

The Zone Plan

by Dr. Barry Sears



(A compilation of notes as presented in a nutrition seminar at Trinity Fitness).

We workout to lose weight, look better, feel better, have more energy, mental clarity, higher quality of life, live longer etc. etc. We can accomplish all those things and more without working out. It is called NUTRITION!

Here is another great reason to pay attention to nutrition...

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19,20.

Working out (exercising) should be a supplement to nutrition. In other words, the focus or core of your health should be nutrition and not your workouts. Your workouts should simply be an extension of great nutrition and not visa versa. I always tell people, “If you want to see real, long lasting changes you’ve got to pay attention to nutrition. It’s 80% of the battle.

Unfortunately America has made a mess of nutrition with its fad diets people have become confused on what is good nutrition. We’ve been told, “Eat high carbs, moderate protein and as little fat as possible.” The next month we’re told, “Carbs are the enemy. Only eat protein and as much of it as you want.” The truth is we need carbs, protein and fat, but in the right balance. Fad diets do not work because they are so extreme.

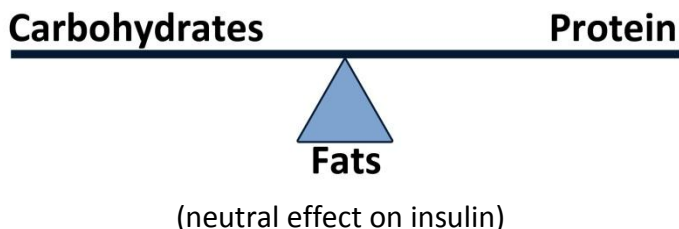
Good, practical wisdom from long ago.

“The man who fears God will avoid all extremes.”
King Solomon, Ecclesiastes 7:18b.

Avoiding extremes speaks of balance.

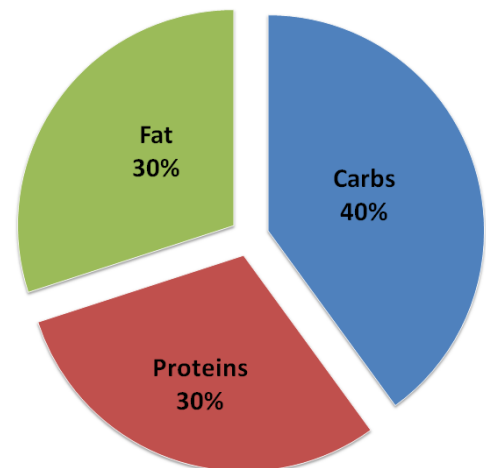
That is why I love the Zone Nutrition Plan by Dr. Barry Sears. Two words to describe the zone are balance and moderation.

Balance



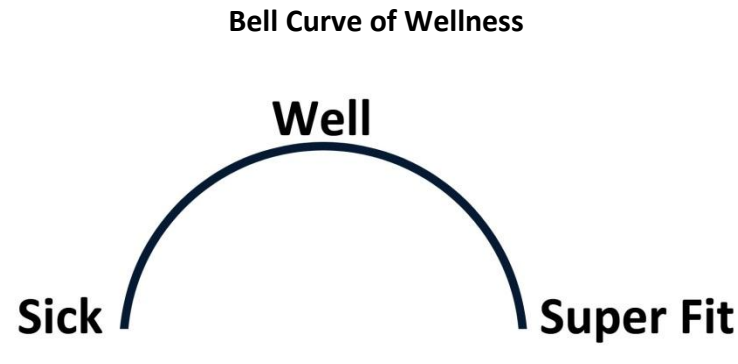
Moderation

Zone Nutrition Plan



What Is The Zone?

The Zone is the metabolic state in which the body works at peak efficiency. This is achieved or not achieved through the food we eat. Metabolic state is a fancy term to describe the chemical and hormonal reactions your body experiences when you eat food.



Macronutrients

1. Carbohydrates
2. Protein
3. Fat

The **key to the zone** is maintaining a proper ratio of carbohydrates, protein and fat.

Carbohydrates: brain's main source of energy. They are essential. Here's the problem, our bodies have a limited capacity to store them.

Once that is filled, guess what happens to the rest? **Carbs** are **stored** as **fat** in your body!!

All carbohydrates have sugar in them. Sugar causes an insulin spike. Insulin is a storage hormone that stores excess carbs as FAT. Example: fat free puffed rice cakes. Even though carbohydrates themselves are fat free (box of cereal) excess carbs are stored as fat. Carbs spike blood sugar levels – pancreas secretes insulin – insulin STORES excess carbohydrates as fat.

Favorable carbs – vegetables and fruits

Unfavorable carbs – bread, pasta, grains, rice, potatoes

The glycemic index determines whether a carbohydrate is favorable or unfavorable. The glycemic index charts the rate at which carbohydrates are broken down and absorbed into the blood stream. The higher the glycemic index the worse the carbohydrate is for you. If you eat too many carbs your body craves more. Vicious cycle!

Safe with all fruits except bananas, watermelon and dried fruit. All vegetables with the exception of corn and carrots.



Protein: Some have given protein a bad rap b/c red meat and dairy products can be high in saturated fat. Plenty of great sources of protein including chicken, fish, egg whites, lean red meat and soy.

Protein is essential to your body. It is the main structural ingredient of our cells. The only thing more plentiful is water. But, if you eat too much protein = ketosis = excess urine = at first weight loss, but wrong kind = raised insulin level = weight gain.

Key- balanced ratio of carbs, proteins and fats.

Protein stimulates glucagon a hormone in our bodies that RELEASES or MOBILIZES stored fat for energy.

Fat: Most common are saturated, trans fatty acid, unsaturated (mono and poly). Dietary fat does not make you fat! You have to eat fat to lose fat. Fat slows down the rate of carbohydrate absorption into the body, makes food taste better, releases hormone to brain which says, "I'm satisfied."

Examples:

Saturated fat	Animal products (such as meat, poultry, seafood, eggs, dairy products, lard and butter), and coconut, palm and other tropical oils
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Trans fat	Partially hydrogenated vegetable oils, commercial baked goods (such as crackers, cookies and cakes), fried foods (such as doughnuts and french fries), shortening and margarine
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Monounsaturated fat	Olive oil, peanut oil, canola oil, avocados, nuts and seeds
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Polyunsaturated fat	Vegetable oils (such as safflower, corn, sunflower, soy and cottonseed oils), nuts and seeds
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Eating in the Zone

Dr. Sears developed a block system. Depending on your body size and type will determine how many blocks you require to be in the zone.

1 block consists of 7 grams of protein
 9 grams of carbohydrates
 1.5 grams of fat

With that information you can be in any store, look at any package of food and determine whether it is in the zone or not for you. If not, you can add proteins, fats or carbohydrates to make the meal more zone favorable.

Sample blocks for a medium male

Block Requirements for a medium "5 block" male					
	Breakfast	Lunch	Snack	Dinner	Snack
Protein	5	5	1	5	1
Carbohydrate	5	5	1	5	1
Fat	5	5	1	5	1
17 Total blocks for the day					



To figure out how best to calculate your blocks, pick the body type that best describes you.

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	1	4	1	14	athletic-well muscled 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	5	5	5	25	athletic-well muscled male



Meal Plans

Block Chart - Unfavorable Carbohydrates

Carbohydrate (quantity)		Carbohydrate (quantity)		Carbohydrate (quantity)	
Vegetables		Grains and Breads		Condiments	
Acorn Squash	3/8 cup	Bagel	1/4	BBQ sauce	2 Tbs
Baked Beans	1/8 cup	Barley	1 Tbs	Catsup	2 Tbs
Beets	1/2 cup	Biscuit	1/4	Cocktail sauce	2 Tbs
Black-eyed peas	1/4 cup	Baked Potato	1/3 cup	Honey	1/2 Tbs
Butternut Squash	1/3 cup	Bread crumbs	1/2 oz	Jelly/jam	2 tsp
Cooked carrots	1/2 cup	Bread	1/2 slice	Plum sauce	1 1/2 Tbs
Corn	1/4 cup	Breadstick	1	Molasses	2 tsp
French Fries	5	Buckwheat	1/2 oz	Pickle (bread and butter)	6 slices
Hubbard squash	2/3 cup	Bulgur wheat	1/2 oz	Relish (sweet)	4 tsp
Lima beans	1/4 cup	Cereal	1/2 oz	Steak sauce	2 Tbs
Parsnips	1/3 (9 in)	Corn bread	1 in ²	Brown sugar	1 1/2 tsp
Peas	1/3 cup	Comstarch	4 tsp	Granulated sugar	2 tsp
Pinto Beans	1/4 cup	Croissant	1/4	Confectioners sugar	1 Tbs
Potato, boiled	1/3 cup	Crouton	1/2 oz	Maple syrup	2 tsp
Potato, mashed	1/5 cup	Donut	1/4	Teriyaki sauce	1 1/2 Tbs
Refried beans	1/4 cup	English muffin	1/4	Alcohol	
Sweet Potato, baked	1/3 (5 in)	Flour	1 1/2 tsp	Beer	8 oz
Sweet potato, mashed	1/5 cup	Granola	1/2 oz	Liquor	1 oz
Turnip	3/4 cup	Grits	1/3 cup	Wine	4 oz
Fruit		Melba toast	1/2 oz	Snacks	
Banana	1/3 (9 in)	Muffins	1/4	Chocolate bar	1/2 oz
Cranberries	1/4 cup	Noodles	1/4 cup	Corn chips	1/2 oz
Cranberry sauce	4 tsp	Instant oatmeal	1/2 pkt	Graham crackers	1 1/2
Dates	2	Pasta, Cooked	1/4 cup	Ice cream	1/4 cup
Figs	3/4	Pasta, high protein	1/3 cup	Potato chips	1/2 cup
Guava	1/2 cup	Pancake	1/2 (4 in)	Pretzels	1/2 oz
Kumquat	3	Pita bread	1/4	Tortilla chips	1/2 oz
Mango	1/3 cup	Popcorn	2 cups	Saltine crackers	4
Papaya	2/3 cup	Rice	3 Tbs		
Prunes	2	Rice cake	1		
Raisins	1 Tbs	Roll (hamburger, hot dog)	1/4		
Fruit Juice		Roll (dinner)	1/2		
Apple juice	1/3 cup	Taco shell	1		
Cranberry juice	1/4 cup	Tortilla (corn)	1 (6 in)		
Fruit Punch	1/4 cup	Tortilla (flour)	1/2 (6 in)		
Grape juice	1/4 cup	Udon noodles	3 Tbs		
Grapefruit juice	3/8 cup	Waffle	1/2		
Lemon juice	1/3 cup				
Orange juice	3/8 cup				
Pinapple juice	1/4 cup				
Tomato juice	3/4 cup				

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

Meal Plans

2 Block Menus

Breakfast

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

Lunch

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

Dinner

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

Meal Plans

3 Block Menus

Breakfast

Breakfast Quesadilla

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

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 Sandwich

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 Chicken 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 strawberries 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 chicken 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, Worcestershire sauce, salt and pepper

Meal Plans

4 Block Menus

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

Meal Plans

5 Block Menus

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

Meal Plans

1 Block Snacks

Snacks		
	1 poached egg 1/2 slice bread 1/2 tsp peanut butter	1/4 cup cottage cheese 1/2 cup pineapple 6 peanuts
1 hard boiled egg 1/2 orange Sprinkled w/ peanuts	1/4 cup cottage cheese 1/2 carrot 3 celery stalks 5 olives	1 oz sardines 1/2 nectarine 5 olives
1/2 cup plain yogurt Sprinkled w/ pecans		1 1/2 oz feta cheese 1 cup diced tomato 5 olives
1 oz cheese 1/2 apple 1 macadamia nut	3 oz marinated and baked tofu 1/2 apple 1/2 tsp peanut butter	
1 oz canned chicken or tuna 1 peach 1/2 tsp peanut butter	1 oz tuna 1 large tossed salad 1 tsp salad dressing of choice	1 1/2 oz salmon 12 asparagus spears 1/3 tsp olive oil
1 1/2 oz deli-style ham or turkey 1 carrot 5 olives	1 hard boiled egg 1 large spinach salad 1 tsp oil and vinegar dressing	1 1/2 oz shrimp 2 cups broccoli 6 peanuts
1 oz mozzarella string cheese 1/2 cup grapes 1 Tbs avocado	1 oz grilled turkey breast 1/2 cup blueberries 3 cashews	1 oz canadian bacon 1 plum 1 macadamia nut
1 oz jack cheese 1 Tbs guacamole 1 tomato	Blend: 1 cup water 1 Tbs protein powder 1/2 cup grapes 1/3 tsp canola oil	1 1/2 oz deli-style turkey 1 tangerine 1 Tbs avocado
1 oz hummus 1/2 tomato 1 1/2 oz feta cheese	Blend: 1 cup water 1 Tbs spirulina 1 cup frozen berries 3 cashews	1/4 cup cottage cheese 1 cup sliced tomato 1/3 tsp olive oil
1 cup strawberries 1/4 cup cottage cheese 1 macadamia nut	1 oz cheddar cheese melted over 1/2 apple Sprinkled w/ walnuts	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

At the very least...

Eat lean red meat, chicken or fish with some garden vegetables, nuts and seeds, very little starchy foods and cut your SUGAR to almost nil...you're doing great!

How much? Fill your plate with protein the size and thickness of your palm, put twice the amount of favorable carbohydrates on the rest of the plate and add a small amount of dietary fat.

Resources to consider:

www.zonediet.com

Mastering the Zone

A Week in the Zone

Zone Ready Meals in Minutes

The Soy Zone

The Zone Diet

All by Dr. Barry Sears

