

THE  
**CrossFit** JOURNAL

# ZONE MEAL PLANS





*Originally published in May 2004.*

Our recommendation to “eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar” is adequate to the task of preventing the scourges of diet-induced disease, but a more accurate and precise prescription is necessary to optimize physical performance.

Finely tuned, a good diet will increase energy, sense of well-being and acumen, while simultaneously flensing fat and packing on muscle. When properly composed, the right diet can nudge every important quantifiable marker for health in the right direction.

Diet is critical to optimizing human function, and our clinical experience leads us to believe that Barry Sears’ Zone Diet closely models optimal nutrition.

CrossFit’s best performers are Zone eaters. When our second-tier athletes commit to strict adherence to the Zone parameters, they generally become top-tier performers quickly. It seems that the Zone Diet accelerates and amplifies the effects of the CrossFit regimen.

Unfortunately, the full benefit of the Zone Diet is largely limited to those who have at least at first weighed and measured their food.

For a decade, we experimented with sizing and portioning strategies that avoid scales and measuring cups and spoons, only to conclude that natural variances in caloric intake and macronutrient composition without measurement are greater than the resolution required to turn good performance to great. Life would be much easier for us were this not so!

The meal plans and block chart (on the following pages) have been our most expedient approach for eliciting athletes’ best performances and optimal health.

Even discounting any theoretical or technical content, this portal to sound nutrition still requires some basic arithmetic and weighing and measuring portions for the first weeks.

Too many athletes, after supposedly reading Sears’ book “Enter the Zone,” still ask, “So what do I eat for dinner?” They get meal plans and block charts. We can make the Zone more complicated or simpler, but not more effective. We encourage everyone to weigh and measure portions for a couple of weeks because it is supremely worth the effort, not because it is fun. If you choose to “guesstimate” portions, you will have the result of CrossFit’s top performers only if and when you are lucky.

Within a couple of weeks of weighing and measuring, you will have developed an uncanny ability to estimate the mass of

common food portions, but, more importantly, you will have formed a keen visual sense of your nutritional needs. This is a profound awareness.

In the Zone scheme, all of humanity calculates to either 2-, 3-, 4-, or 5-block meals at breakfast, lunch and dinner, with either 1- or 2-block snacks between lunch and dinner and again between dinner and bedtime. We have simplified the process for determining which of the four meal sizes and two snack sizes best suits your needs. We assume that you are CrossFit athletes; i.e., active.

Being a “4-blocker,” for instance, means that you eat three meals each day, where each meal is composed of 4 blocks of protein, 4 blocks of carbohydrate and 4 blocks of fat. Whether you are a “smallish” medium-sized guy or a “largish” medium-sized guy would determine whether you will need snacks of 1 or 2 blocks twice a day.

The meal plans we give stand as examples of 2-, 3-, 4- or 5-block meals, and the block chart gives quantities of common foods equivalent to 1 block of protein, carbohydrate or fat.

Once you determine that you need, say, 4-block meals, it is simple to use the block chart and select four times something from the protein list, four times something from the carbohydrate list and four times something from the fat list every meal.

One-block snacks are chosen from the block chart at face value for a single snack of protein, carbohydrates and fat, whereas 2-block snacks are, naturally, composed of twice something from the carbohydrates list combined with twice something from the protein list and twice something from the fats.

Every meal, every snack, must contain equivalent blocks of protein, carbohydrate and fat.

If the protein source is specifically labeled “non-fat,” then double the usual fat blocks for that meal. Read “Enter the Zone” to learn why.

For those eating according to Zone parameters, body fat comes off fast. When our men fall below 10 percent body fat and start approaching 5 percent, we kick up the fat intake. The majority of our best athletes end up at X blocks of protein, X blocks of carbohydrate, and 4X or 5X blocks of fat. Learn to modulate fat intake to produce a level of leanness that optimizes performance.

The Zone Diet neither prohibits nor requires any particular food. It can accommodate paleo or vegan, organic or kosher, fast food or fine dining, while delivering the benefits of high-performance nutrition.



## What Is a Block?

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

- 7 g of protein = 1 block of protein
- 9 g of carbohydrate = 1 block of carbohydrate
- 1.5 g of fat = 1 block of fat

(This assumes that there is about 1.5 g of fat in each block of protein, so the total amount of fat needed per 1 block meal is 3 g.)

When a meal is composed of equal blocks of protein, carbohydrate and fat, 40 percent of its calories are from carbohydrate, 30 percent from protein and 30 percent from fat.

The following pages contain common foods in 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, and so on.

Here is a sample 4-block meal:

- 4 oz. chicken breast
- 1 artichoke
- 1 c. of steamed vegetables with 24 crushed peanuts
- 1 sliced apple

This meal contains 28 g of protein, 36 g of carbohydrate, and 12 g of fat. It is simpler, though, to think of it as a 4-block meal.

## Block Prescription Based on Sex and Body Type

Breakfast	Lunch	Snack	Dinner	Snack	Total 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	Extra-large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic, well-muscled male

## Sample Day | Block Requirements for Small (16-Block) Male

	Breakfast	Lunch	Snack	Dinner	Snack
<b>Protein</b>	4	4	2	4	2
<b>Carbohydrate</b>	4	4	2	4	2
<b>Fat</b>	4	4	2	4	2

# Block Chart for Protein, Fat and Favorable Carbohydrates

Protein (Cooked)			
beef	1 oz.	ham	1 oz.
calamari	1½ oz.	lamb	1 oz.
Canadian bacon	1 oz.	lobster	1½ oz.
canned tuna	1 oz.	pork	1 oz.
catfish	1½ oz.	protein powder	1 oz.
cheese	1 oz.	ricotta cheese	2 oz.
chicken breast	1 oz.	salmon	1½ oz.
clams	1½ oz.	sardines	1 oz.
corned beef	1 oz.	scallops	1½ oz.
cottage cheese	¼ c.	seitan	1 oz.
crabmeat	1½ oz.	shrimp	1½ oz.
deli meat	1½ oz.	soft tofu	3 oz.
duck	1½ oz.	soy cheese	1 oz.
egg substitute	¼ oz.	soy burgers	½ patty
egg whites	2 large	soy sausage	2 links
feta cheese	1½ oz.	spirulina (dry)	½ oz.
firm tofu	2 oz.	swordfish	1½ oz.
flounder/sole	1½ oz.	tuna steak	1½ oz.
ground beef	1½ oz.	turkey breast	1 oz.
ground lamb	1½ oz.	veal	1 oz.
ground pork	1½ oz.	whole egg	1 large
ground turkey	1½ oz.		

Favorable Carbohydrate (Raw)			
alfalfa sprouts	7½ c.	lettuce, romaine	6 c.
apple	½	lime	1
applesauce	¾ c.	mushrooms	3 c.
apricots	3 small	nectarine	½
bean sprouts	3 c.	onion	¾ c.
blackberries	½ c.	orange	½
blueberries	½ c.	peach	1
broccoli	2 c.	pear	½
cabbage	2¼ c.	peppers	1¼ c.
cantaloupe	¼	pineapple	½ c.
carrot	1 large	plum	1
cauliflower	2 c.	radishes	2 c.
celery	2 c.	raspberries	¾ c.
cherries	7	salsa	½ c.
cucumber	1 (9 in.)	snow peas	¾ c.
fruit cocktail	⅓ c.	spinach	4 c.
grapefruit	½	strawberries	1 c.
grapes	½ c.	tangerine	1
honeydew	½	tomato	1 c.
kiwi	1	watermelon	½ c.
lemon	1	zucchini	3 c.
lettuce, iceberg	1 head		

Favorable Carbohydrate (Cooked)			
artichoke	1 small	kale	1¼ c.
asparagus	12 spears	kidney beans	¼ c.
beet greens	1¼ c.	leeks	1 c.
black beans	¼ c.	lentils	¼ c.
bok choy	3 c.	oatmeal	⅓ c.
broccoli	1¼ c.	okra	¾ c.
brussels sprouts	¾ c.	onion	½ c.
cabbage	1⅓ c.	sauerkraut	1 c.
cauliflower	1¼ c.	spaghetti squash	1 c.
chick peas	¼ c.	spinach	1⅓ c.
collard greens	1¼ c.	swiss chard	1¼ c.
dill pickles	3 (3 in.)	tomato sauce	½ c.
eggplant	1½ c.	tomatoes	¾ c.
fava beans	⅓ c.	yellow squash	1¼ c.
green beans	1 c.	zucchini	1⅓ c.

Combo Items*			
milk	1 c.	tempeh	1½ oz.
soy milk	1 c.	yogurt (plain)	½ c.
soybeans	¼ c.		

Fat			
almonds	~3	olive oil	⅓ tsp.
avocado	1 tbsp.	olives	~ 5
bacon bits	2½ tsp.	peanut butter	½ tsp.
butter	⅓ tsp.	peanut oil	⅓ tsp.
canola oil	⅓ tsp.	peanuts	~ 6
cashews	~3	salad dressing	½ tbsp.
coconut oil	⅓ tsp.	sesame oil	⅓ tsp.
cream cheese	1 tsp.	sour cream	1 tsp.
cream, light	½ tsp.	sunflower seeds	¼ tsp.
guacamole	½ tbsp.	tahini	⅓ tsp.
half and half	1 tbsp.	tartar sauce	½ tsp.
lard	⅓ tsp.	veg. shortening	⅓ tsp.
macadamia nuts	~1	vegetable oil	⅓ tsp.
mayo, light	1 tsp.	walnuts (chopped)	1 tsp.
mayonnaise	⅓ tsp.		

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

## Block Chart for Unfavorable Carbohydrates\*

Vegetables			
acorn squash	3/8 c.	peas	1/3 c.
baked beans	1/8 c.	pinto beans	1/4 c.
beets	1/2 c.	potato, baked	1/3 c.
black-eyed peas	1/4 c.	potato, boiled	1/3 c.
butternut squash	1/3 c.	potato, mashed	1/5 c.
cooked carrots	1/2 c.	refried beans	1/4 c.
corn	1/4 c.	sweet potato, baked	1/3 (5 in.)
french fries	5	sweet potato, mashed	1/5 c.
hubbard squash	2/3 c.	turnip	3/4 c.
lima beans	1/4 c.		
parsnips	1/3 (9 in.)		

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

Fruit			
banana	1/3 (9 in.)	kumquat	3
cranberries	1/4 c.	mango	1/3 c.
cranberry sauce	4 tsp.	papaya	2/3 c.
dates	1	prunes	2
figs	3/4	raisins	1 tbsp.
guava	1/2 c.		

Fruit Juice			
apple juice	1/3 c.	lemon juice	1/3 c.
cranberry juice	1/4 c.	orange juice	3/8 c.
fruit punch	1/4 c.	pineapple juice	1/4 c.
grape juice	1/4 c.	tomato juice	3/4 c.
grapefruit juice	3/8 c.		

Grains and Breads			
bagel	1/4	melba toast	1/2 oz.
barley	1 tbsp.	muffins	1/4
biscuit	1/4	noodles	1/4 c.
bread	1/2 slice	pancake	1/2 (4 in.)
bread crumbs	1/2 oz.	pasta, cooked	1/4 c.
breadstick	1	pasta, high protein	1/3 c.
buckwheat	1/2 oz.	pita bread	1/4
bulgur wheat	1/2 oz.	popcorn	2 c.
cereal	1/2 oz.	rice	3 tbsp.
corn bread	1 in. square	rice cake	1
cornstarch	4 tsp.	roll (dinner)	1/2
croissant	1/4	roll (hamburger, hot dog)	1/4
crouton	1/2 oz.	taco shell	1
donut	1/4	tortilla (corn)	1 (6 in.)
English muffin	1/4	tortilla (flour)	1/2 (6 in.)
flour	1 1/2 tsp.	udon noodles	3 tbsp.
granola	1/2 oz.	waffle	1/2
grits	1/3 c.		
instant oatmeal	1/3 c.		

Condiments			
barbecue sauce	2 tbsp.	maple syrup	2 tsp.
brown sugar	1 1/2 tsp.	molasses	2 tsp.
catsup/ketchup	2 tbsp.	pickle (bread & butter)	6 slices
cocktail sauce	2 tbsp.	plum sauce	1 1/2 tbsp.
confectioner's sugar	1 tbsp.	relish (sweet)	4 tsp.
granulated sugar	2 tsp.	steak sauce	2 tbsp.
honey	1/2 tbsp.	teriyaki sauce	1 1/2 tbsp.
jelly/jam	2 tsp.		

Alcohol			
beer	8 oz.	wine	4 oz.
liquor	1 oz.		

Snacks			
chocolate bar	1/2 oz.	potato chips	1/2 c.
corn chips	1/2 oz.	pretzels	1/2 oz.
graham crackers	1 1/2	saltine crackers	4
ice cream	1/4 c.	tortilla chips	1/2 oz.

## Sample Zone Meals and Snacks | 2-Block Menus

### Breakfast

#### Breakfast Quesadilla

1 corn tortilla  
 ¼ c. black beans  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 2 tbsp. avocado

#### Breakfast Sandwich

½ pita bread  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 Served with 2 macadamia nuts

#### Steak and Eggs

1 oz. steak, grilled  
 1 fried egg  
 1 slice toast with  
 ⅔ tsp. butter

#### Fruit Salad

½ c. cottage cheese  
 Mixed with  
 ¼ cantaloupe, cubed  
 ½ c. strawberries  
 ¼ c. grapes  
 Sprinkled with 6 chopped almonds

#### Smoothie

Blend together:  
 1 c. milk  
 1 tbsp. protein powder  
 1 c. frozen strawberries  
 6 cashews

#### Oatmeal

⅓ c. cooked oatmeal (slightly watery)  
 ½ c. grapes  
 ¼ c. cottage cheese  
 2 tsp. walnuts, chopped  
 1 tbsp. protein powder  
 Spice with vanilla extract and cinnamon

#### Easy Breakfast

½ cantaloupe, cubed  
 ½ c. cottage cheese  
 6 almonds

### Dinner

#### Fresh Fish

3 oz. fresh fish, grilled  
 1 ⅓ c. zucchini (cooked), with herbs  
 Serve with large salad with 1 tbsp. salad dressing of choice

#### Beef Stew

Sauté:  
 ⅔ tsp. olive oil  
 ⅓ c. onion (raw), chopped  
 ⅝ green pepper (raw), chopped  
 ~4 oz. beef (raw), cubed  
 Add:  
 1 ½ c. mushrooms (raw), chopped  
 ¼ c. tomato sauce  
 Seasoned with garlic, Worcestershire sauce, salt and pepper

#### Chili (Serves 3)

Sauté:  
 ⅓ c. onion (raw), chopped  
 ⅝ c. green pepper (raw), chopped  
 in garlic, cumin, chili powder and crushed red peppers  
 Add:  
 9 oz. ground beef, browned  
 1 c. tomato sauce  
 ½ c. black beans  
 ¼ c. kidney beans  
 30 olives, chopped  
 Add fresh cilantro to taste

#### Turkey and Greens

2 oz. turkey breast, roasted  
 1 ¼ c. kale, chopped and steamed  
 Sauté garlic and crushed red peppers in  
 ⅔ tsp. olive oil, add the steamed kale and mix.  
 Serve with 1 peach, sliced

#### Easy Chicken Dinner

2 oz. chicken breast, baked  
 1 orange  
 2 macadamia nuts

### Lunch

#### Tuna Sandwich

2 oz. canned tuna  
 2 tsp. light mayo  
 1 slice bread

#### Tacos

1 corn tortilla  
 3 oz. seasoned ground meat  
 ½ c. tomato, cubed  
 ⅓ c. onion (raw), chopped  
 Lettuce (as garnish), chopped  
 10 olives, chopped  
 Served with Tabasco to taste

#### Deli Sandwich

1 slice bread  
 3 oz. sliced deli meat  
 2 tbsp. avocado

#### Quesadilla

1 corn tortilla  
 2 oz. cheese  
 2 tbsp. guacamole  
 Jalapeños and salsa as garnish  
 Serve with ½ orange

#### Grilled Chicken Salad

2 oz. chicken, grilled  
 2 c. lettuce  
 ¼ c. tomato, chopped  
 ¼ cucumber, chopped  
 ¼ c. green pepper (raw), chopped  
 ¼ c. black beans  
 2 tbsp. avocado

#### Easy Lunch

3 oz. deli meat  
 1 apple  
 2 macadamia nuts



## Sample Zone Meals and Snacks | 3-Block Menu

### Breakfast

#### Breakfast Quesadilla

1 corn tortilla  
 ¼ c. black beans  
 ⅓ c. onions (raw), chopped  
 ⅝ c. green pepper (raw), chopped  
 2 eggs (scrambled or fried)  
 1 oz. cheese  
 3 tbsp. avocado

#### Breakfast Sandwich

½ pita bread  
 1 egg (scrambled or fried)  
 1 oz. cheese  
 1 oz. sliced ham  
 Serve with ½ apple and 3 macadamia nuts

#### Steak and Eggs

2 oz. steak, grilled  
 1 fried egg  
 1 slice toast w/  
 1 tsp. butter  
 ¼ cantaloupe, cubed

#### Fruit Salad

¾ c. cottage cheese  
 ¼ cantaloupe, cubed  
 1 c. strawberries  
 ½ c. grapes  
 Sprinkle with 9 chopped almonds

#### Easy Breakfast

¾ cantaloupe, cubed  
 ¾ c. cottage cheese  
 9 almonds

#### Smoothie

Blend together:  
 1 c. milk  
 2 tbsp. protein powder  
 1 c. frozen strawberries  
 ½ c. frozen blueberries  
 9 cashews

#### Oatmeal

⅔ c. cooked oatmeal (slightly watery)  
 ½ c. grapes  
 ½ c. cottage cheese  
 3 tsp. walnuts, chopped  
 1 tbsp. protein powder  
 Spice with vanilla extract and cinnamon

### Lunch

#### Tuna Sandwich

3 oz. canned tuna  
 3 tsp. light mayo  
 1 slice bread  
 Serve with ½ apple

#### Tacos

2 corn tortillas  
 3 oz. seasoned ground meat  
 1 oz. grated cheese  
 ½ c. tomato, cubed  
 ⅔ c. onion (raw), chopped  
 Lettuce (as garnish), chopped  
 Serve with Tabasco to taste  
 15 olives, chopped

#### Deli Sandwich

1 slice bread  
 3 oz. sliced deli meat  
 1 oz. cheese  
 3 tbsp. avocado  
 Serve with ½ apple

#### Quesadilla

1 corn tortilla  
 3 oz. cheese  
 3 tbsp. guacamole  
 Jalapeños and salsa as garnish  
 Serve with 1 orange

#### Grilled Chicken Salad

3 oz. chicken, grilled  
 2 c. lettuce  
 ¼ c. tomato, chopped  
 ¼ cucumber, chopped  
 ¼ c. green pepper (raw), chopped  
 ¼ c. black beans  
 ¼ c. kidney beans  
 3 tbsp. avocado

#### Easy Lunch

3 oz. deli meat  
 1 oz. sliced cheese  
 1½ apples  
 3 macadamia nuts

### Dinner

#### Fresh Fish

4½ oz. fresh fish, grilled  
 1⅓ c. zucchini (cooked), with herbs  
 Serve with large salad with 1½ tbsp. salad dressing of choice  
 1 c. strawberries

#### Turkey and Greens

3 oz. turkey breast, roasted  
 2½ c. kale, chopped and steamed  
 Sauté garlic and crushed red peppers in 1 tsp. olive oil, add the steamed kale and mix  
 Serve with 1 peach, sliced

#### Beef Stew

Sauté:  
 1 tsp. olive oil  
 ⅓ c. onion (raw), chopped  
 ⅝ green pepper (raw), chopped  
 ~6 oz. beef (raw), cubed  
 Add:  
 1½ c. zucchini (raw), chopped  
 1½ c. mushrooms (raw), chopped  
 ½ c. tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper

#### Chili (Serves 3)

Sauté:  
 ⅔ c. onion (raw), chopped  
 ¼ c. green pepper (raw), chopped  
 in garlic, cumin, chili powder and crushed red peppers  
 Add:  
 13.5 oz. ground beef, browned  
 1 c. tomato sauce  
 ¾ c. black beans  
 ½ c. kidney beans  
 45 olives, chopped  
 Add fresh cilantro to taste

#### Easy Dinner

3 oz. chicken breast, baked  
 1½ oranges  
 3 macadamia nuts



## Sample Zone Meals and Snacks | 4-Block Menu

### Breakfast

#### Breakfast Quesadilla

1 corn tortilla  
 ½ c. black beans  
 ⅓ c. onions (raw), chopped  
 ⅝ green pepper (raw), chopped  
 2 eggs (scrambled or fried)  
 2 oz. cheese  
 4 tbsp. avocado

#### Breakfast Sandwich

½ pita bread  
 2 eggs (scrambled or fried)  
 1 oz. cheese  
 1 oz. sliced ham  
 Serve with 1 apple and 4 macadamia nuts

#### Steak and Eggs

3 oz. steak, grilled  
 1 fried egg  
 1 slice bread with 1⅓ tsp. butter  
 ½ cantaloupe, cubed

#### Fruit Salad

1 c. cottage cheese  
 ½ cantaloupe, cubed  
 1 c. strawberries  
 ½ c. grapes  
 Sprinkled with 12 chopped almonds

#### Easy Breakfast

1 cantaloupe, cubed  
 1 c. cottage cheese  
 12 almonds

#### Smoothie

Blend together:  
 2 c. milk  
 2 tbsp. protein powder  
 1 c. frozen strawberries  
 ½ c. frozen blueberries  
 12 cashews

#### Oatmeal

1 c. cooked oatmeal (slightly watery)  
 ½ c. grapes  
 ¾ c. cottage cheese  
 4 tsp. walnuts, chopped  
 1 tbsp. protein powder  
 Spice with vanilla extract and cinnamon

### Lunch

#### Tuna Sandwich

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

#### Tacos

2 corn tortillas  
 4½ oz. seasoned ground meat  
 1 oz. cheese, grated  
 ½ c. tomato, cubed  
 ⅓ c. onion (raw), chopped  
 Lettuce (as garnish), chopped  
 20 olives, chopped  
 Serve with Tabasco to taste  
 Serve with ½ apple

#### Deli Sandwich

2 slices of bread  
 4½ oz. sliced deli meat  
 1 oz. cheese  
 4 tbsp. avocado

#### Quesadilla

2 corn tortillas  
 4 oz. cheese  
 4 tbsp. guacamole  
 Jalapeños and salsa as garnish  
 Serve with 1 orange

#### Grilled Chicken Salad

4 oz. chicken, grilled  
 2 c. lettuce  
 ¼ c. tomato, chopped  
 ¼ cucumber, chopped  
 ¼ c. green pepper (raw), chopped  
 ½ c. black beans  
 ¼ c. kidney beans  
 4 tbsp. avocado

#### Easy Lunch

4½ oz. deli meat  
 1 oz. cheese  
 1 apple  
 1 grapefruit  
 4 macadamia nuts

### Dinner

#### Fresh Fish

6 oz. fresh fish, grilled  
 1⅓ c. zucchini (cooked), with herbs  
 Serve with large salad with 2 tbsp. salad dressing of choice  
 2 c. strawberries

#### Beef Stew

Sauté:  
 1⅓ tsp. olive oil  
 ⅓ c. onion (raw), chopped  
 ⅝ green pepper (raw), chopped  
 ~8 oz. (beef (raw), cubed  
 Add:  
 1½ c. zucchini (raw), chopped  
 1½ c. mushrooms (raw), chopped  
 1 c. tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper  
 Serve with 1 c. strawberries

#### Chili (Serves 3)

Sauté:  
 ⅔ c. onion (raw), chopped  
 1¼ c. green pepper (raw), chopped  
 in garlic, cumin, chili powder and crushed red peppers  
 Add:  
 18 oz. ground beef, browned  
 2 c. tomato sauce  
 ¾ c. black beans  
 ¾ c. kidney beans  
 60 olives, chopped  
 Add fresh cilantro to taste

#### Turkey and Greens

4 oz. turkey breast, roasted  
 2½ c. kale, chopped and steamed  
 Sauté garlic and crushed red peppers in 1⅓ tsp. olive oil  
 add kale and mix  
 Serve with 2 peaches, sliced

#### Easy Dinner

4 oz. chicken breast, baked  
 2 oranges  
 4 macadamia nuts





## Sample Zone Meals and Snacks | 5-Block Menus

### Breakfast

#### Breakfast Quesadilla

2 corn tortillas  
 ½ c. black beans  
 ½ c. onions (raw), chopped  
 ⅝ c. green pepper (raw), chopped  
 3 eggs (scrambled or fried)  
 2 oz. cheese  
 5 tbsp. avocado

#### Breakfast Sandwich

½ pita bread  
 2 eggs (scrambled or fried)  
 2 oz. cheese  
 1 oz. ham, sliced  
 Serve with 1½ apples and 5 macadamia nuts

#### Steak and Eggs

3 oz. steak, grilled  
 2 fried eggs  
 1 slice bread with 1⅔ tsp. butter  
 ¾ cantaloupe, cubed

#### Fruit Salad

1¼ c. cottage cheese  
 ½ cantaloupe, cubed  
 1 c. strawberries  
 1 c. grapes  
 Sprinkle with 15 chopped almonds

#### Smoothie

Blend together:  
 2 c. milk  
 3 tbsp. protein powder  
 2 c. frozen strawberries  
 ½ c. frozen blueberries  
 15 cashews

#### Oatmeal

1 c. cooked oatmeal (slightly watery)  
 1 c. grapes  
 1 c. cottage cheese  
 5 tsp. walnuts, chopped  
 1 tbsp. protein powder  
 Spice with vanilla extract and cinnamon

#### Easy Breakfast

1¼ cantaloupe, cubed  
 1¼ c. cottage cheese  
 ~ 15 almonds

### Dinner

#### Fresh Fish

7½ oz. fresh fish, grilled  
 1⅓ c. zucchini (cooked), with herbs  
 Serve with large salad with ¼ c. black beans and 2½ tbsp. salad dressing of choice  
 2 c. strawberries

#### Beef Stew

Sauté:  
 1⅔ tsp. olive oil  
 ⅔ c. onion (raw), chopped  
 1¼ c. green pepper (raw), chopped  
 ~10 oz. beef (raw), cubed  
 Add:  
 1½ c. zucchini (raw), chopped  
 1½ c. mushrooms (raw), chopped  
 1 c. tomato sauce  
 Season with garlic, Worcestershire sauce, salt and pepper  
 Serve with 2 c. strawberries

#### Chili (Serves 3)

Sauté:  
 ⅔ c. onion (raw), chopped  
 2½ c. green pepper (raw), chopped  
 in garlic, cumin, chili powder and crushed red peppers  
 Add:  
 22.5 oz. ground beef, browned  
 2 c. tomato sauce  
 1 c. black beans  
 1 c. kidney beans  
 75 olives, chopped  
 Add fresh cilantro to taste

#### Turkey and Greens

5 oz. turkey breast, roasted  
 2½ c. kale, chopped and steamed  
 Sauté garlic and crushed red peppers in 1⅔ tsp. olive oil, add steamed kale and mix  
 Serve with 3 peaches, sliced

#### Easy Dinner

5 oz. chicken breast, baked  
 2½ oranges  
 5 macadamia nuts

### Lunch

#### Tuna Sandwich

5 oz. canned tuna  
 5 tsp. light mayo  
 1 slice bread  
 Serve with 1½ apples

#### Easy Lunch

4½ oz. deli meat  
 2 oz. cheese  
 1½ apples  
 1 grapefruit  
 5 macadamia nuts

#### Tacos

2 corn tortillas  
 6 oz. seasoned ground meat  
 1 oz. cheese, grated  
 ½ c. tomato, cubed  
 ⅓ c. onion (raw), chopped  
 Lettuce (as garnish), chopped  
 25 olives, chopped  
 Serve with Tabasco to taste  
 Serve with 1 apple

#### Deli Sandwich

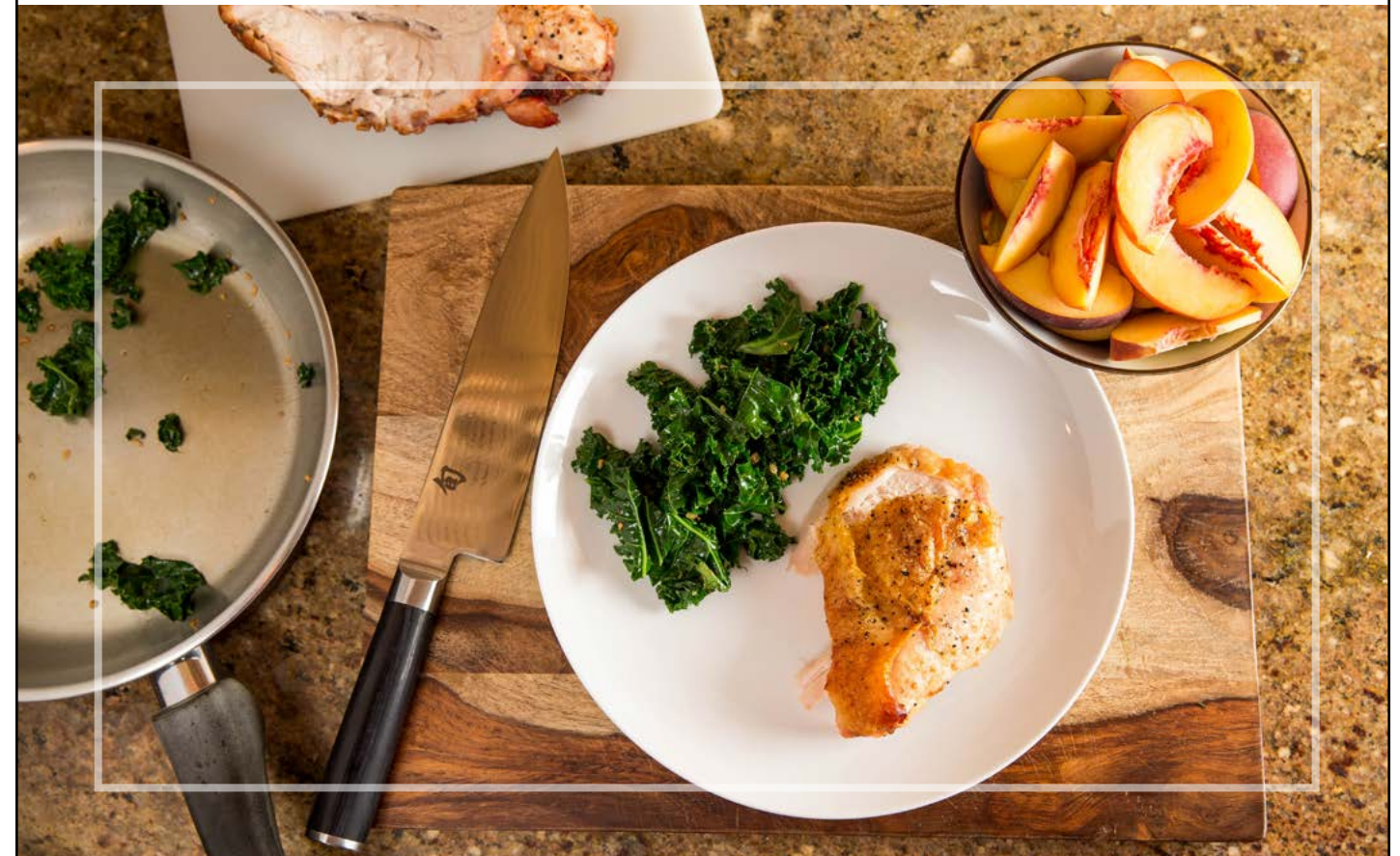
2 slices bread  
 4½ oz. deli meat  
 2 oz. cheese  
 5 tbsp. avocado  
 ½ apple

#### Quesadilla

2 corn tortillas  
 5 oz. cheese  
 5 tbsp. guacamole  
 Jalapeños and salsa as garnish  
 Serve with 1½ oranges

#### Grilled Chicken Salad

5 oz. chicken, grilled  
 2 c. lettuce  
 ¼ c. tomato, chopped  
 ¼ cucumber, chopped  
 ¼ c. green pepper (raw), chopped  
 ½ c. black beans  
 ½ c. kidney beans  
 5 tbsp. avocado



## Sample Zone Meals and Snacks | 1-Block Snacks

### Snacks

1 hard-boiled egg  
½ orange  
6 peanuts

½ c. plain yogurt  
Sprinkled with 3 cashews,  
chopped

1 oz. cheese  
½ apple  
1 macadamia nut

1 oz. canned chicken or tuna  
1 peach  
½ tsp. peanut butter

1½ oz. deli-style ham or  
turkey  
1 carrot  
5 olives

1 oz. mozzarella string cheese  
½ c. grapes  
1 tbsp. avocado

1 oz. jack cheese  
1 tbsp. guacamole  
1 c. tomato

1 c. strawberries  
¼ c. cottage cheese  
1 macadamia nut

1 poached egg  
½ slice bread  
½ tsp. peanut butter

¼ c. cottage cheese  
½ carrot  
3 celery stalks  
5 olives

3 oz. soft tofu  
½ apple  
½ 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. salad dressing of choice

1 oz. grilled turkey breast  
½ c. blueberries  
3 cashews

Blend:  
1 c. water  
1 tbsp. protein powder  
½ c. grapes  
⅓ tsp. coconut oil

Blend:  
1 c. water  
½ oz. spirulina  
1 c. frozen strawberries  
3 cashews

1 oz. cheddar cheese melted  
over ½ apple  
Sprinkled with 1 tsp. walnuts,  
chopped

¼ c. cottage cheese  
½ c. pineapple  
6 peanuts

1 oz. sardines  
½ nectarine  
5 olives

1½ oz. feta cheese  
1 c. diced tomato  
5 olives

1½ oz. salmon  
12 asparagus spears  
⅓ tsp. olive oil

1½ oz. shrimp  
2 c. broccoli (raw)  
6 peanuts

1 oz. Canadian bacon  
1 plum  
1 macadamia nut

1½ oz. deli-style turkey  
1 tangerine  
1 tbsp. avocado

¼ c. cottage cheese  
1 c. sliced tomato  
⅓ tsp. olive oil

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

1 oz. lamb  
¼ c. chick peas  
⅓ tsp. tahini

