

---

# THE CrossFit JOURNAL

---

## Caveman Vs. Zone

E.M. Burton prepares an athlete's meaty dream dinner, then shows how to put it into the Zone.

---

By E.M. Burton

January 2013

---



All images: E.M. Burton

"We're all just one meal away."

Someone said this to me early in my training. I found the idea quite heartening. No matter what you ate yesterday, you're only one meal away from having balanced blood-sugar levels. It was oddly reassuring and hinted at the idea of redemption.

---

1 of 3



The idea that each and every meal could be so important struck me. I wondered if we thought that way more often, wouldn't we put in more effort to make each meal special? This was all more of a daydream, really, and might have stayed that way if I hadn't started making videos about meals.

Each episode in the Kitchen Disaster Film series is based on taking someone's absolutely favorite, drop-dead-tomorrow-last-supper-tonight meal and—if necessary, and with slight modifications—bringing it in line with CrossFit nutritional guidelines for athletic performance.

And yet, while several of the videos have appeared on CrossFit.com and in the *CrossFit Journal*, only one of the published videos has retained that special-meal characteristic of the series' original intent. This Kitchen Disaster Film episode is true to original intent and shows how you can tweak someone's favorite meal to make it adhere to CrossFit's nutrition guidelines.

### Where's the Beef?

I had already made about five episodes in the series when I asked a friend—let's call him a "power athlete"—what his all-time perfect meal would be.

"Sixteen ounces of bone-in fillet, grilled coconut and a glass of Russian River Valley Pinot Noir," he said without missing a beat. The devilish smile on his face exposed the fact that he knew all too well that it would be impossible to balance this last supper without really cheating on the Zone blocks.



*The makings of a power athlete's dream dinner ... excluding the vegetables.*



***Increase the veggies and decrease the quantity of meat to make the meal Zone-friendly.***

Not about to shy away from that challenge, I made the meal and the video anyway, and I made it with a suggestion as to how one might go about preparing a meal much like this while keeping within the CrossFit nutritional guidelines.

Caveman Vs. Zone: [.MOV](#)

### **Pure Paleo-Style Dinner**

Per person:

16-oz. bone-in fillet

Young coconuts, raw

Russian River Valley Pinot Noir

Salt and pepper

Heat your grill to high. Salt and pepper both sides of the beef. Place one side down on the grill without moving it for 4 minutes. Turn the meat once and grill for 4-6 minutes, depending on thickness. Remove fillet to a warmed oven (150-200 F) for 10 minutes.

Reduce heat on the grill to medium-low and cook the coconut in a grill pan. Stir frequently, watching for the flesh to caramelize. Remove from heat when it is golden brown.

Old or young coconuts? Your preference. I would suggest that the flesh of young coconuts has a more refined taste.

### **A Five-Block Fillet Dinner With Grilled Coconut and Pinot Noir**

Per person:

5-oz. bone-in fillet or top sirloin (5 protein blocks)

Flesh of about 2½ young coconuts, raw (approximately 5 blocks of fat)

3 blocks of vegetables for grilling (peppers, squash, broccoli, cauliflower, etc.) (3 carbohydrate blocks)

8-oz. glass of pinot noir (2 carbohydrate blocks)

Olive oil, salt and pepper

Heat your grill to high. Salt and pepper both sides of the beef. Place one side down on the grill without moving it for 3-4 minutes, depending on thickness. Turn the meat once and grill for 3-5 minutes, again depending on thickness. Remove fillet to a warmed oven (150-200 F) for 10 minutes.

Reduce heat on the grill to medium-low, cooking the coconut in a grill pan. Stir frequently, watching for the flesh to caramelize. Remove from heat when it's golden brown.

Raise heat to medium, toss grilling vegetables with a small amount of olive oil, salt and pepper, and grill, tossing them in the grill pan for 5-6 minutes, stirring frequently. Top with grilled coconut.



### **About the Author**

*E.M. Burton is a **CrossFit Journal** staff writer.*