Front Range
CrossFit

**The CrossFit Dietary Prescription:**

Finely tuned, a good diet will increase health, energy and sense of well being while reducing fat, packing on muscle and optimizing physical performance. Diet is critical to optimizing human function and CrossFit believes that Barry Sear' "Zone Diet" closely models optimal nutrition. CrossFit's best performers are on the Zone diet. The Zone diet accelerates and amplifies the effects of the CrossFit regimen. (The information that follows on the Zone Diet is taken from the CrossFit Journal issue 21, May 2004 and Barry Sears' Zone books.)

**What should I eat?**

Base your diet on vegetables, lean meats, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Food is perishable. The stuff with long shelf life is circumspect.

- Protein should be lean and varied and account for about 30% of your total caloric load.
- Carbohydrates should be predominantly low-glycemic and account for about 40% of your total caloric load.
- Fat should be predominantly monounsaturated and account for about 30% of your total caloric load.

**What foods should I avoid?**

Modern diets are ill suited for our genetic composition. Evolution has not kept pace with advances in agriculture and food processing resulting in a plague of health problems. Coronary heart disease, diabetes, cancer, osteoporosis, obesity and psychological dysfunction have all been scientifically linked to a diet too high in refined or processed carbohydrate. High glycemic carbohydrates are those that raise blood sugar too rapidly. They include rice, bread, candy, potato, sweets, sodas, and most processed carbohydrates.

**Caloric Restriction and Longevity**

Current research strongly supports the link between caloric restriction and an increased life expectancy. The incidence of cancers and heart disease sharply decline with a diet that is limited in caloric intake. The CrossFit prescription allows a reduced caloric intake and yet still provides ample nutrition for rigorous activity.

- Calories should be set at between .7 and 1.0 grams of protein per pound of lean body mass depending on your activity level. The .7 figure is for moderate daily workout loads and the 1.0 figure is for the hardcore athlete.

**What is a Block?**

The Zone Diet is based on a block system of measuring food proportions. 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.

**The Block Chart**

The 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.

**Body Type and Block Requirements**

CrossFit has simplified the process for determining your block requirements and meal size. They assume that you are a CrossFitter, i.e. very active. Choose your body type from the chart below to determine how many blocks you require for your 3 meals and 2 snacks per day.

Once you decide how many blocks you need, it is simple to use the block chart and select how much of each food you require. If you need "4 block" meals, select 4 blocks from the protein list, 4 blocks from the carbohydrate list and 4 blocks from the fat list for that meal.

Every meal, every snack must contain equivalent bocks of protein, carbohydrate and fat. If the protein source is specifically labeled "non-fat", then double the usual fat blocks for that meal.

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.

Within a week of weighing and measuring you'll have developed an uncanny ability to estimate the mass of common-food portions, but, more importantly, you'll have formed a keen visual sense of your nutritional needs.

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 | 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 | 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 |

## BLOCK CHART

| Protien (cooked quantity) | |
|---|---|
| chicken breast | 1 oz |
| turkey breast | 1 oz |
| ground turkey | 1 1/2 oz |
| veal | 1 oz |
| beef | 1 oz |
| ground beef | 1 1/2 oz |
| canadian bacon | 1 oz |
| corned beef | 1 oz |
| duck | 1 1/2 oz |
| ham | 1 oz |
| lamb | 1 oz |
| ground lamb | 1 1/2 oz |
| pork | 1 oz |
| ground pork | 1 1/2 oz |
| calamari | 1 1/2 oz |
| catfish | 1 1/2 oz |
| clams | 1 1/2 oz |
| crabmeat | 1 1/2 oz |
| flounder/sole | 1 1/2 oz |
| lobster | 1 1/2 oz |
| salmon | 1 1/2 oz |
| scallops | 1 1/2 oz |
| swordfish | 1 1/2 oz |
| shrimp | 1 1/2 oz |
| tuna steak | 1 1/2 oz |
| canned tuna | 1 oz |
| protein powder | 1 oz |
| soy burgers | 1/2 patty |
| soy sausage | 2 links |
| 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 (cooked) | |
|---|---|
| oatmeal | 1/3 cup |
| artichoke | 1 small |
| asparagus | 12 spears |
| green beans | 1 cup |
| black beans | 1/4 cup |
| broccoli | 1 1/4 cup |
| brussel sprouts | 3/4 cup |
| cabbage | 1 1/3 cup |
| cauliflower | 1 1/4 cup |
| chick peas | 1/4 cup |
| dill pickles | 3 (3 in) |
| eggplant | 1 1/2 cup |
| kidney beans | 1/4 cup |
| leeks | 1 cup |
| lentils | 1/4 cup |
| onions | 1/2 cup |
| suarkraut | 1 cup |
| spagetti squash | 1 cup |
| spinach | 1 1/3 cup |
| tomato sauce | 1/2 cup |
| tomatoes | 3/4 cup |
| yellow squash | 1 1/4 cup |
| zuccini | 1 1/3 cup |

| Combo Items (quantity) | |
|---|---|
| milk | 1 cup |
| yogurt (plain) | 1/2 cup |
| soybeans | 1/4 cup |
| soymilk | 1 cup |

* note: combo items contain 1 block of protien & 1 block of carbohydrate.

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

| Fat (quantity) | |
|---|---|
| almonds | ~3 |
| avocado | 1 Tbs |
| canola oil | 1/3 tsp |
| macadamia nuts | ~1 |
| olives | ~5 |
| peanut butter | 1/2 tsp |
| peanuts | ~6 |
| cashews | ~3 |
| peanut oil | 1/3 tsp |
| olive oil | 1/3 tsp |
| tahini | 1/3 tsp |
| guacomole | 1/2 Tbs |
| vegetable oil | 1/3 tsp |
| mayonnaise | 1/3 tsp |
| mayo, light | 1 tsp |
| seseme oil | 1/3 tsp |
| sunflower seeds | 1/4 tsp |
| bacon bits | 1 1/2 tsp |
| butter | 1/3 tsp |
| half and half | 1 Tbs |
| cream, light | 1/2 tsp |
| cream cheese | 1 tsp |
| sour cream | 1 tsp |
| tartar sauce | 1/2 tsp |
| lard | 1/3 tsp |
| veg. shortening | 1/3 tsp |

| Unfavorable Carbohydrates | |
|---|---|
| **Vegetables** | |
| acorn squash | 3/8 cup |
| baked beans | 1/8 cup |
| beets | 1/2 cup |
| butternut squash | 1/3 cup |
| cooked carrots | 1/2 cup |
| corn | 1/4 cup |
| french fries | 5 |
| lima beans | 1/4 cup |
| 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 |
| **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 |
| pinapple juice | 1/4 cup |
| tomato juice | 3/4 cup |

| Grains & Breads | |
|---|---|
| bagel | 1/4 |
| barley | 1 Tbs |
| biscuit | 1/4 |
| baked potato | 1/3 cup |
| bread crumbs | 1/2 oz |
| bread | 1/2 slice |
| bread stick | 1 |
| buckwheat | 1/2 oz |
| bulgur wheat | 1/2 oz |
| cereal | 1/2 oz |
| corn bread | 1 sq in |
| 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 |
| muffins | 1/4 |
| noodles | 1/4 cup |
| instant oatmeal | 1/2 pkt |
| pasta, cooked | 1/4 cup |
| pancake | 1/2 (4 in) |
| pita bread | 1/4 |
| popcorn | 2 cups |
| rice | 3 Tbs |
| Rice cakes | 1 |
| Roll (hamburger, hot dog) | 1/4 |
| taco shell | 1 |
| tortilla (corn) | 1 (6 in) |
| Tortilla (flour) | 1/2 (6 in) |
| waffle | 1/2 |

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

| 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 & butter) | 6 slices |
| relish (sweet) | 4 tsp |
| steak sauce | 2 Tsp |
| brown sugar | 1 1/2 tsp |
| granulated sugar | 2 tsp |
| confectioners sugar | 1 Tsp |
| maple syrup | 2 tsp |
| teriyaki sauce | 1 1/2 Tbs |
| **Alcohol** | |
| Beer | 8 oz |
| liqour | 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 |

# Meal Plans

2 Block Menus

## Breakfast

**Breakfast Quesadilla**
1 corn tortialla
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
1Tbs 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:
11/3 cup zucchini in herbs
Serve with:
1 large salad
~1Tbs 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 mushroons
1/4 cup tomato sauce
Seasoned with garilc, 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 tortialla
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 Luch**
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

# 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 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
1Tbs 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