



VAGABOND NO GRAIN CHALLENGE

“Eat meat and vegetables, nuts and seeds, some fruit, little starch and no refined sugar.”

The Vagabond No Grain Challenge Details

Over the next 30 days, we at Vagabond are challenging you to a no grain challenge. This means no rice, bread, pasta, cake, cookies, cereal, refined sugars, candy, soda, etc. This challenge is meant to get you feeling healthier, possibly drop a few pounds and improve your performance. We will be taking measurements, body fat calculations, weight and performing testing workouts. You should see a great improvement in all of these areas if you stick to the challenge. We encourage everyone to participate on our Facebook Vagabond Nutrition Page by encouraging the other members through the exchange of recipes, menus and helpful suggestions.

Nutrition is the foundation of your results. If you are not eating and fueling your body correctly then you will slow your progress and minimize the gains you could potentially see from our program. You need training, nutrition and sleep all in balance in order to see results everyday.

Included in this handout is a daily log for your food. You do not need to submit this but it is a good way to see what you are eating each day. If you would like an electronic copy of the food log, please email vb.nograinchallenge@gmail.com Sometimes we are not as mindful of the “bad” things we may be putting in our body until we really start writing them down including the liquids you consume on a daily basis.

This is not a paleo challenge but I have included paleo information because some people have found the guidelines to be helpful and informative. I have also included many websites, blogs and books that others have used to learn about the paleo way of life. In the handouts, if you are doing No grain only just ignore the parts about cutting out dairy. You should still restrict grains and sugars but unless you are going paleo you do not need to exclude dairy.

Good luck with the challenge!!!

Here is a quick list of what is included in Grains:

Grains:

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes,
- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

Soooo What can I eat??

We should be basing our diets on garden veggies (especially dark leafy greens), lean meats, fowl, fish, fruits, berries, nuts and seeds. Shopping the perimeter of the store is the best way to avoid all the unhealthy foods that are stocked in the middle aisles.

Foods to Avoid

You should avoid eating grains and refined sugar, though biochemically these are essentially the same thing. Grains and refined sugar are high-glycemic carbohydrates. This includes rice, bread (whole wheat, rye, etc), candy, potatoes, beans, sweets, sodas,

and most processed carbohydrates. Processing can include bleaching, baking, grinding, and refining. Processing of carbohydrates greatly increases their glycemic index, a measure of their propensity to elevate blood sugar.

What is the Problem with High-Glycemic Carbohydrates?

The problem with high-glycemic carbohydrates is that they raise blood sugar too rapidly, which causes an inordinate over-the-top insulin response. Insulin is an essential hormone for life, but chronic elevation of insulin (hyperinsulinism), associated with excessive consumption of high-glycemic carbohydrates, can lead to obesity, elevated cholesterol levels, hypertension, mood dysfunction and a Pandora's box of disease and disability.

These three books have a great explanation on the impact of carbs on our body. The books include **The Paleo Diet**, **The Paleo Diet for Athletes** and **The Paleo Solution**.

Paleo Food List

There are lots of books and websites out there on the Paleo Diet. Our standards include and exclude certain foods due to the fact that we are all athletes and can use certain foods for recovery and energy. All meats are recommended to be grass-fed and "all organic" but we understand that this is unrealistic for a lot of you. Trader Joes and Whole foods sell organic meats and other organic foods.

Be real careful when picking out mayonnaise and salad dressings. Soybean oil is the main ingredient in most, try to avoid products that are primarily made with soybean or vegetable oil and look for olive or flaxseed oil instead.

Paleo Foods/Highly Encouraged

Lean Meats:

- Lean beef (trimmed of visible fat)
- Beef Jerky (check label for added sugar)
- Flank steak
- Top sirloin steak
- Extra-lean hamburger
- Lean veal
- Lean pork (trimmed of visible fat)
- Pork loin
- Pork chops
- Lean poultry
- Chicken breast
- Turkey breast

Eggs

Use Omega 3 enriched eggs when possible

Fish:

- Bass
- Bluefish
- Cod
- Eel
- Grouper
- Haddock
- Halibut
- Herring
- Red snapper
- Salmon
- Scrod
- Shark
- Striped bass
- Tilapia
- Trout
- Tuna

Shellfish:

- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

Fruit:

- Apple
- Apricot
- Avocado
- Blackberries
- Blueberries
- Cantaloupe
- Cherries

- Cranberries
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Nectarine
- Orange
- Passion fruit
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangerine
- Watermelon

Fruits in moderation (high in sugar):

- Mango
- Banana
- Fig
- Guava
- Papaya

Vegetables:

- Artichoke
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery

- Collards
- Cucumber
- Eggplant
- Endive
- Green onion
- Kale
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Spinach
- Squash (all kinds)
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnip greens

Nuts and Seeds:

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (filberts)
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios (unsalted)
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Oils:

- Olive oil
- Coconut oil

Whey Protein powder

Tofu

Seltzer water

Coconut water

Foods that should be eaten in moderation

- Bacon
- Sausage
- Chicken wings
- Ribs
- Canola oil
- Flaxseed oil
- Quinoa
- Dried fruit
- Sweet potatoes
- Coffee
- Red Wine
- Tequila
- Deli meat

Foods that should NOT be eaten

Cereal Grains:

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Ricebasmati rice, rice cakes, Rice flour (all processed foods made with rice))
- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

Cereal Grainlike Seeds:

- Amaranth
- Buckwheat

Legumes:

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidneybeans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Chickpeas
- Lentils
- Peas
- Miso
- Peanut butter
- Peanuts
- Snowpeas
- Sugar snap peas
- Soybeans and all soybean products

Soft Drinks and Fruit Juices:

- All sugary soft drinks and diet beverages
- Gatorade
- Vitamin water
- Coke
- Diet Coke
- Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

Alcohol:

- White wine
- Vodka
- Gin
- Rum
- Beer
- Fourloco

Artificial Sweeteners:

- Sweet and Low
- Splenda
- Equal

Condiments:

- Processed salad dressings
- BBQ sauce
- Ketchup
- Mustard (unless just mustard seeds and vinegar; check the label)
- Miracle Whip
- Anything made with soybean oil
- Anything made with high fructose corn syrup
- Anything with added sugar

Other Helpful Suggestions:

- Eggs: omega-3 enriched only, organic and cage free.
- Coconut: the milk, meat, and water of this magical food are all excellent. Coconut water is supreme for post-WOD hydration.
- Olive oil: you get what you pay for with olive oils. Whatever you buy, try to get it in a dark-tinted glass bottle; artificial and natural light can chemically alter the oil over time, depleting its health benefits.
- Spices and herbs: the more the better. Cinnamon, garlic, rosemary, vanilla and dill are some of our favorites.
- Coffee and tea: okay, just be sure you are getting enough water, and be mindful of what you're putting into it!
- Nuts and seeds, and their butters: some of our favorites include walnuts, macadamias, and almonds. Buy them raw if possible and keep them in the fridge or freezer to keep them from going rancid. Peanuts are not nuts. Peanuts are legumes (like soy). Legumes, if consumed raw and/or in copious amounts, are poisonous!

Resources

<http://robbwolf.com>.

<http://www.paleomg.com>

<http://www.primal-palate.com/>

<http://balancedbites.com/>

<http://www.marksdailyapple.com//welcome-to-marks-daily-apple/#axzz1sbbuZGja>

<http://whole9life.com/>

<http://www.health-bent.com/>

Publications:

The Paleo Diet

The Paleo Diet for Athletes

The Primal Blueprint

The Paleo Solutions