



Notes on Renaissance Periodization diet

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Excerpt from the email I sent my team. Might be helpful for all (and yes, it's long. I ramble.....sorry)

With no order or rhyme or reason, I'd like to highlight a few things:

1. Unless you are doing a **SIGNIFICANT** amount of extra lifting outside of your daily Crossfit WOD (an extra 10+ working strength sets), completely ignore the moderate and hard days of your diets. You will not need them. RP was first built as a diet program for lifters (Olympic, powerlifters, strongman, bodybuilders, etc) so it bases the intensity of days off of working sets. As much as we sweat and suffer during a WOD, unfortunately we never do enough in a CF session to merit eating for an RP moderate or hard day, even if it felt hard. Sorry :(

2. If you can find the time to prep food ahead of time, you will thank yourself in the end. Once you get familiar with the templates, you'll start "seeing" foods as their macro. It helps to have proteins already cooked and ready, veggies pre-chopped, and carbs and fats portioned out so meals can just become a grab bag of whatever you need at that time. In my fridge/pantry, you will always find the following:

Shredded chicken (crock pot or instapot is awesome for this)

Deli turkey meat

Browned ground turkey

Egg whites

Salad greens

Cucumbers

Baby carrots

Broccoli

Zucchini

Almonds

Peanut butter

Whole wheat bread

Whole wheat pasta

Apples

Cuties (those mini oranges)

Bananas

Whey protein

Casein protein

Gatorade power

With these items, I have everything I need for an entire week of RP meals. Obviously there are many more foods that the templates allow, but this works for me and my palate. A sample day of meals looks like this for me (I work out after 3 meals on most days, so I don't get carbs until meal #3 unless it's a rest day)

Breakfast: protein shake (half whey/half casein) and black coffee. I'll add a piece of fruit or toast with PB if I get carbs/fats. Note- I didn't have any veggies this meal. Veggies on RP are mostly for nutrients and staying full. I personally can't tolerate veggies in the AM, so I just make sure I add extra to my next meal. This is the only food group that you can be that loose on. I do not recommend moving the other macros around like this!!!

Lunch 1: Huge salad with shredded chicken. Greens, cucumbers, carrots, broccoli (this is where I make up for my missed breakfast veggies). I dress it with some fat free Italian or Bolthouse makes some really good Greek yogurt based dressings. 1T of those are basically negligible macros, so occasionally I'll add their ranch or Caesar if I want to switch it up.

Lunch #2: Turkey sandwich on whole wheat bread, with a side of baby carrots (and almonds if I get fats)

Intrashake (during my work out): vanilla whey with fruit punch Gatorade, sipping throughout the workout

Dinner: Ground turkey, pasta (zucchini "noodles" if I don't get carbs), and pasta sauce with some extra spinach wilted in the sauce. I'll throw some olive oil in there if I get fats that meal

Casein: chocolate casein protein and PB. I put it in a bowl and mix it with enough unsweetened almond milk to get a pudding consistency and eat it (vs drinking a shake). As crazy as I thought it was to eat before bed when I first started, I actually look forward to my casein pudding "dessert" every night. Add fruit either in your shake/pudding or on the side for carbs (bananas are my favorite with the chocolate PB combo)

As you can see, I keep it super simple. I wouldn't attempt fitting elaborate recipes into my macros unless I had a lot of free time and wanted to do A LOT of math. I eat basically the same things every day (at least

during the week) and will occasionally mix it up on the weekends (like when I have more time in the mornings, I'll do a breakfast of egg whites, turkey sausage, and toast instead of my grab and go protein shake)

3. Moving through the cut tabs isn't always the easiest to understand as it's based on the average of your weigh-ins. I highly recommend the app Happy Scale (I think it's only on Apple though....) for tracking your weight and seeing the averages. It does it all for you and is very user friendly.

4. Moving through the cut tabs: Don't be surprised if you gain a little on the base tab (this doesn't happen to everyone, but it is not uncommon). You need to stick with it for AT LEAST 2 weeks. If after those 2 weeks, your average weight has not dropped, we'll move you to cut 1. If you're seeing weight-loss success on base, then congrats! You get to lose weight while eating a lot of food 😊 The guidance for moving to the next tab is when your average weight-loss stalls to less than 0.5# a week (for those weighing less than 200#; less than 1.0# a week for those above 200#). If you feel comfortable sending me your weigh-ins, I can help you determine if you should move tabs or not.

If your weight loss is slow but you don't want to move to the next cut tab, you can also try adding in extra cardio (without adding any extra food). Anything from walking to assault bike intervals might help get things moving in the right direction. Personally, I like to do a nice 3 mile walk on a few of my rest days. Gets me out of the house (when the weather isn't terrible) but is stress free and I don't dread doing it (like I would if it was a 3 mile run.....)

5. For me personally, I cannot do "treat meals" while I'm cutting and still lose weight like I desire. (Note- I do not like to call them "cheat meals". It's isn't something bad that you should be ashamed of. It's a decision to treat yourself). Some people will tell you that they mentally need a weekly fun meal and if you can do that while still losing weight, then more power to you. I've learned through years of macro counting and cutting that my body cannot handle that weekly intake of extra calories. Also, I understand that we all have lives to live and can't just spend the next 3 months just at home or in the gym. Events will take place that you'll maybe want to treat- birthdays, weddings, etc. Just go in with a plan. I've gone to many work events and stayed 100% compliant. To me, the event wasn't worth a treat- it was just another potluck. We have them all the time. I went and hung out with my coworkers but ate my own food and all was fine. But then I've gone to a wedding of a close friend and did I treat? You better believe it- wine, cake, etc. It was a once in a lifetime event and I wanted to have some fun. Was my weight up for a few days after?- of course it was. Did I regret it?- No. I enjoyed myself and moved on.

The beauty behind the science of RP is that it's only 3 months. You restrict for 3 months, lose what you can during that time, then take a break and do what RP refers to as a maintenance phase. This is where you slowly increase your daily food intake while keeping an eye on the scale to make sure you're not gaining the weight back. You'll be surprise how much you can eat and stay stable once you ramp your metabolism back up. (I'll give you guys a lot more details on how to do maintenance if you're interested near the end of the challenge). But what I'm trying to say is that Oreos and bacon cheeseburgers and beer and whatever else is your treat of choice will still be there during your maintenance phase when occasional treats are expected to be part of your diet. For now, do what you can to stay compliant and trust me, you'll see results.

6. Rest, sleep, and try not to stress. These are key to your body successfully responding to your new diet. RP, while a lot to process in the beginning, has been the simplest and most stress-free diet I have ever followed. I hope it turns out the same for you