

**CrossFit®**

**CrossFit<sup>®</sup>**  
**OWNERS**  

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**&**  

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**COACHES**  
**CONFERENCE**

PRESENTED BY

 **Hustle Up<sup>®</sup>**

# Making Nutrition Part Of Every Athlete's Journey

*With Jocelyn Rylee, CF-L4*

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# CrossFit BRIO



*Home of the Committed*

CrossFit

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# CrossFit OWNERS & COACHES CONFERENCE

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We asked the  
1000 WOD Club:

*Why do you do CrossFit?*



I do CrossFit for the **mental & physical** outlet! As I get older it is more important that I maintain my strength for longevity so I can continue to live a robust life outside the gym.



to maintain my **health**  
and mobility in my  
everyday life



I do CrossFit for the long term **health** and well-being but also because it challenges me to push myself to try things that I may not normally do.



1. To not get fat
2. For my heart  
**health,**  
specifically.



For my long  
term physical  
and mental  
**health**



To help me  
maintain a **healthy**  
lifestyle and keep  
the ability to do  
physical activity  
outside the gym!



For my  
physical/mental  
**health** and the  
community

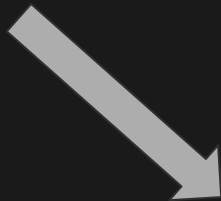


Our members  
entrust us with  
their **health**

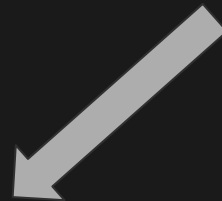


*Training*

*Nutrition*



**Health**



**Fitness that sticks**

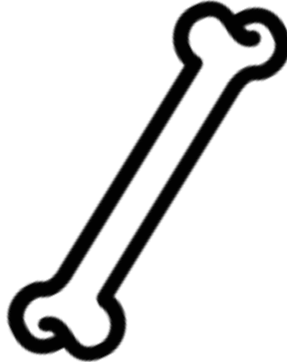
# Fitness that sticks requires:



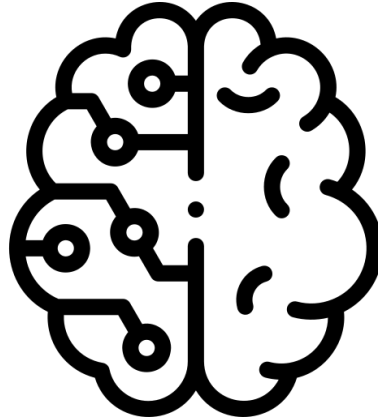
*Muscles*



*Joints*



*Bones*



*Brain*



*Metabolism*



**Mechanics** *Eat real food*



**Consistency** *Habits*



**Intensity** *Quantification*

# Conversation Starters





*This is a candy bar  
marketed to kids  
(the first ingredient is sugar)*

*Should this  
be allowed?*



*One of these is an Ultra Processed Food.  
Can you tell which one?*

## Would you eat this?

*Soy oil and/or high oleic sunflower oil*

*Inulin (from chicory root)*

*Cellulose gel*

*Cellulose gum*

*Natural and artificial flavours*

*Phosphate blend*

- *potassium phosphate tribasic*
- *dipotassium phosphate*
- *sodium hexametaphosphate*

*Sucralose*

*Sodium ascorbate*

*Acesulfame potassium*

*Carrageenan*

*Dimethylpolysiloxane*



# Captive Audience

**MEALS ONLY**  
**MAY**

AT LEAST 30G OF PROTEIN AT EACH MEAL

4oz (1oz) Filet Mignon 27g	8 oz (1oz) Sirloin Steak 46g	2lbs (1oz) Ribeye Steak 71g	8oz (1oz) Ground Beef 29g	1 cup (1oz) Ground Beef 29g	1 cup Bone broth 16g	
8oz (1oz) Pork Chop 30g	8oz (1oz) Ham 27g	4 slices Bacon 14g	4 slices Breakfast Sausage 16g	2.2lb Baby Back Ribs 46g		
1 egg 6g	5 eggs 26g	1 can Shredded Cheese 24g	1 can Cottage Cheese 24g	1 cup Greek Yogurt 21g	1 can White Protein 24g	
8oz (1oz) Salmon 26g	8oz (1oz) White Fish 26g	1 can Flaked White Tuna 26g	8oz (1oz) Shrimp 26g	6oz (1oz) Chicken Breast 26g	1 kg and 1/2 High chicken 30g	8oz (1oz) Dark Turkey 30g

*Also see a list of 20 types of Greek yogurt on page 10*

**brioplus.ca**  
Feed and train for a high-intensity life

# Question of the Day



# Blog or Newsletter





youtube.com/@crossfit



## Cooking

CrossFit by CrossFit

Playlist · 108 videos · 86,085 views

▶ Play all



1



### Cabbage and Beef Stir-Fry

CrossFit · 17K views · 6 years ago

2



### Bacon and Eggs

CrossFit · 27K views · 6 years ago

3



### Salmon Salad

CrossFit · 13K views · 6 years ago

4



### Grilled Steak Tagliata

CrossFit · 19K views · 6 years ago



### Chicken With Green Beans



## CrossFit Nutrition: Bone Broth



3K views • 9 days ago

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## THE PRIMER ON PROTEIN: PART 1 - WHAT IS FOOD FOR?

By Jocelyn Rylee, MS, CF-L4 | November 13, 2024

Found in: [Essentials](#)



In 2002, Coach Glassman wrote the seminal *Theoretical Hierarchy of the Development*, but by nature, illustrates that each layer of the inputs to the system — is placed square



exercise or training. It tells us what to eat. But before we dive into the details, we need to ask a question:

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## THE PRIMER ON PROTEIN: PART 2 - BONES

By Jocelyn Rylee, MS, CF-L4 | November 16, 2024

Found in: [Essentials](#)



Welcome to Part 2 of our "Primer on Protein" series nutrition as the base of the pyramid and interpret and vegetables, nuts and seeds, some fruit, little eat meat — serve as a simple placeholder for an egg, dairy, etc.), renowned for their high-quality dietary protein is broken down into 20 amino acid construct every tissue, hormone, neurotransmitter role of protein in bone health, as every bit of you

In this six-part series, we are exploring the under "structural elements" of the diet, and all the weird protein to support good health.

Defining health as work capacity across broad fit your life, we started with **skeletal muscle in Part**



Healthy bone

Osteoporosis

undoubtedly linked to a lack of nutrition and resis

When it comes to keeping your brain chemistry: impact two significant players in the brain: serot are crucial for regulating your mood, motivation,

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## THE PRIMER ON PROTEIN: PART 3 - MENTAL HEALTH

By Jocelyn Rylee, MS, CF-L4 | November 20, 2024

Found in: [Essentials](#)



Welcome to Part 3 of our "Primer on Protein" seri nutrition as the base of the pyramid and dehydrat and vegetables, nuts and seeds, some fruit, little eat meat — serve as a simple placeholder for an egg, dairy, etc.), where the primary macronutrie

This six-part series explores the underappreciat elements," and all the weird and wonderful ways health.

So far, we have explored how dietary protein int and bone density in **Part 2**. Strong muscles and work capacity across broad time and modal don However, any meaningful health discussion must emotional well-being.

When we eat a tasty meal with any of the foods protein into 20 unique amino acids. Nine of the (from the diet), and another six can become esse volume, illness, or injury. Like building blocks, th every tissue, hormone, neurotransmitter, immun something you ate.

When it comes to keeping your brain chemistry: impact two significant players in the brain: serot are crucial for regulating your mood, motivation,

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## THE PRIMER ON PROTEIN: PART 4 - JOINTS

By Jocelyn Rylee, MS, CF-L4 | November 23, 2024

Found in: [Essentials](#)



Welcome to Part 4 of our "Primer on Protein" seri as the base of the pyramid and unpacking CrossFit vegetables, nuts and seeds, some fruit, little sta meat — are used as a simple placeholder for an egg, dairy, etc.), in which the primary macronu

Most of the protein you eat is not burned for eni hormones, neurotransmitters, immune cells, etc. Ev ate! In this six-part series, we explore the und structural elements of the diet and all the weird and wond support good health.

So far, we have explored how the food we eat re bone density in **Part 2**. In **Part 3**, we pivoted froo looked at how the body uses amino acids derive mood and motivation brain chemicals serotonin

In Part 4, we return to examining the body's structure with a deep dive into the nutritional needs of the joints and connective tissue. Not as glamorous as muscle mass, connective tissue is usually underappreciated until you feel that twinge in your knee or stiffness in your shoulder.

COLI

Triple Helix

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## THE PRIMER ON PROTEIN: PART 5 - ANTIOXIDANTS

By Jocelyn Rylee, MS, CF-L4 | November 27, 2024

Found in: [Essentials](#)



Welcome to Part 5 of our "Primer on Protein" series, the base of the pyramid and unpacking CrossFit's n vegetables, nuts and seeds, some fruit, little starch, meat — are used as a simple placeholder for animal eggs, dairy, etc.), in which the primary macronutrie

Most of the protein you eat is not burned for energy hormones, neurotransmitters, immune cells, etc. Ev ate. In this six-part series, we are exploring the und structural elements of the diet and all the weird and protein to support good health.

So far, we have explored how the food we eat relate density in **Part 2**, mental health in **Part 3**, and joints we will examine how protein from our food supports

FREE RADICALS

To make energy for high-intensity exercise or simpl or carbohydrates from our diet with the air we breat that occurs in our cells' mitochondria. These little pa per cell) crank out ATP, known as the energy curret contract and do work. However, turning food into er Reactive Oxygen Species (ROS), also known as free normal cellular metabolism and are a group of highl They go by names like Superoxide Anion (O<sub>2</sub><sup>-</sup>), Hydr (OH<sup>-</sup>), Radical indeed.

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## THE PRIMER ON PROTEIN: PART 6 - THE IMMUNE SYSTEM

By Jocelyn Rylee, MS, CF-L4 | November 30, 2024

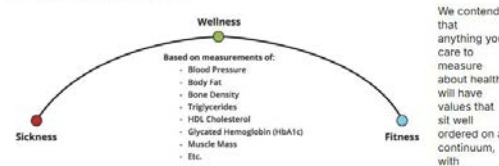
Found in: [Essentials](#)



CrossFit is defined as constantly varied, functional movement, executed at high intensity. This exercise prescription gets us fitness, defined as work capacity across broad time and modal domains. But more than just exercise, CrossFit is also a lifestyle, characterized by safe, effective exercise and sound nutrition. In his original 2002 article, "What is Fitness," CrossFit's founder Greg Glassman laid out World Class Fitness in 100 Words, which opens with the line: "Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar."

Consider for a moment that the first line of a prescription for achieving world-class fitness has nothing to do with exercise or training at all. It tells us what to eat.

Our combination of training and sound nutrition creates health — a long-lasting form of fitness that we define as work capacity across broad time and modal domains throughout one's life. In short, health is fitness that sticks.



# The Whiteboard



What getting enough  
PROTEIN looks like  
at 155 lb of ideal bodyweight

 3 eggs 18g	 4 links Breakfast Sausage 16g	= 34g
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 5oz/140g Deli Turkey	= 30g
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The Nutrition

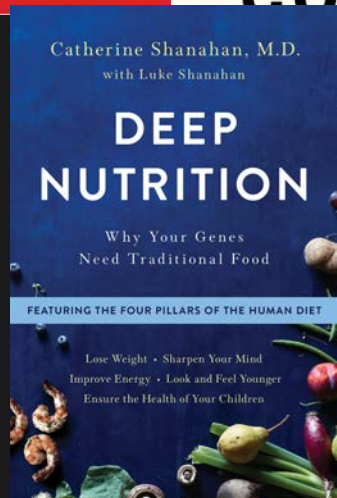
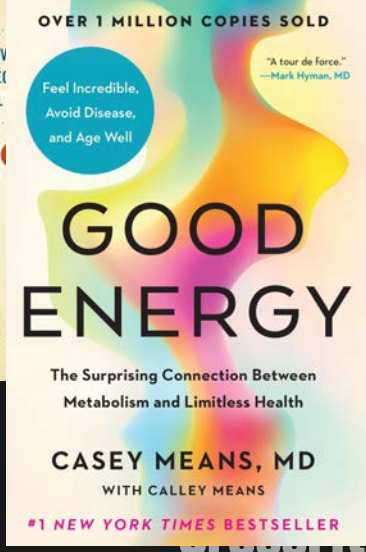
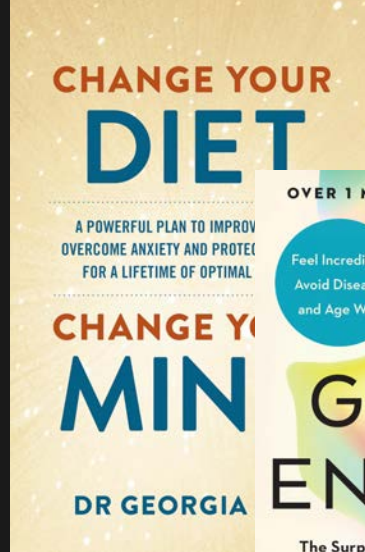
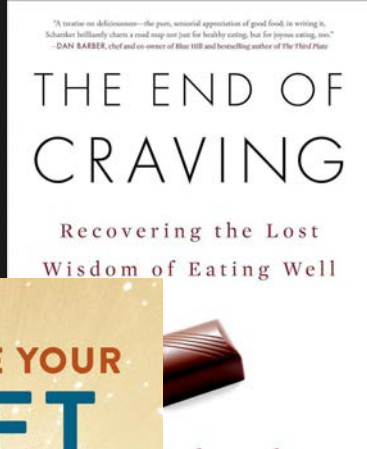
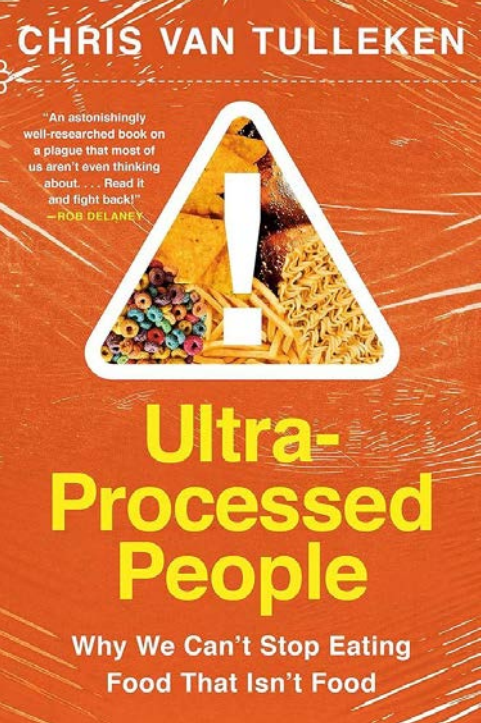
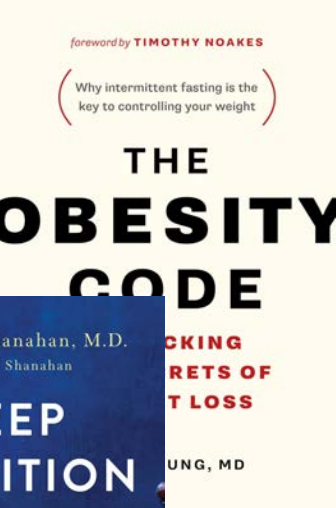
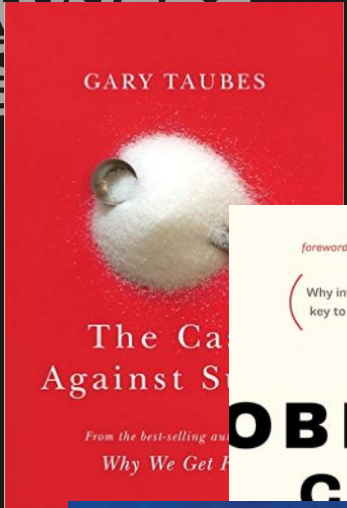
Eat meats + v

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presented by Hustle Up

# Book Club





# Nutrition

- Teach proper 'mechanics'
- Reinforce *consistency*
- Have a variety of 'cues'
- Be relentless!



EAT MEATS AND VEGETABLES. NUTS AND SEEDS. SOME FRUIT, LITTLE STARCH, AND NO SUGAR. KEEP INTAKE TO LEVELS THAT SUPPORT EXERCISE BUT NOT BODYFAT

*CrossFit*  
**BRIO+**  
*Nutrition*

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