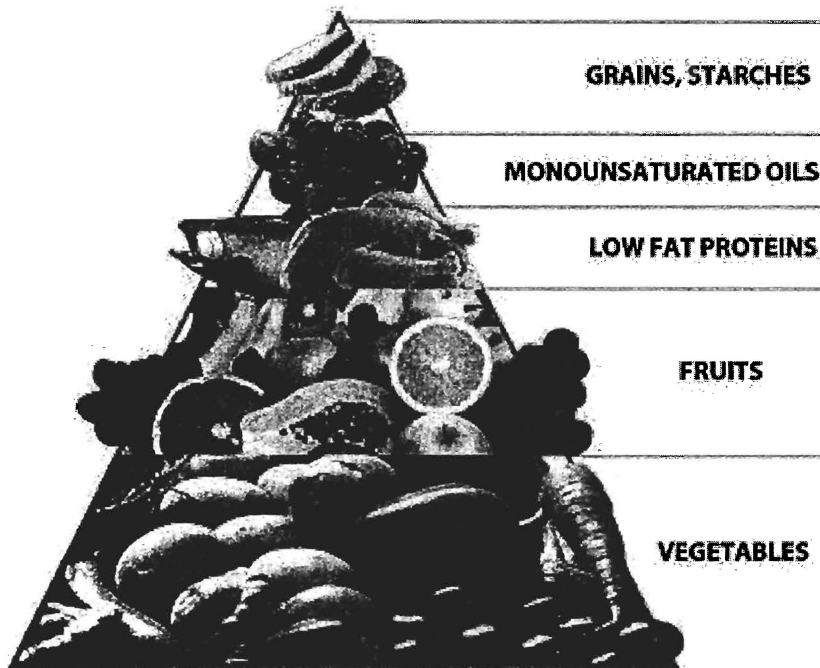


# The Zone Diet Quick Start Quick

The underlying cause of weight gain is cellular inflammation, especially in your fat cells. Reducing cellular inflammation depends on your diet. The first step is following the Zone Food Pyramid.



## Colorful Carbohydrates

The base of the Zone Food Pyramid consists of lots of vegetables and fruits because they are low-glycemic carbohydrates rich in polyphenols. You should be eating at least 10 servings of vegetables and fruits per day.

## Low-fat Protein

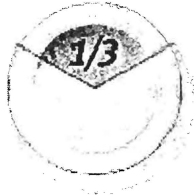
You need adequate amounts of low-fat protein at every meal. This is usually 3 ounces of low-fat protein per meal for a female and 4 ounces of low-fat protein per meal for a male.

## Monounsaturated Fats

Monounsaturated fats are low in both omega-6 fats and saturated fats that increase cellular inflammation. You only need a dash of monounsaturated fats at each meal. You also need adequate amounts of omega-3 fats, such as EPA and DHA. If you are not eating at least one serving per day of fatty fish, then consider taking OmegaRx capsules to get the necessary daily intake of omega-3 fatty acids.

## Grains and Starches

Treat grains and starches as condiments (i.e. small amounts). If you do include any grains in meal, make sure they are whole-grains indicating that least they contain some polyphenols.



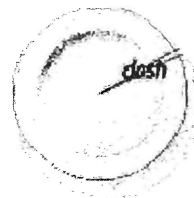
On 1/3rd of your plate, put a piece of lean protein the size and thickness of your palm.

**Examples:** skinless chicken, fish, egg whites, tofu.



Fill the remaining 2/3rds of your plate with fruits and vegetables.

Most fruits and vegetables are fine, but avoid things like corn and bananas.



Add a dash of heart-healthy monounsaturated fat.

**Examples:** Olive Oil, Almonds, Avocado.

Avoid trans-fats.

# Meal Plans

"Blocks"

## What is a Block?

A block is a unit of measure used to simplify the process of making balanced meals.

7 grams of protein = 1 block of protein

9 grams of carbohydrate = 1 block of carbohydrate

1.5 grams of fat = 1 block of fat

(There is an assumption that there is about 1.5 grams of fat in each block of protein, so the total amount of fat needed per 1 block meal is 3 grams.)

When a meal is composed of equal blocks of protein, carbohydrate, and fat, it is 40% carbohydrate, 30% protein and 30% fat.

Pages 3 and 4 list common foods, their macronutrient category (protein, carbohydrate or fat), along with a conversion of measurements to blocks.

This "block chart" is a convenient tool for making balanced meals. Simply choose 1 item from the protein list, 1 item from the carbohydrate list, and 1 item from the fat list to compose a 1 block meal. Or choose 2 items from each column to compose a 2 block meal, etc.

Here is a sample 4 block meal:

4 oz. chicken breast  
1 artichoke  
1 cup of steamed vegetables w/  
24 crushed peanuts  
1 sliced apple

This meal contains 28 grams of protein, 36 grams of carbohydrate, and 12 grams of fat. It is simpler, though, to think of it as 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat.

## Sample Day | Block requirements for small ("4 block") male

	Breakfast	Lunch	Snack	Dinner	Snack
Protein	4	4	2	4	2
Carbohydrate	4	4	2	4	4
Fat	4	4	2	4	4

Choose which body type best fits you to determine your block requirement.

Breakfast	Lunch	Snack	Dinner	Snack	Total daily blocks	Body type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium female
3	3	2	3	2	13	Large female
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	X-Large male
5	5	3	5	3	21	Hard gamer
5	5	4	5	4	23	Large male/gamer
7	7	5	7	5	26	X-Large male/gamer

# Meal Plans

## Block Chart

Protein (cooked quantity)		Carbohydrate (cooked)		Carbohydrate (cooked)		Fat (quantity)	
chicken breast	1 oz	oatmeal	1/3 cup	fava beans	1/3 cup	almonds	~3
turkey breast	1 oz	artichoke	1 small	kale	1 1/4 cup	avocado	1 Tbs
ground turkey	1 1/2 oz	asparagus	12 spears	kidney beans	1/4 cup	canola oil	1/3 tsp
veal	1 oz	green beans	1 cup	leeks	1 cup	macadamia nuts	~1
beef	1 oz	beet greens	1 1/4 cup	lentils	1/4 cup	olives	~5
ground beef	1 1/2 oz	black beans	1/4 cup	okra	3/4 cup	peanut butter	1/2 tsp
canadian bacon	1 oz	bok choy	3 cups	onions	1/2 cup	peanuts	~6
corned beef	1 oz	broccoli	1 1/4 cup	sauerkraut	1 cup	cashews	~3
duck	1 1/2 oz	brussel sprouts	3/4 cup	spagetti squash	1 cup	peanut oil	1/3 tsp
ham	1 oz	cabbage	1 1/3 cup	spinach	1 1/3 cup	olive oil	1/3 tsp
lamb	1 oz	cauliflower	1 1/4 cup	swiss chard	1 1/4 cup	tahini	1/3 tsp
ground lamb	1 1/2 oz	chick peas	1/4 cup	tomato sauce	1/2 cup	guacomole	1/2 Tbs
pork	1 oz	collard greens	1 1/4 cup	tomatoes	3/4 cup	vegetable oil	1/3 tsp
ground pork	1 1/2 oz	dill pickles	3 (3 in)	yellow squash	1 1/4 cup	mayonnaise	1/3 tsp
calamari	1 1/2 oz	eggplant	1 1/2 cup	zucchini	1 1/3 cup	mayo, light	1 tsp
catfish	1 1/2 oz					seseme oil	1/3 tsp
clams	1 1/2 oz					sunflower seeds	1/4 tsp
crabmeat	1 1/2 oz					bacon bits	2 1/2 tsp
flounder/sole	1 1/2 oz					butter	1/3 tsp
lobster	1 1/2 oz					half and half	1 Tbs
salmon	1 1/2 oz					cream, light	1/2 tsp
sardines	1 oz					cream cheese	1 tsp
scallops	1 1/2 oz					sour cream	1 tsp
swordfish	1 1/2 oz					tartar sauce	1/2 tsp
shrimp	1 1/2 oz					lard	1/3 tsp
tuna steak	1 1/2 oz					veg. shortening	1/3 tsp
canned tuna	1 oz						
protein powder	1 oz						
seitan	1 oz						
soy burgers	1/2 patty						
soy sausage	2 links						
spirulina (dried)	1/2 oz						
soy cheese	1 oz						
firm tofu	2 oz						
soft tofu	3 oz						
whole egg	1 large						
egg whites	2 large						
egg substitute	1/4 cup						
cottage cheese	1/4 cup						
cheese	1 oz						
feta cheese	1 1/2 oz						
ricotta cheese	2 oz						

Carbohydrate (raw)		Carbohydrate (raw)	
alfalfa sprouts	7 1/2 cup	grapes	1/2 cup
bean sprouts	3 cups	grapefruit	1/2
broccoli	2 cups	honeydew	1/2
cabbage	2 1/4 cups	kiwi	1
cauliflower	2 cups	lemon	1
celery	2 cups	lime	1
cucumber	1 (9 in)	nectarine	1/2
lettuce, Iceburg	1 head	orange	1/2
lettuce, romaine	6 cups	peach	1
mushrooms	3 cups	pear	1/2
onion	2/3 cup	pinapple	1/2 cup
peppers	1 1/4 cup	plum	1
radishes	2 cups	raspberries	2/3 cup
salsa	1/2 cups	strawberries	1 cup
snow peas	3/4 cup	tangerine	1
spinach	4 cups	watermelon	2/4 cup
tomato	1 cup		
apple	1/2		
apple sauce	3/8 cup		
apricots	3 small		
blackberries	1/2 cup		
cantaloupe	1/4		
cherries	7		
fruit cocktail	1/3 cup		
blueberries	1/2 cup		

Combo Items (quantity)	
milk	1 cup
yogurt (plain)	1/2 cup
soybeans	1/4 cup
soymilk	1 cup
tempeh	1 1/2 oz

\*Note: combo items contain 1 block of protein and 1 block of carbohydrate



# Meal Plans

## Block Chart - Unfavorable Carbohydrates

### Carbohydrate (quantity)

#### Vegetables

Acorn Squash	3/8 cup
Baked Beans	1/8 cup
Beets	1/2 cup
Black-eyed peas	1/4 cup
Butternut Squash	1/3 cup
Cooked carrots	1/2 cup
Corn	1/4 cup
French Fries	5
Hubbard squash	2/3 cup
Lima beans	1/4 cup
Parsnips	1/3 (9 in)
Peas	1/3 cup
Pinto Beans	1/4 cup
Potato, boiled	1/3 cup
Potato, mashed	1/5 cup
Refried beans	1/4 cup
Sweet Potato, baked	1/3 (5 in)
Sweet potato, mashed	1/5 cup
Turnip	3/4 cup

#### Fruit

Banana	1/3 (9 in)
Cranberries	1/4 cup
Cranberry sauce	4 tsp
Dates	2
Figs	3/4
Guava	1/2 cup
Kumquat	3
Mango	1/3 cup
Papaya	2/3 cup
Prunes	2
Raisins	1 Tbs

#### Fruit Juice

Apple juice	1/3 cup
Cranberry juice	1/4 cup
Fruit Punch	1/4 cup
Grape juice	1/4 cup
Grapefruit juice	3/8 cup
Lemon juice	1/3 cup
Orange juice	3/8 cup
Pineapple juice	1/4 cup
Tomato juice	3/4 cup

### Carbohydrate (quantity)

#### Grains and Breads

Bagel	1/4
Barley	1 Tbs
Biscuit	1/4
Baked Potato	1/3 cup
Bread crumbs	1/2 oz
Bread	1/2 slice
Breadstick	1
Buckwheat	1/2 oz
Bulgur wheat	1/2 oz
Cereal	1/2 oz
Corn bread	1 in <sup>2</sup>
Cornstarch	4 tsp
Croissant	1/4
Crouton	1/2 oz
Donut	1/4
English muffin	1/4
Flour	1 1/2 tsp
Granola	1/2 oz
Grits	1/3 cup
Melba toast	1/2 oz
Muffins	1/4
Noodles	1/4 cup
Instant oatmeal	1/2 pkt
Pasta, Cooked	1/4 cup
Pasta, high protein	1/3 cup
Pancake	1/2 (4 in)
Pita bread	1/4
Popcorn	2 cups
Rice	3 Tbs
Rice cake	1
Roll (hamburger, hot dog)	1/4
Roll (dinner)	1/2
Taco shell	1
Tortilla (corn)	1 (6 in)
Tortilla (flour)	1/2 (6 in)
Udon noodles	3 Tbs
Waffle	1/2

### Carbohydrate (quantity)

#### Condiments

BBQ sauce	2 Tbs
Catsup	2 Tbs
Cocktail sauce	2 Tbs
Honey	1/2 Tbs
Jelly/jam	2 tsp
Plum sauce	1 1/2 Tbs
Molasses	2 tsp
Pickle (bread and butter)	6 slices
Relish (sweet)	4 tsp
Steak sauce	2 Tbs
Brown sugar	1 1/2 tsp
Granulated sugar	2 tsp
Confectioners sugar	1 Tbs
Maple syrup	2 tsp
Teriyaki sauce	1 1/2 Tbs

#### Alcohol

Beer	8 oz
Liquor	1 oz
Wine	4 oz

#### Snacks

Chocolate bar	1/2 oz
Corn chips	1/2 oz
Graham crackers	1 1/2
Ice cream	1/4 cup
Potato chips	1/2 cup
Pretzels	1/2 oz
Tortilla chips	1/2 oz
Saltine crackers	4

\*Note: When building meals with "unfavorable carbohydrates" quantity becomes critical.

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# Meal Plans

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2 Block Menus

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## Breakfast

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### Breakfast Quesadilla

1 corn tortilla  
1/4 cup black beans  
1 egg (scrambled or fried)  
1 oz cheese  
1 Tbs avocado

### Breakfast Sandwich

1/2 pita bread  
1 egg (scrambled or fried)  
1 oz cheese  
Served with 2 macadamia nuts

### Fruit Salad

1/2 cup cottage cheese mixed with  
1/4 cantaloupe  
1/2 cup strawberries  
1/4 cup grapes  
Sprinkled with slivered almonds

### Smoothie

Blend together:  
1 cup milk  
1 Tbs protein powder  
1 cup frozen strawberries  
Small scoop of cashews

### Oatmeal

1/3 cup cooked oatmeal (slightly watery)  
1/2 cup grapes  
1/4 cup cottage cheese  
1 tsp walnuts  
Spice with vanilla extract and cinnamon  
Add:  
1 Tbs protein powder

### Easy Breakfast

1/2 cantaloupe  
1/2 cup cottage cheese  
6 almonds

### Steak and Eggs

1 oz grilled steak  
1 egg over easy  
1 slice toast with  
2/3 tsp butter

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## Lunch

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### Tuna Sandwich

Mix:  
2 oz canned tuna  
2 tsp light mayo  
Serve on  
1 slice bread

### Tacos

1 corn tortilla  
3 oz seasoned ground meat  
1/2 tomato, cubed  
1/4 cup onion, chopped  
Lettuce, chopped  
Served with Tabasco to taste  
~6 chopped olives

### Deli Sandwich

1 slice bread  
3 oz sliced deli meat  
2 Tbs avocado

### Quesadilla

1 corn tortilla  
2 oz cheese  
2 Tbs guacamole  
Jalapenos, sliced  
Topped with salsa

### Grilled Chicken Salad

2 oz grilled chicken  
Served over:  
2 cup lettuce  
1/4 tomato, diced  
1/4 cucumber, diced  
1/4 green pepper  
1/4 cup black beans  
~1 Tbs salad dressing of choice

### Easy Lunch

3 oz deli meat  
1 apple  
2 macadamia nuts

### Ground Beef or Turkey Burger

3 oz ground meat, grilled  
1/2 bun  
pickles/mustard/lettuce  
2 Tbs avocado

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## Dinner

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### Fresh Fish

Grill:  
3 oz fresh fish (salmon, tuna, halibut, etc.)  
Saute:  
1 1/3 cup zucchini in herbs  
Serve with:  
1 large salad  
~1 Tbs salad dressing of choice

### Beef Stew

Saute:  
2/3 tsp olive oil  
1/4 cup onion, chopped  
1/2 green pepper, chopped  
~4 oz (raw weight) beef, cubed  
Add:  
1/2 cup chopped zucchini  
1 cup mushrooms  
1/4 cup tomato sauce  
Seasoned with garlic, Worcestershire sauce,  
salt and pepper

### Chili (serves 3)

Saute:  
1/3 cup onion  
1 green pepper, chopped in garlic, cumin,  
chili powder, and crushed red peppers  
Add:  
1 cup tomato, chopped  
1/2 cup black beans  
1/2 cup kidney beans  
~30 olives, chopped  
Add fresh cilantro to taste

### Turkey and Greens

2 oz roasted turkey breast  
Chop and steam:  
1 1/4 cup kale  
Saute:  
2/3 tsp olive oil, garlic, crushed red peppers,  
Add steamed kale and mix  
1 peach, sliced for desert

### Easy Chicken Dinner

2 oz baked chicken breast  
1 orange  
2 macadamia nuts

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# Meal Plans

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3 Block Menus

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## Breakfast

### Breakfast Quesadilla

1 corn tortilla  
1/4 cup black beans  
1/3 cup onions, chopped  
1 green pepper, chopped  
2 eggs (scambled or fried)  
1 oz cheese  
3 Tbs acocado

### Breakfast Sandwich

1/2 pit bread  
1 egg (scrambled or fried)  
1 oz cheese  
1 oz sliced ham  
Serve with 1/2 apple and 3 macadamia nuts

### Fruit Salad

3/4 cup cottage cheese  
1/4 cantaloupe, cubed  
1 cup strawberries  
1/2 cup grapes  
Sprinkle with slivered almonds

### Smoothie

Blend together:  
1 cup milk  
2 Tbs protein powder  
1 cup frozen strawberries  
1/2 cup frozen blueberries  
1 scoop cashews

### Oatmeal

2/3 cup cooked oatmeal (slightly watery)  
1/2 cup grapes  
1/2 cup cottage cheese  
1 1/2 tsp walnuts, chopped  
Spice with vanilla extract and cinnamon  
Add:  
1 Tbs protein powder

### Easy Breakfast

3/4 cantaloupe, cubed  
3/4 cup cottage cheese  
9 almonds

### Steak and Eggs

2 oz grilled steak  
1 egg over easy  
1 slice toast w/ 1 tsp butter  
1/4 cantaloupe, cubed

## Lunch

### Tuna Sandwhch

3 oz canned tuna  
3 tsp light mayo  
1 slice bread  
Serve with:  
1/2 apple

### Tacos

2 corn tortillas  
3 oz seasoned ground meat  
1 oz grated cheese  
1/2 tomato, cubed  
1/4 cup onion, chopped  
Lettuce, chopped  
Serve with Tabasco to taste  
~ 9 olives, chopped

### Deli Sandwich

1 slice bread  
3 oz sliced deli meat  
1 oz cheese  
3 Tbs avocado  
Serve with 1/2 apple

### Quesadilla

1 corn tortilla  
3 oz cheddar and jack cheese  
3 Tbs guacamole  
Jalapenos, sliced, to taste  
Top with salsa  
Serve with 1 orange

### Grilled Chiken Salad

3 oz chicken, grilled  
2 cups lettuce  
1/4 tomato, chopped  
1/4 cucumber, chopped  
1/4 green pepper, chopped  
1/4 cup black beans  
1/4 cup kidney beans  
~1 1/2 Tbs salad dressing of choice

### Easy Lunch

3 oz deli meat  
1 oz sliced cheese  
1 1/2 apple  
3 macadamia nuts

## Dinner

### Fresh Fish

4 1/2 oz fresh fish, grilled  
Saute 1 1/3 cup zucchini in herbs  
Serve with  
1 large salad with 1 1/2 Tbs salad dressing  
of choice  
1 cup fresh stawberries for dessert

### Chili (serves 3)

Saute:  
1/3 cup onion, chopped  
1 green pepper, chopped, in garlic cumin,  
chili powder, and crushed red peppers  
Add:  
9 oz ground beef or turkey until browned  
Add:  
1 cup tomato sauce  
3/4 cup black beans  
3/4 cup kidney beans  
~30 olives, chopped  
Add fresh cilantro to taste  
Serve each helping with 1 oz cheese, grated

### Turkey and Greens

3 oz turkey breast, roasted  
Chop and steam:  
2 1/2 cup kale  
Saute 1 tsp olive oil, garlic, crushed red  
peppers  
Add the steamed kale and mix  
1 peach, sliced for dessert

### Easy Dinner

3 oz chiken breast, baked  
1 1/2 orange  
3 macadamia nuts

### Beef Stew

Saute: 1 tsp olive oil  
1/4 cup onion, chopped  
1/2 green pepper, chopped  
~6 oz (raw weight) beef, cubed  
Add:  
1 cup chopped zucchini  
1 cup mushrooms  
1/2 cup tomato sauce  
Season with garlic, Worchstershire sauce,  
salt and pepper

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# Meal Plans

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## 4 Block Menus

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### Breakfast

#### Breakfast Quesadilla

1 corn tortilla  
1/2 cup black beans  
1/3 cup onions, chopped  
1 green pepper, chopped  
2 eggs (scrambled or fried)  
2 oz cheese  
4 Tbs avocado

#### Breakfast Sandwich

1/2 pita bread  
2 eggs (scrambled or fried)  
1 oz cheese  
1 oz sliced ham  
Serve with 1 apple

#### Fruit Salad

1 cup cottage cheese  
1/2 cantaloupe, cubed  
1 cup strawberries  
1/2 cup grapes  
Sprinkled with slivered almonds

#### Smoothie

Blend together:  
2 cups milk  
2 Tbs protein powder  
1 cup frozen strawberries  
1/2 cup frozen blueberries  
Large scoop cashews

#### Oatmeal

1 cup cooked oatmeal (slightly watery)  
1/2 cup grapes  
3/4 cup cottage cheese  
2 tsp walnuts  
Spice with vanilla extract and cinnamon  
Add:  
1 Tbs protein powder

#### Easy Breakfast

1 cantaloupe  
1 cup cottage cheese  
12 almonds

#### Steak and Eggs

3 oz steak, grilled  
1 egg, over easy  
1 slice bread with 1 1/3 tsp butter  
1/2 cantaloupe

### Lunch

#### Tuna Sandwich

4 oz canned tuna  
4 tsp light mayo  
1 slice bread  
Serve with 1 apple

#### Deli Sandwich

2 slices of bread  
4 1/2 oz sliced deli meat  
1 oz cheese  
4 Tbs avocado

#### Quesadilla

1 corn tortilla  
4 oz cheese  
4 Tbs guacamole  
Jalapenos, sliced  
Top with salsa  
Serve with 1 1/2 oranges

#### Tacos

2 corn tortillas  
4 1/2 oz seasoned ground meat  
1 oz cheese, grated  
1/2 tomato, cubed  
1/4 cup onion, chopped  
Lettuce, chopped  
Serve with Tabasco to taste  
~20 olives chopped  
1/2 apple

#### Grilled Chicken Salad

4 oz chicken, grilled  
2 cups lettuce  
1/4 tomato, chopped  
1/4 cucumber, chopped  
1/4 green pepper, chopped  
1/2 cup black beans  
1/4 cup kidney beans  
~2 Tbs salad dressing of choice

#### Easy Lunch

4 1/2 oz deli meat  
1 oz cheese  
Serve with:  
1 apple  
1 grapefruit  
4 macadamia nuts

### Dinner

#### Fresh Fish

6 oz fresh fish, grilled  
Saute: 1 1/3 cup zucchini in herbs  
Serve with:  
1 large salad with 2 Tbs salad dressing of choice  
2 cups fresh strawberries

#### Beef Stew

Saute:  
1 1/3 tsp olive oil  
1/4 cup onion, chopped  
1/2 green pepper, chopped  
~8 oz (raw weight) beef, cubed  
Add:  
1 cup zucchini, chopped  
1 cup mushrooms, chopped  
1/2 cup tomato sauce  
Season with garlic, Worcestershire sauce,  
salt and pepper  
Serve with 1 cup fresh strawberries

#### Chili (serves 3)

Saute:  
2/3 cup onion, chopped  
2 green peppers, chopped, in garlic, cumin,  
chili powder, and crushed red peppers  
Add:  
18 oz ground meat until browned  
Add:  
2 cups tomato sauce  
1 cup black beans  
1 cup kidney beans  
~40 chopped olives  
Fresh cilantro to taste

#### Turkey and Greens

4 oz turkey breast, roasted  
2 1/2 cup kale, chopped and steamed  
Saute:  
1 1/3 tsp olive oil, garlic, crushed red  
peppers  
Add kale and mix  
2 peaches, sliced for dessert

#### Easy Dinner

4 oz chicken breast, baked  
2 oranges  
4 macadamia nuts

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# Meal Plans

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5 Block Menus

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## Breakfast

### Breakfast Quesadilla

2 corn tortillas  
1/2 cup black beans  
1/3 cup onions, chopped  
1 green pepper, chopped  
3 eggs (scrambled or fried)  
2 oz cheese  
5 Tbs avocado

### Breakfast Sandwich

1/2 pita bread  
2 eggs (scrambled or fried)  
2 oz cheese  
1 oz ham, sliced  
Serve with 1 1/2 apple

### Fruit Salad

1 1/4 cup cottage cheese  
1/2 cantaloupe, cubed  
1 cup strawberries  
1 cup grapes  
Sprinkle with slivered almonds

### Smoothie

Blend together:  
2 cups milk  
3 Tbs protein powder  
2 cups frozen strawberries  
1/2 cup frozen blueberries  
Extra large scoop cashews

### Oatmeal

1 cup cooked oatmeal (slightly watery)  
1 cup grapes  
1 cup cottage cheese  
2 1/2 tsp walnuts  
Spice with vanilla extract and cinnamon  
Add: 1 Tbs protein powder

### Easy Breakfast

1 1/4 cantaloupe  
1 1/4 cup cottage cheese  
~ 15 almonds

### Steak and Eggs

3 oz steak, grilled  
2 eggs, over easy  
1 slice bread with 1 2/3 tsp butter  
1 1/2 apple

## Lunch

### Tuna Sandwich

5 oz tuna, canned  
5 tsp light mayo  
1 slice bread  
Serve with 1 1/2 apple

### Deli Sandwich

2 slices bread  
4 1/2 oz deli meat  
2 oz cheese  
5 Tbs avocado  
1/2 apple

### Quesadilla

2 corn tortillas  
5 oz cheese  
5 Tbs guacamole  
Jalapenos, sliced, to taste  
Serve with 1 1/2 orange

### Tacos

2 corn tortillas  
6 oz seasoned ground meat  
1 oz cheese, grated  
1/2 tomato, cubed  
1/4 cup onion, chopped  
Lettuce, chopped  
Serve with Tabasco to taste  
~20 olives, chopped  
1 apple

### Grilled Chicken Salad

5 oz chicken, grilled  
2 cups lettuce  
1/4 tomato, chopped  
1/4 cucumber, chopped  
1/4 green pepper, chopped  
1/2 cup black beans  
1/2 cup kidney beans  
2 1/2 Tbs salad dressing of choice

### Easy Lunch

4 1/2 oz deli meat  
2 oz cheese  
Serve with:  
2 1/2 apples  
5 macadamia nuts

## Dinner

### Fresh Fish

7 1/2 oz fresh fish  
Saute:  
1 1/3 cup zucchini in herbs  
Serve with 1 large salad with 2 1/2  
Tbs salad dressing of choice  
1/4 cup black beans  
2 cups fresh strawberries for dessert

### Beef Stew

Saute:  
1 2/3 tsp olive oil  
1/4 cup onion, chopped  
1/2 green pepper, chopped  
~10 oz (raw weight) beef, cubed  
Add:  
1 cup zucchini, chopped  
1 cup mushrooms, chopped  
1/2 cup tomato sauce  
Season with garlic, Worcestershire  
sauce, salt and pepper  
Serve with 2 cups fresh strawberries

### Chili (serves 3)

Saute:  
1 cup onion, chopped  
2 1/2 green peppers in garlic, cumin,  
chili powder and crushed red peppers  
Add:  
22 1/2 oz ground meat, browned  
Add:  
2 1/2 cups tomato sauce  
1 1/4 cup black beans  
1 1/4 cup kidney beans  
~50 olives, chopped  
Add fresh cilantro to taste

### Turkey and Greens

5 oz turkey breast, roasted  
2 1/2 cup kale, chopped and steamed  
Saute:  
1 2/3 tsp olive oil, garlic and crushed  
red peppers  
Add steamed kale and mix  
Serve with 3 peaches, sliced

### Easy Dinner

5 oz chicken breast, baked  
2 1/2 oranges  
5 macadamia nuts

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# Meal Plans

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## 1 Block Snacks

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### Snacks

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1 hard boiled egg  
1/2 orange  
Sprinkled w/ peanuts

1/2 cup plain yogurt  
Sprinkled w/ pecans

1 oz cheese  
1/2 apple  
1 macadamia nut

1 oz canned chicken or tuna  
1 peach  
1/2 tsp peanut butter

1 1/2 oz deli-style ham or turkey  
1 carrot  
5 olives

1 oz mozzarella string cheese  
1/2 cup grapes  
1 Tbs avocado

1 oz jack cheese  
1 Tbs guacamole  
1 tomato

1 oz hummus  
1/2 tomato  
1 1/2 oz feta cheese

1 cup strawberries  
1/4 cup cottage cheese  
1 macadamia nut

1 poached egg  
1/2 slice bread  
1/2 tsp peanut butter

1/4 cup cottage cheese  
1/2 carrot  
3 celery stalks  
5 olives

3 oz marinated and baked tofu  
1/2 apple  
1/2 tsp peanut butter

1 oz tuna  
1 large tossed salad  
1 tsp salad dressing of choice

1 hard boiled egg  
1 large spinach salad  
1 tsp oil and vinegar dressing

1 oz grilled turkey breast  
1/2 cup blueberries  
3 cashews

Blend:  
1 cup water  
1 Tbs protein powder  
1/2 cup grapes  
1/3 tsp canola oil

Blend:  
1 cup water  
1 Tbs spirulina  
1 cup frozen berries  
3 cashews

1 oz cheddar cheese melted over  
1/2 apple  
Sprinkled w/ walnuts

1/4 cup cottage cheese  
1/2 cup pineapple  
6 peanuts

1 oz sardines  
1/2 nectarine  
5 olives

1 1/2 oz feta cheese  
1 cup diced tomato  
5 olives

1 1/2 oz salmon  
12 asparagus spears  
1/3 tsp olive oil

1 1/2 oz shrimp  
2 cups broccoli  
6 peanuts

1 oz canadian bacon  
1 plum  
1 macadamia nut

1 1/2 oz deli-style turkey  
1 tangerine  
1 Tbs avocado

1/4 cup cottage cheese  
1 cup sliced tomato  
1/3 tsp olive oil

1 1/2 oz scallops  
1 sliced cucumber  
1/2 tsp tartar sauce

1 oz lamb  
1/4 cup chick peas  
1/3 tsp sesame butter

# Dining Out!

## Lose weight while enjoying your favorite restaurants!

One of the biggest advantages of the Zone Fast program is that the rules are simple and easy to apply when dining out. Even if you deviate from a 1-2-3 meal, your hormones are placed back into balance as soon as you consume your next Zone Fast meal.

Divide your plate into three equal parts. On one-third of your plate, put some low-fat protein that is no bigger or thicker than the palm of your hand. That's about 3 ounces of low-fat protein for women and 4 ounces of low-fat protein for men.

Fill the remaining two-thirds of the plate with colorful, non-starchy vegetables, especially those from the Mediterranean region (e.g. tomato, eggplant, artichokes).

Add a dash of heart healthy monounsaturated fat, such as olive oil, slivered almonds, walnuts or guacamole.

You have just created a 1-2-3 meal. Enjoy!

In ethnic restaurants, it's easy to apply the above rules. Here are some suggestions on how to navigate these places successfully!

### American

Many restaurants overdo it on the amount of protein they serve, especially when it comes to steak. When you order an entrée, ask for a to-go bag and immediately cut the protein in half and take it with you for another meal to enjoy. Avoid the starchy sides like mashed potatoes, rice, and French fries, and ask for double vegetables instead. Here is an example on how to navigate Outback Steakhouse:

#### Outback Steakhouse

Seared Ahi Tuna appetizer  
with sides of vegetables  
Chicken or Shrimp Caesar Salad  
(dressing on the side)  
Grilled Chicken on the Barbie  
Atlantic Salmon  
Lobster Tails with vegetables on the side  
Steak- Consume in moderation, go for leaner cuts and try to avoid cream sauces on top.

### Chinese

The important thing to remember when dining out at a Chinese restaurant is to hold the rice and noodles. No matter how healthful the rest of your meal looks, the starchy carbohydrates have a tendency to leave you feeling hungry shortly after you finish your meal. Instead aim for foods that have a mix of lean protein and favorable carbohydrates like those found in fruits and vegetables. Many times the entrees served here are more than one portion so consider splitting an entrée with someone else or taking the other half to go. Another suggestion is to use chopsticks. This helps you to eat more slowly since you can't get as much food in each bite, and you'll be more likely to get fuller quicker. Try to avoid the sweet-and-sour and coconut sauces and go for the ponzu, rice-wine vinegar, wasabi, ginger or low-sodium

soy sauces instead. The following are standard items on many Chinese restaurant menus to consider:

Wonton Soup  
Hot-and-Sour Soup  
Edamame  
Cucumber Salad  
Chicken or Vegetarian Lettuce Wraps  
Boiled, broiled, steamed or lightly stir-fried entrees with lots of vegetables.

### Fast Food/Sandwich Shops

One benefit of many sandwich shops, such as Panera, Au Bon Pain and even Subway, is that they have extended their menu selections to include soups and salads. Many combinations of soups and salads fit perfectly together as a 1-2-3 meal. When it comes to soups, stick with broth-based soups that contain lots of vegetables, such as minestrone. Consider garden salads with grilled chicken and low-fat dressings or vinaigrette on the side. At McDonalds, Burger King or Wendy's consider having a plain hamburger or grilled chicken sandwich without the bun and add a side salad. Wendy's also serves chili, which is a good alternative too! Here are some suggestions:

#### Panera

Vegetarian Black Bean Soup  
Vegetarian Garden Vegetable Soup  
Asian Sesame Chicken Salad  
(without the crispy wonton strips)  
Fuji Apple Salad with Chicken  
Greek Salad  
Sandwiches- If you must have a sandwich, make it open faced and load it up with vegetables. Use mustard in place of mayonnaise as a condiment or opt for a little olive oil and vinegar instead.



## French

One benefit of French cuisine is that you have to pay a lot for small portions. When dining out here, try to pass on the rich entrees, desserts and sauces and choose simple dishes with the sauces on the side. Pass on the bread and potatoes and ask for extra vegetables.

## Indian

Although many traditional Indian entrees are prepared with clarified butter, fried or sautéed, it doesn't mean you have to rule out this cuisine completely. The good news is that many entrees include legumes and vegetables with meat being used as a condiment. Try to avoid if possible things prepared with coconut oil. For appetizers start with salads or yogurt dishes containing chopped vegetables. Choose chicken and seafood over beef and lamb and try to keep it to one protein option if possible. Here are some standard menu items to consider when dining out.

- Dal Soup
- Chicken and Cilantro Soup
- Vegetable Soup Garden
- Tandoori Tikka Salad
- Tandoori Grilled Vegetable Salad
- Three Bean Salad (avoid potatoes if included)
- Chicken Tikka
- Chicken Tandoori

## Italian

When dining Italian, eat like the Italians. It is a misconception that the bulk of the diet in Italy is large portions of pasta and pizza. In actuality, pasta and pizza make

up a small portion of their meals. The rest is lean protein and vegetables. When dining out at an Italian restaurant, try to order dishes that contain lean meats, chicken or fish and ask for extra grilled vegetables on the side. Avoid pastas and breads if possible or use them as condiments rather than the focus of a meal. When ordering entrees containing sauces, stick with marinara and tomato-based sauces rather than cheese and cream sauces. Here is a sample on how to pick healthfully at Macaroni Grill:

### Macaroni Grill

- Mozzarella Alla Caprese
- Warm Spinach Salad
- Chicken Caesar Salad (avoid croutons)
- Insalata Blu
- Scallops and Spinach Salad
- Grilled Chicken Spiedini
- Jumbo Shrimp Spiedini
- Simple Salmon
- Grilled Salmon
- Grilled Halibut

## Mexican

You can still enjoy the spices and heat of Mexican cuisine while limiting your intake of the starchy carbohydrates found in flour tortillas and rice. Many restaurants offer great choices for salads. Just avoid the fried tortilla shell they come in and ask for a vinaigrette dressing on the side. Use lean meats, black beans, salsa and avocado for fillings and go easy on the mixed cheeses and sour cream. Grilled chicken and fish are usually easy to come by, but instead of rice have the black beans with extra vegetables. Here are some suggestions from Chili's Bar and Grill:

### Chili's Bar and Grill

- Chicken Caesar Salad  
(avoid croutons and ask for dressing on side)

- Shrimp Caesar Salad  
(avoid croutons and ask for dressing on side)
- Chicken Fajita Salad  
(go easy on tortilla strips and bacon)
- Spicy Garlic and Lime Grilled Shrimp Salad
- Margarita Grilled Chicken
- Chicken fajitas- try to avoid the flour tortillas and taco shells if possible or just keep it to one
- Guiltless Cedar Plank Tilapia
- Guiltless Grilled Salmon (take half to go)
- Guiltless Chicken Platter
- Create Your Own - double the seasonal vegetables and hold the rice
- Grilled Salmon
- Margarita Chicken
- Spicy Garlic and Lime Grilled Shrimp

Now Available!



Enjoy our **new**, great-tasting Zone foods at home, office or on-the-go.

Eat the foods you love and finally lose weight without hunger!

## **Frequently asked questions about the Zone Diet**

### **How do I know if I'm in the Zone?**

There are a number of things that you may experience when you are in the Zone. You may have more energy, better mental focus, or reduced hunger and cravings. You won't get that tired feeling that many experience late in the day. Basically, you should have a feeling of overall well-being. If you are not experiencing these things after following the program for a couple of weeks, you are probably not in the Zone.

### **When can I expect to see results?**

You'll be happy to learn that some changes will become apparent almost overnight. You will likely notice an increase in urination as your body naturally rids itself of excess sodium and water. Any swelling of your legs (edema) will begin to disappear. A weight loss of over five to eight pounds in the first two weeks is not unlikely. As you harness the power of food, you can expect increased energy levels and better mental focus within 48 hours. Your cholesterol profile - especially the triglyceride and HDL levels - will show dramatic improvement at about six weeks.

### **Is the Zone a high protein diet?**

No, the Zone is protein adequate. High protein diets usually allow you to eat as much protein and fat as you want and severely limit your carbohydrate intake. The Zone recommends eating only enough protein to satisfy your body's requirements. Because you are always consuming more carbohydrates than protein with the Zone you will not experience ketosis.

### **Is the Zone safe for diabetics?**

The Zone is safe for both type I and type II diabetics. Type II diabetics will likely have much improved blood sugar control by following the Zone Nutrition Program. All diabetics should be in close contact with their physicians as they embark on the Zone Nutrition Program. Type I diabetics will likely see their insulin dosage greatly reduced almost immediately and should be working closely with a health care professional.

### **What is a Zone Block?**

The block system was developed to make entering the Zone easier. A Zone block is made up of a mini-block from each macronutrient category (protein, carbohydrate and fat). By balancing your mini-blocks in a 1:1:1 ratio, you can easily attain the proper caloric ratio of 40% carbohydrate, 30% protein, and 30% fat without having to measure grams.

## **What is a mini-block?**

A mini-block refers to one block of carbohydrate or protein or fat. One mini-block from each macronutrient, when put together, make up one block. One mini-block of carbohydrates is equal to 9 grams. This could be a half of an apple or a cup of green beans. One mini-block of protein is equal to 7 grams. An ounce of chicken or lean meat is a good example of a mini-block of protein. One mini-block of fat is equal to 1.5 grams (or 3 grams - see below). This could be 1/3 tsp. of olive oil or a few nuts. See our online food database for more information on serving sizes for thousands of food items.

## **What type of fat should I use for my required fat blocks?**

You should choose monounsaturated fat sources for your added fat. Some good sources include olives, olive oil, almonds, macadamia nuts and avocados. Some saturated fats and polyunsaturated fats are required by the body but most people will likely get more than enough from their low fat protein sources.

## **How strict do I have to be with my fat blocks?**

Since monounsaturated fat has no effect on insulin levels, strictly counting every gram is not necessary. This is not to say that you can have as much fat as you want. Remember that each gram of fat has 9 calories while each gram of protein and carbohydrate has only 4 grams. This means that those fat grams can add up rather quickly. While keeping the appropriate protein to carb ratio is important on the zone, also important is keeping total calories consumed low.

So if you are trying to lose weight, it is important to keep close to 30% fat. If you are maintaining your weight, you should be adding more fat blocks to help stabilize weight loss. See maintenance.

## **How do I put together a Zone meal?**

A mini-block of protein is equal to 7 grams of protein, a mini block of carbohydrate is equal to 9 grams, a mini-block of fat is equal to 1.5 grams (or 3 grams when Zoning labels or when your protein source is completely fat free). To be in the Zone, you need to have your meals balanced in a 1-1-1 ratio, one mini-block of each macronutrient is equal to one block. To make a three block meal, you can put together three blocks any way you want, as long as it's balanced.

To construct a meal, look at the mini-block guide or the online block guide for a more comprehensive listing of individual food items and their one mini-block serving size. Following is an example of how to make a 4 block meal.

1. All foods listed in these resources show a one block serving size. Chicken is 1 oz. per block. You need 4 blocks so; you would need 4 ounces of chicken.  $4 \times 1 \text{ oz} = 4 \text{ oz}$ .

2. Do the same with carbohydrates. 1/2 apple is 1 block of carbohydrate. You would need to eat 2 apples to make 4 blocks.  $4 \times 1/2 = 2$  (apples); or 1 apple (two blocks) and two cups of green beans (two blocks).

3. Then follow the same procedure with fat. You can add 3 tsp. of slivered almonds to your green beans or use 1 tsp. of olive oil to cook the chicken.

When measuring protein blocks of meats do I go by the weight before or after cooking?  
The measurements are for uncooked portions unless otherwise noted.

### **What is the difference between a favorable and unfavorable carbohydrate?**

Unfavorable carbohydrates are so labeled because of their glycemic index. If a food has a number high on the glycemic index, this means that it is quickly absorbed into the bloodstream - the higher the number the more quickly it is absorbed. Your insulin levels will rise faster and you will get hungry sooner after a meal with high glycemic carbohydrates. You can still follow the Zone and use some unfavorable carbs, but the fewer you use, the more benefits you will likely see. We usually recommend that no more than 25% of your carbohydrates at each meal should come from unfavorable sources.

Some examples of the most unfavorable or high glycemic carbohydrates are highly refined food sources such as pasta, white breads, potatoes, and breakfast cereals. Some examples of the most favorable carbohydrate sources are fruits and vegetables. For a more complete listing of favorable and unfavorable carbohydrates, along with their serving sizes, see our mini-block food guide.

### **Can I ever have bread or potatoes again?**

The Zone is not about completely avoiding certain foods, but more about making wise choices and balancing your foods. No food is absolutely banned on the Zone. While these food items should not be used often, it is ok to include them with your meals on occasion. As a general rule, you should try to keep unfavorable carbohydrates to 25% or less of your total carbohydrate allotment.

### **Can I have my morning coffee on the Zone?**

We do not recommend the use of caffeinated beverages, including coffee and some teas, as caffeine can have a negative affect on your insulin levels. Try switching to decaffeinated coffee or limiting your coffee intake to one cup a day.

## **How do artificial sweeteners fit into the Zone?**

Some artificial sweeteners are better than others. We do not recommend the use of many artificial sweeteners as they can stimulate insulin. Fortunately, there are some sweeteners that have a place in the Zone; Sucralose is a good Zone sweetener. It has no carbohydrate calories and it has little or no effect on insulin. For more information see the Health Zone article titled Glycemic Index of Sugar and Sweeteners.

## **What can I drink?**

Water should be your main beverage. You should drink at least 64 oz. of water every day. The caffeine and artificial sweeteners found in coffee, tea, and soft drinks can have a negative affect on your insulin levels and should be kept to a minimum or totally avoided. You can add lemon or limes to your water or drink commercial bottled waters that have a hint of fruit flavor added to them. Remember to read the labels to be sure there are no carbohydrate calories in them.

## **When should Zone meals and snacks take place?**

We recommend starting with a basic schedule of three major meals (breakfast, lunch and dinner) and using snacks in the late afternoon and right before bedtime. This schedule, however, is not set in stone. You should feel free to move your blocks around your day in any way that fits your lifestyle. In fact, many people find that eating five or six small meals throughout the day works better for them.

## **How frequently should I eat?**

The Zone recommends eating 5-6 times a day. You shouldn't go more than 5 hours without a Zone meal or snack. You should eat a Zone meal or snack within an hour of waking and a snack should be consumed within an hour of going to sleep. This schedule will help keep your insulin at an even level during your night's sleep. A meal should sustain you for about five hours while a snack is designed to hold you over for about 2 hours.

## **I'm a pure vegetarian. How can I make this diet work for me?**

Simply add protein-rich vegetarian foods to your existing diet to maintain the correct protein-to-carbohydrate ratio. Ideal choices would be firm and extra-firm tofu, and isolated soybean protein powder. The new generation of soybean-based imitation meat products (hot dogs, hamburgers, sausages, etc.) are another excellent way of getting protein-rich vegetarian foods into your existing meals. You don't have to eat meat to enter the Zone.