

Foods Allowed

Vegetarians and Vegans are allowed to have Quinoa. Carnivores, NO WAY! I suggest replacing grains with cauliflower or Brussels sprouts.

You may add protein powders, however they must be Vegan or organic egg white based. Look at the ingredients; be careful.

For more guidance on what you can eat and prepare, we suggest you look at nom nom paleo, paleo junkie, paleo hacks, bulletproofexec.com, and domesticman.com

Suggested places we like to eat: Stamp (on Hillhurst), Lassens (Hillhurst), and Mixto (on Hyperion) (their Mixto grass-fed carne asada is yummmmmers!)

Again be careful and read the ingredients, if you're unsure don't eat it.

Meats

Chicken
Turkey
Pork
Bacon
Ground beef
Grass fed beef
Lamb
Shrimp
Lobster
Clams
Salmon
Venison
Buffalo
Rabbit
Goat
Eggs
Bear
Unicorn
(Any land, air, and sea animal as long as its not processed or filled with hormones)

Oils/ Fats

Coconut oil
Olive oil
Macadamia oil
Grape seed oil
Avocado oil
Grass fed butter (we like Kerry Gold brand)

Vegetables

Asparagus
Avocado
Artichoke hearts
Brussels sprouts
Carrots
Spinach
Celery
Broccoli
Zucchini
Cabbage
Peppers
Cauliflower
Parsley
Cilantro
Eggplant
Green onions

Nuts

Almonds
Cashews
Hazelnuts
Pecans
Pine nuts
Pumpkin seeds
Sunflower seeds
Macadamia nut
Walnuts

Fruits

Apple (preferably green)

Avocados

Blackberries

Plums

Blueberries

Lemon

Strawberries

Lime

Raspberries

Tangerine

Figs

Oranges

Tomatoes

Bananas (in moderation)

(bananas have almost the same amount of sugar as a can of coke)

Sweeteners/

Sweets

Agave (in moderation)

(NO, you cannot drink tequila even if its 100% agave!)

Honey (raw)

Stevia (has to be raw)

Raw Cacao is amazing!

Foods NOT Allowed

Certain fruits and vegetables listed are either high in the glycemic index or high in starch. You should further research foods in the GI (glycemic index) for additional information.

Avoid “high fructose corn syrup” like the plague! Pretend the “whole grains health campaign” never happened.

Avoid whole grains and wheat. It is one of the main causes of obesity in America!

Hemp milk and unsweetened almond milk or unsweetened hazelnut milk are allowed.

No soy, no soy (get it? For my Spanish speaking friends)

NO Alcohol! Beer is the worst!

Vegetables

Butternut squash
Acorn squash
Corn
Yam
Potatoes
Sweet potatoes
Beets

Fruits

Papaya
Peaches
Mangos
Lychee
Grapes
Raisins
Watermelon
Pineapple
Guava
Cantaloupe

Dairy

Butter
Cheese
Dairy creamer
Milk (skim, whole, 2%,
whatever, powdered, breast, still
no!)
Dairy spreads
Cream cheese
Yogurt
Pudding
Frozen yogurt
Ice cream

Gelato
Sherbet

Soft drinks and juices

Coke
Pepsi
(Any soda at all not
allowed!) (Unless it's
Dr.Pepper because he's a doctor
so he must know what he's
talking about...)
Apple juice
Grape juice
Grapefruit juice
Chinola juice
Starfruit juice
Gin & Juice (No juices
either unless it's freshly
juiced or cold pressed)

Grains

Cereals
Bread
Muffins
Pastry dough
Wheat thins
Crackers
Oatmeal
Corn
Wheat
White rice
Brown rice
(Grains are the devil, avoid
it at all cost!)

Fatty Meats

Spam

Hot dogs
Other low quality meats
Processed salty meats

Legumes

All beans
Black eyes peas
Chickpeas
Snow peas
Sugar snap peas
Miso
Lentils
Lupins
Mesquite
Tofu
All soy products
Peanuts (FYI peanuts are not nuts!)

Sweets

Candy
Sugar (white, brown, black, yellow, no difference.) (Watch out for “organic evaporated cane juice” that’s a fancy way of saying sugar!)
Sweeteners (especially artificial sweeteners:
Acesulfame
Aspartame
Neotame
Saccharin
Sucralose
Advantame
Glycerin
Xylitol
Maltodextrin)
(Sweets are grains partner in crime! Also avoid at all cost)

Zenki Challenge Official Diet List

“It is more than just a challenge; it should be a way of life.”

Our mission for this challenge is to encourage proper eating habits and to have a disciplined training regimen.

“When you are a martial artist, you are a nut; you go to extremes to improve yourself as a martial artist. And one way is to eat only what your body requires and not get carried away with sensual [eating] pleasures”

-Bruce Lee

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