

When you see \* next to "Yes," it indicates foods that are compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

## CHALLENGE COMMITMENT LEVELS

COMMITMENT REQUIREMENTS	PERFORMANCE	LIFESTYLE	KICK START
<b>Exercise</b> - Number of logged workouts over the 6 week session	30 - (5/week)	24 - (4/week)	18 - (3/week)
<b>Nutrition</b> - Number of daily Zone food logs submitted for 6 weeks	42 - (7/week)	36 - (6/week)	30 - (5/week)
PROTEIN	PERFORMANCE	LIFESTYLE	KICK START
Beef, pork, chicken, turkey, duck, fowl, fish, seafood, shellfish, eggs	Yes	Yes	Yes
Bacon (with nitrates or sugar or celery salt)	No	Yes*	Yes*
Processed deli meats (Except carving block deli meats)	No	No	Yes*
VEGETABLES & LEGUMES	PERFORMANCE	LIFESTYLE	KICK START
Most veggies	Yes	Yes	Yes
Winter squashes	Yes	Yes	Yes
Sweet potatoes, yams	Yes*	Yes*	Yes*
White potatoes, corn	No	Yes*	Yes*
Beans and legumes	No	Yes*	Yes*
Fermented soy (tempeh, miso)	No	Yes	Yes
Soy (edamame, tofu)	No	No	Yes
FRUIT	PERFORMANCE	LIFESTYLE	KICK START
All fruits	Yes*	Yes*	Yes*
Lemon and lime juice	Yes	Yes	Yes
NUTS & SEEDS	PERFORMANCE	LIFESTYLE	KICK START
Most nuts and seeds (including nut butters)	Yes*	Yes*	Yes*
Peanuts (including peanut butter)	Yes*	Yes*	Yes*
FATS & OILS	PERFORMANCE	LIFESTYLE	KICK START
Olive oil, coconut oil, avocado oil, butter, pork fat (lard), beef fat (tallow), duck fat, nut oils, flaxseed oil, grapeseed oil	Yes	Yes	Yes
Avocados, coconuts, olives	Yes	Yes	Yes
Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soy, sunflower	No	Yes*	Yes*
Hydrogenated oils	No	No	No



GRAINS	PERFORMANCE	LIFESTYLE	KICK START
Rice (white, brown, wild), quinoa, oatmeal, buckwheat, amaranth	No	Yes*	Yes*
Corn tortillas	No	Yes*	Yes*
Flour of any grain (rice flour, quinoa flour, corn flour, wheat flour)	No	No	Yes*
Bread, bagels, muffins, flour tortillas	No	No	No
Pasta or noodles of any kind (bean, rice, quinoa), cereals	No	No	No
ALCOHOL & BEVERAGES	PERFORMANCE	LIFESTYLE	KICK START
Coffee, tea, kombucha, coconut water	Yes	Yes	Yes
Vegetable juice	Yes*	Yes*	Yes*
Wine	1 per day	1 per day	1 per day
Spirits	No	3 per week	1 per day
Beer	No	No	3 per week
Fruit juice, Milk	No	No	Yes*
Soda - regular & diet	No	No	No
DAIRY	PERFORMANCE	LIFESTYLE	KICK START
Butter, Yogurt	Yes	Yes	Yes
Cheese, kefir, whey protein, cottage cheese	No	Yes	Yes
Milk, cream, buttermilk, sour cream	No	No	Yes*
SUGAR & SWEETENERS	PERFORMANCE	LIFESTYLE	KICK START
Stevia, monkfruit	Yes	Yes	Yes
Honey, Coconut sugar and nectar	No	Yes*	Yes*
White / brown sugar, maple syrup, agave, other sweeteners	No	No	Yes*
Dessert, candy, and sweets, artificial sweeteners	No	No	No
SNACKS & ARTIFICIAL INGREDIENTS	PERFORMANCE	LIFESTYLE	KICK START
Sweet potato or vegetables "fries" or chips, BAKED	Yes*	Yes*	Yes*
Hummus	Yes	Yes	Yes
White potato "fries," BAKED	No	Yes*	Yes*
Sweet potato "fries," FRIED	No	Yes*	Yes*
Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial flavors or colors	No	Yes*	Yes*
Popcorn	No	No	Yes*
Nitrates, nitrites, benzoates, MSG, hydrogenated oils	No	No	No
Fried chips of any kind, White potato "fries," FRIED (french fries)	No	No	No

