

ZONE Food Blocks

Here is a guide on **Zone** Food Blocks to help you choose the right amount of foods to keep you In the Zone. This list contains portioned amounts of proteins, carbohydrates, and fats that will keep you In the Zone. From this list, most women should choose 3 blocks of protein, 3 blocks of carbohydrate, and 3 blocks of fat for each meal. Each selection in the Food Block list is one block. For example, one ounce of chicken equals one block, a woman should have 3 ounces of chicken. Most men should choose 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat for each meal. Then choose 1 block of each for midafternoon and prebedtime snacks. See examples below.

Sample Lunch for Women:

3 protein blocks = 3oz. chicken
3 carbohydrate blocks = 3 cups asparagus
3 fat blocks = 1 tsp. olive oil

Sample Snack:

1 protein block = 1oz. canned tuna in water
1 carbohydrate block = 2 cups celery
1 fat block = 1/3 tsp. olive oil

Sample Lunch for Men:

4 protein blocks = 4oz. lean pork
4 carbohydrate blocks = 2 apples
4 fat blocks = 12 whole almonds

Sample Snack:

1 protein block = 1oz turkey
1 carbohydrate block = 2 cups yellow squash
1 fat block = 3 whole almonds

*Use this list as a reference, but realize that these numbers are not set in concrete. There is more information on Food Blocks in the books *A Week in the Zone* and *Zone Meals in Seconds* by Dr. Barry Sears.*

Protein

Most women should choose **3** blocks and men **4** blocks from the protein list per meal. (Each protein block below contains 7 grams of protein.)

Meat and Poultry

BEST CHOICES! (low in saturated fat)

Beef (range fed or game)
Chicken breast, skinless
Chicken breast, delistyle,
Ground beef (Less than 10% fat)
Lean Canadian Bacon
Turkey breast, skinless 1 oz.
Turkey breast, delistyle.
Turkey, ground 1 ½ oz.
Turkey bacon 3 strips

Fair Choices (moderate in saturated fat)

Beef (lean cuts) 1 oz.
Chicken, skinless, dark meat
Corned beef, lean 1 oz
Duck 1 ½ oz.
Ham, lean 1 oz.
Ham, delistyle
Lamb, lean 1 oz.
Pork, lean 1 oz.
Pork Chop 1 oz.
Turkey bacon 3 slices
Turkey, skinless, dark meat 1 oz.
Veal 1 oz.

Poor Choices (high in saturated fat, Arachidonic Acid, or both) USE RARELY!

Bacon, pork 3 ½ slices
Beef, fatty cuts* 1 oz.
Beef, ground (>10% fat) 1 ½ oz.
Hot dog, beef or pork 1 link
Hot dog, chicken or turkey 1 link
Pepperoni 1 oz
Salami 1 oz.
Sausage, pork 2 links
Sausage, pork 2 patties

Fish and Seafood

Bass (freshwater) 1 oz.
Bass (sea) 1 ½ oz.
Bluefish 1 ½ oz.
Calamari 1 ½ oz.
Catfish 1 ½ oz.
Cod 1 ½ oz.
Clams 1 ½ oz.
Crabmeat 1 ½ oz.
Haddock 1 ½ oz.
Halibut 1 ½ oz.
Lobster 1 ½ oz.

Salmon* 1 ½ oz.
Sardines* 1 oz.

Fish and Seafood cont.

Scallops 1 ½ oz.
Snapper 1 ½ oz.
Swordfish 1 ½ oz.
Shrimp 1 ½ oz.
Trout 1 ½ oz.
Tuna (steak) 1 oz.
Tuna, canned in water 1 oz.

Eggs

BEST CHOICES!

Egg whites 2
Egg substitute ¼ cup

Fair Choices

Whole egg 1

Protein Rich Dairy

BEST CHOICES!

Cheese, nonfat 1 oz.
Cottage cheese, lowfat

Fair Choices

Cheese, lowfat
Mozzarella cheese, skim 1 oz.
Ricotta cheese, skim 2 oz.

Poor Choices

Hard cheeses 1 oz.

Vegetarian (always check package labels)

Protein powder 7 grams
Soy burger ½ patty
Soy Canadian bacon 3 slices
Soy hotdog 1 link
Soy hamburger crumbles
Soy sausage links 2 links
Soy sausage 1 patty
Tofu, firm or extra firm 2 oz.

Mixed Protein Sources (Contain more carbohydrate, so read labels carefully)

Soybeans, boiled ¼ block
Soybean hamburger ¾ patty
Tofu, silken 5 oz.
Tofu, soft 4 oz

Mixed Protein /Carbohydrate (Contain 1 block protein and 1 block carbohydrate)

Milk, lowfat (1%) 1 cup
Soy milk 8 oz.
Soy Flour 10 grams
Yogurt, plain ½ cup
Tempeh 1 ½ oz

Carbohydrates

Most women should choose **1.5** blocks and men **2** blocks from the carbohydrate list per meal. (Each carbohydrate block below contains 9 grams of carbohydrate.)

Low Density Carbohydrates BEST CHOICES!

Cooked Vegetables

1 oz. Artichoke 4 large
1 oz. Artichoke Hearts 1 cup
1 ½ oz. Asparagus (12 spears) 1 cup
1 ½ oz. Beans, green or wax 1 ½ cups
Beans, black ¼ cup
Bok choy 3 cups
1 ½ oz. Broccoli 3 cups
Brussel sprouts 1 ½ cups
Cabbage 3 cups
Cauliflower 4 cups
Chickpeas ¼ cup
1 oz. Collard greens 2 cups
Eggplant 1 ½ cups
Hummus ¼ cup
1 oz. Kale 2 cups
1 ½ oz. Kidney beans ¼ cup
Leeks 1 cup
Lentils ¼ cup
Mushrooms (boiled) 2 cups
Onions, chopped (boiled) ½ cup
Okra, sliced 1 cup
Sauerkraut 1 cup
Spaghetti squash 2 cups
Spinach 3 ½ cups
Swiss chard 2 ½ cups
Turnip, mashed 1 ½ cups

Turnip greens 4 cups
Yellow squash 2 cups

Cooked Vegetables cont.

Zucchini 2 cups
Salami 1 oz.

Raw Vegetables

Alfalfa sprouts 10 cups
Bamboo shoots 4 cups
Bean sprouts 3 cups
Broccoli 4 cups
Cabbage, shredded 4 cups
Cauliflower pieces 4 cups
Celery, sliced 2 cups
Chick peas ¼ cup
Cucumber, sliced 4 cups
Endive, chopped 10 cups
Escarole, chopped 10 cups
Green or red peppers 2
Green or red peppers, chopped 2 cups
Jalapeño peppers 2 cups
Lettuce, iceberg 2 heads
Lettuce, romaine, chopped 10 cups
Mushrooms, chopped 4 cups
Onions, chopped 1 ½ cup
Radishes, sliced 4 cups
Salsa ½ cup

Snow peas 1 ½ cups
Spinach 20 cups
Tomato 2

Raw Vegetables cont.

Tomato, cherry 2 cups
Tomato, chopped 1 ½ cups
Tossed salad (3 cups shredded lettuce, ½ raw green pepper, and 1 raw tomato) 1
Water chestnuts 1/3 cup
Water cress 10 cups

Fruits

Apple ½
Applesauce (unsweetened) 1/3 cup
Apricots 3
Blackberries ¾ cup
Blueberries ½ cup
Boysenberries ½ cup
Cherries 8
¼ cup Fruit cocktail (light) 1/3 cup
Grapes ½ cup
Grapefruit ½
Kiwi 1
Lemon 1
Lime 1
Nectarine ½
Orange ½
Orange, Mandarin, canned in water 1/3 cup
Peach 1
Peaches, canned in water ½ cup
Pear ½
Plum 1
Raspberries 1 cup
Strawberries 1 cup
Tangerine 1

High Density Carbohydrates (use in moderation)

Cooked Vegetables

Acorn squash ½ cup
Beans, baked ¼ cup
Beans, refried ¼ cup
Beets, sliced ½ cup
Butternut squash ½ cup

Carrot 1

Cooked Vegetables cont.

Carrots, sliced 1 cup
Carrots, shredded 1 cup
Corn ¼ cup
Lima beans ¼ cup
Parsnips 1/3 cup
1 tsp. Peas ½ cup
3 Pinto beans ¼ cup
Sweet potato, baked 1/3 cup
Sweet potato, mashed ¼ cup

Fruits

Banana 1/3
Cantaloupe ¼ melon
Cantaloupe, cubed ¾ cup
Cranberries ¾ cup
Cranberry sauce 3 tsp
Dates 2
Fig 1
Guava ½ cup
Honeydew melon, cubed 2/3 cup
Kumquat 3
Mango, sliced 1/3 cup
Papaya, cubed ¾ cup
Pineapple, diced ½ cup
Prunes, dried 2
Raisins 1 tbsp
Watermelon, cubed ¾ cup

Fruit Juices

Apple 1/3 cup
Apple cider 1/3 cup
Cranberry ¼ cup
Fruit punch ¼ cup
Grape ¼ cup
Grapefruit 1/3 cup
Lemonade, unsweetened 1/3 cup
Lime 1/3 cup
Orange 1/3 cup
Pineapple ¼ cup
Tomato 1 cup
V8 ¾ cup

Fat

Most women should choose **4** blocks and men should choose **5** blocks from the fat list per meal. (Each fat block below contains 1.5 grams of fat.)

Best Choices! (rich in monounsaturated fat)

Almond butter ½ tsp.
Almond oil 1/3 tsp.
Almonds (slivered) 1 tsp.
Almonds (whole) 3
Avocado 1 tbsp.
Cashews 2
Guacamole 1 tbsp
Macadamia nut 1
Olives 3
Olive oil 1/3 tsp.

Olive oil and vinegar dressing 1/3 tsp olive oil plus vinegar to taste
Peanuts 6
Peanut butter, natural ½ tsp.
Peanut oil 1/3 tsp.
Pistachios 3
Almond butter ½ tsp.
Sesame oil 1/3 tsp.

Fair Choices (low in saturated fat)

Canola oil 1/3 tsp.

Sesame oil ½ tsp.
Soybean oil 1/3 tsp.

Walnuts, shelled and chopped