEEN DOING.**

YES



**WHAT STYLE OF EATING WOULD YOU
LIKE TO EXPERIMENT WITH?**



ZONE

KETO

MACROS

★ ZONE

WHAT IS IT?

The Zone Diet is a style of eating where the aim is to eat balanced portioned meals (proteins, carbs, and fats) throughout the day to regulate hormone balance, sugar levels, and inflammation. Meals are broken down into blocks depending on goals. Each meal is 40% Carbs, 30% Protein, 30% Fats. Each block consists of 7 grams of protein, 9 grams of carbs, and 1.5 grams of fat.

EXPECTATIONS

Be prepared to measure out and track every meal until you are able to eyeball portions or get to your desired results.

EXECUTION

- **Step 1:** Figure out your LBM (lean body mass) by either tank, calipers, dexa scan.
- **Step 2:** Multiply your LBM by activity level. Activity level ranges from 0.1-1 (sedentary person to CF Games athlete). For athletes taking 1 class a day with sedentary job, average is .75. CF Coach with 1 workout a day and teaching classes is .80
- **Step 3:** Divide that number $LBM \times Activity\ Level / 7$ (grams of protein) = blocks
- **Step 4:** Divide blocks by desired meals = amount of blocks per meal
- **Step 5:** Use scale and food list guide to measure out food
- **Step 6:** Track and manage progress

EXAMPLE MEAL

(Portions dependent of prescribed blocks)

- 6 Egg White Omelet
- 1 Cup Asparagus
- 2 Teaspoon of Olive Oil
- 2/3 Cup of Oatmeal
- 1 Cup Strawberries

MORE INFORMATION

- To read an in depth explanation in the CrossFit Journal, [click this link](#).
- Listen to this Podcast: [Live Fit Lean; EP11- Dr Barry Sears, The Zone Diet](#)

★ KETO

WHAT IS IT?

Keto diet is a ketogenic energy based style of eating. It includes very low carbs and uses fats for fuel. Ketones are a response to low insulin levels. Diet includes planned fats and proteins for every meal. Generally, the macronutrient ratio varies within the following ranges: 70-80% of calories from **fat**, 15-30% of calories from protein, and 5-10% of calories from carbs.

EXPECTATIONS

Be prepared to measure out and track every meal to make sure you are in ketosis. Planning ahead is going to be key in order to stay satiated. Recommend pee sticks to test ketosis.

EXECUTION

- **Step 1:** Figure out your LBM (lean body mass) by either tank, calipers, or dexa scan.
- **Step 2:** Use the [Perfect Keto Calculator](#) to figure out macros
- **Step 3:** Download myfitnesspal to track macros
- **Step 4:** Test Ketosis
- **Step 5:** Track and manage progress

EXAMPLE MEAL



- 7oz. Brie Cheese
- 4oz. Salami
- 2oz. Lettuce
- 1 Avocado
- ½ cup Macadamia Nuts
- ¼ Olive Oil

MORE INFORMATION

- For in depth explanation, [click this link](#).
- Listen to this Podcast: [Whole Life Challenge 104: Dr. Lane Sebring The Keto Answer](#)

★ MACROS/FLEXIBLE DIETING

WHAT IS IT?

Macros is basically shorthand for macronutrients, a term used to describe the three key food groups we all require for our bodies to function: carbohydrates (to fuel energy), fats (to keep you **satiated**) and proteins (to build and repair muscle). Meals are determined by desired results.

EXPECTATIONS

Be ready to meal prep and think ahead for every meal. Measurements and tracking of food is going to be critical.

EXECUTION

- **Step 1:** Figure out your LBM (lean body mass) by either tank, calipers, or dexa scan.
- **Step 2:** Use a macro calculator to figure out nutrients - [LINK](#)
- **Step 3:** Download myfitnesspal to track macros
- **Step 4:** Track and manage progress

EXAMPLE MEAL



- 4 jumbo or extra large organic eggs
- ½ red onion chopped
- 1 cup yellow squash cubed
- 4 mini sweet peppers
- 2 cups chopped lacinato kale
- ½ cup frozen wild blueberries
- 1/2 medium avocado sliced
- Garlic salt and black pepper to taste
- 1 spray olive oil cooking spray

Macros:

Calories 379 Carbs 23 Protein 22 Fat 18

MORE INFORMATION

- For an in depth explanation: [click here](#).
- Listen to this Podcast: [Beyond Macros by Matthew Walrath](#)

OTHER RESOURCES

- [Zone Diet](#)
- [Renaissance Periodization](#)
- [If It Fits Your Macros](#)
- [Own Your Eating](#)
- [Working Against Gravity](#)
- [Whole Life Challenge](#)

★ WORKOUTS

WEEK 1

AMRAP 15

10 WB
200m run
10 burpees

Goal: 5-6 Rounds
Reality: 4 rounds

WEEK 2

FOR TIME

50 WB
1 mile run
50 burpees

WEEK 3

6 ROUNDS

12 WB
8 burpees
200m run
Rest 2 min between

WEEK 4 BREAK



★ WORKOUTS

WEEK 5

6x 400m run
Keep splits with 8
sec of each other
Rest 1:1

WEEK 6

FOR TIME
800m run
40 WB
40 burpees
400m run
20 WB
20 burpees
200m run
10 WB
10 burpees

WEEK 7

10 ROUNDS

- 200m run
- 10 WB
- 5 burpees
- Rest 2 min between

WEEK 8 BREAK



★ WORKOUTS

WEEK 9

AMRAP 20

20 WB
400m Run
20 burpees

WEEK 10

BUY IN:
1 MILE RUN
THEN
10-9-8-7-6-5-4-3-2-1
WB
BURPEES

WEEK 11

8 X 400M RUN
REST 1:1
FOR TIME
100 WBS
75 BURPEES

WEEK 12: RETEST

