

March 2010

CROSSFIT MONCTON



Monthly
Newsletter

TIP AND TRICKS FOR PALEO

by MC McLaughlin

I don't eat to live, I live to eat. I want to be healthy, energized and thin (with a Crossfit bum of course). I need tasty and different food every day to feel satisfied without spending my evening in the kitchen.

After a year in the Zone/Paleo world, I developed an easy way to eat good food and I thought that my tips could help people who are looking for healthy habits.

Spice up!

Spices and fresh herbs are the best things to add taste to your food. My favourites:

- Fresh Rosemary is perfect for roast (beef, chicken and pork)
 - Try: (Roast or cube) Beef, leftover red wine, onion, vegetables (carrot, turnip, sweet potatoes or cabbage) rosemary and some water. Cook everything together in the oven.
 - Try : Brunch chicken or pork with Dijon mustard and cook in the oven with Rosemary and vegetables.

- Curry Powder to season chicken or ground beef when cooked in the skillet
 - Try: Cook five onions with garlic and curry for 10 min (or until golden brown) in skillets and add cooked ground beef.
- Cinnamon, Nutmeg and All Spice are good with pork, chicken and scrambled eggs.
 - Try: Warm olive oil with Cinnamon, Nutmeg and All Spice in a skillet, add cubed pork or chicken. When the meat is cooked, add grated apples. (Thanks Crossfit Bathurst for that recipe)
- Fresh Dill and lemon juice for any type of fish.

Vinegar

There many kinds of vinegar, my favourites are balsamic and red wine.

For salad dressing – Mix vinegar with olive oil (1 vinegar: 3 olive oil ratio), salt and pepper. Add orange juice, mustard or lemon juice for more flavour.

- Try the classic Italian salad: Cubed tomatoes, thin slice of cucumbers, olive oil, balsamic Vinegar, salt and pepper.

For crunchy veggies – In a skillet or 15 min in the oven on a cookie pan, cook



asparagus, zucchini, green beans or any veggie in your fridge with olive oil and your choice of vinegar (or lemon juice).

Coconut milk

I don't like coconut but I do like coconut milk. Give it a try. Use it at the end of cooking a stir fry (without rice or noodle obviously), in a soup instead of cream/milk, to give extra flavour to fish, chicken or pork and even for a sweet sauce for berries.

Try: Marinate cubed chicken in soya sauce for 2 hours. Cook in a skillet, when the meat is cooked, add coconut milk, peanut butter (optional) and serve with slice scallions.

Extras

Here are some extras that you could add to you meal to give more colours and flavour.

- Add fresh fruits, nuts, seeds and/or dry fruits in your salad or stir fry.
 - Try: Pieces of pineapple or orange in your stir fry (if you don't have fruits, put a little bit of honey).
 - Try sesame seed with your beef stir fry. It's making a pretty dish!
- Put leftovers of hummus, guacamole or cream cheese when cooking chicken or pork.
- Add bacon to your soup or around a roast (or prociuttos)



Prepare for the unprepared

Everyone is busy. We all have those days that you don't have time to prepare breakfast or go to the grocery store or have nothing for lunch or too hungry to cook anything. You need to be prepared in advance for those days because they are going to happen. Here some tips for staying on track even on busy days:

-Cut a big tray of veggies or fruits when you have time. It is perfect for snacks and easy access when you are hungry.

-Always keep some prepared boiled eggs in your fridge. Perfect to grab if you don't have time for breakfast or a snack.

-Stored tuna cans. I bring one and mix it with a salad when we have no leftovers.

-Make a batch of chili on a storm day and freeze them in 1 meal portions. Grab one when you don't have lunch or time for dinner.

-Cut veggies in small pieces. It is an easy way to add veggies in your scramble eggs or omelette in the morning. (onions, peppers, zucchinis and mushrooms are great with eggs)

-Eat before going to the grocery store. Good for less spontaneous purchases.

-Have a mix of nuts, dried fruit and beef jerky in your purse, office and car. Useful for snacks before going to the grocery store and anytime you're hungry.

-Carry a bottle of water when you're traveling, shopping and at work. It will make you drink more water.

-Tell your co-worker that you're lactose and gluten intolerant, so they won't offer you pastry and chocolate. This one is a little extreme, but my friend did it and I thought it was clever.

-Cheat once in a while (not more than once a week), not as a reward, but to feel like crap. That will remind you how you feel when you don't stick with your new lifestyle.

Finally, don't be afraid to TRY new spices and recipes. There is tons of ideas on the internet.

Remember that you don't need fancy ingredients to make a good dish. Be creative with what you've got at home!

JAZZ IT UP!



RAY'S CATSUP

Ingredients:

- 3 ½ pounds tomatoes (washed and sliced)
- 2 medium onions (sliced)
- 1/8 clove garlic
- ½ bay leaf
- ½ red pepper
- ¼ cup unsweetened fruit juice (white grape, pear, or apple)
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1 teaspoon whole mace
- 1 teaspoon celery seeds
- 1 teaspoon black peppercorns
- ½ inch cinnamon stick
- ½ cup lemon juice
- Pinch of cayenne pepper

lemon juice and cayenne pepper. Continue boiling for 10 more minutes. Bottle catsup in clean jars with ¾ inch of space above for expansion. Seal and freeze immediately. Always refrigerate container that is currently in use.

<http://www.thepaleodiet.com>



Directions:

Boil tomatoes, onion, garlic, bay leaf and red pepper until soft. Add fruit juice. Mix spices (allspice, cloves, mace, celery seed, peppercorns and cinnamon) and put them into a small cloth spice bag. Add spice bag to mixture, boiling quickly, and stirring frequently until it reduces to half the quantity. Take out the spice bag. Add

Say cheese!

When Patrick isn't snapping photographs, he's watching CrossFit videos or working out. He was kind enough to take some time to answer some of my questions.

What attracted you to the program?

I had been looking for a way to get back in shape but I wanted it fast. After doing some google searching, it was a toss up between P90X and Crossfit. I already knew Kevin and saw his Crossfit pictures on Facebook. There was no doubt in my mind that Crossfit was more fun than P90X. Also seeing the body

change Kevin went through, that was enough to convince me.

Why do you keep coming back?

There are MANY reasons I keep coming back. Knowing that I am making progress every time I show up is my biggest motivation. Whether it's a new PR in lifting, number of consecutive double unders, beating my previous time on a workout, etc, there always seems to be something that I progressed on every time I show up. Also there's the atmosphere and social aspect. You walk in, socialize, joke around and when it's go time, everybody's mind is set on the same thing; push their body to the limit and finish the damn workout. It's awesome.



Yo' mama so fat, Pat can deadlift her

PATRICK ARSENEAU



Stats

- CrossFitting since July/09
- Deadlift:285#
- Press:105#
- Back Squat:200#
- Push Jerk:165#
- FGB:226

What are your goals? Have you reached any yet?

My goals today are different today than when I first started. When I started my only goal was to look better. Shortly after I realized that my goal was too vague. I became more interested in making performance progress. Lifting heavier, working out faster, etc. "Looking better" just came automatically as a bonus. I reached and surpassed many goals; pullups (35), double unders (16), Muscle ups (1). My new goals now involve heavier lifting which is my biggest weakness.

What are some results that you've seen?

It didn't take long before my wife saw the body transformation was going through. That's a nice feeling and great motivation. I have more strength than ever before. Hard jobs around the house have become simple tasks.

Has CrossFit benefited you outside of the gym?

Besides the physical aspect, Crossfit has also changed me mentally. My mental approach to everything in life is different. I've learned to appreciate and enjoy what I have and not what I could have. I'm always willing to try new things and I think it's because I am no longer afraid of failure. I learned that failure is part of learning and progression.

Do you have an accomplishment that you're very proud of?

Not one in particular but how far I've come after only 8 months of Crossfit is something to be proud of. I still have a lot to work on, but I don't have to scale down the workouts as much as I used to.

If you're in an elevator, and someone asks you "what is CrossFit?" what would you say?

The best medicine for all your problems.

What do you tell someone that's hesitant to try CrossFit?

If you don't try Crossfit because you're afraid to fail, then you've already failed. Don't let intimidation stop you. If you're strong enough to get out of bed, you're strong enough to do Crossfit.

Any other questions or comments?

I could talk about Crossfit all day. There is so much to learn and so much to talk about. The internet is an ocean of knowledge. I watch Crossfit videos everyday and I always see something new that I want to try. How can you get tired of something if there is no routine. "Ok today class, we're gonna do some Turkish Getups". Go to Global Gym and ask anyone if they know what a Turkish Getup is :)





Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at crossfitmoncton@hotmail.com to confirm your **FREE** session, or call (506) 962-0710.

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