

Recipe Ideas

Some great meals using Zone Fresh-Baked Foods

Breakfast:

1. Toast a sliced Zone bagel with the appropriate condiment (see inside).
2. Toast two pieces of Zone bread with the appropriate condiment.
3. Enjoy a Zone cinnamon swirl roll with nothing added.
4. Add the Zone granola to 6 oz. of plain yogurt or 6 oz. of 2% milk.

Lunch:

1. Add a package of Zone croutons to a salad rich in Mediterranean vegetables.
2. Have a Zone sandwich roll with hummus, tomatoes, or other vegetables.
3. Have a Zone sandwich roll with 1 oz. (about two slices) of low-fat deli meat and the appropriate amount of condiment (see inside).
4. Toast a Zone sandwich roll and lightly dip with a side mixture of olive oil and grated parmesan cheese.

Dinner:

Zone fusilli or orzo: Cook and drain as directed (see flyer insert). Add a pinch of garlic salt and a dash of olive oil, if preferred. Consider the suggestions below to dress up your dinner.

1. Add some steamed vegetables
2. Add some black beans (1/4 cup)
3. Add your favorite tomato sauce

Zone pizza: Bake at 500° for 6 to 9 minutes.

Consider the suggestions below to dress up your pizza.

1. Add some tomato sauce and vegetables
2. Add some tomato sauce and low-fat shredded cheese.

Snacks:

Eat only Zone Fresh-Baked snacks.

*Visit www.ZoneDiet.com for fabulous recipes!

Now Available!

Breads / Bagels / Croutons

Sliced Breads

Cinnamon Swirl, Multigrain, White

Cinnamon Breakfast Rolls

Bagels

Plain, Onion, Sesame Seed, Multigrain, Garlic

Flat Breads

Multigrain, White

Sandwich / Hamburger Rolls

Multigrain Sesame Seed, White Sesame Seed

Pizza Crusts

Multigrain, White

Croutons

Plain, Herbed

Pasta

Fusilli

Orzo

Snacks / Desserts

Bagel chips

Garlic, Cinnamon, Plain

Brownies

Cookies

Chocolate Chip, M&M, Milk Chocolate Chunk, Peanut Butter, Heath Bar Toffee, Coconut Chocolate Chip

Granola

Peanut Butter, Regular

Pretzels

Herbed, Sesame Seed



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Call 1-800-404-8171 or visit www.ZoneDiet.com

Zone Living
Easy as 1-2-3



Grocery List – Fresh-Baked Zone foods

NON-STARCHY VEGETABLES (up to 8 servings per day)

COOKED VEGETABLES (steamed and drained)

Artichoke	1/2 medium
Asparagus	1/2 cup/ 6 spears
Broccoli	1/2 cup
Brussels Sprouts	1/2 cup
Cabbage	1 1/2 cup shredded
Cauliflower	1 cup pieces
Celery	1 cup diced
Collard Greens	1/2 cup boiled
Eggplant	1 cup cubed
Green Beans	1/2 cup
Kale	2/3 cup chopped
Mushrooms	2/3 cup pieces
Okra	8 pods (3" long), 1/2 cup sliced
Onion	1/4 cup chopped
Red/Green Peppers	2/3 cup sliced
Snow Peas	1/3 cup
Spinach	1/2 cup
Swiss chard	3/4 cup, chopped and boiled
Tomato	1/3 cup diced
Zucchini	1 cup sliced

RAW VEGETABLES

Broccoli	1 cup chopped
Cabbage	1 1/3 cup raw, shredded
Cauliflower	1 cup pieces
Celery	4 medium stalks, 1 2/3 cups chopped
Cucumber	1/2 medium, 1 1/2 cups sliced
Red/Green Peppers	1 medium pepper 2/3 cup chopped
Mushrooms	2/3 cup pieces
Onion	1/3 cup chopped
Radishes	1 cup sliced
Tomato	1 medium, 1 cup sliced
Snow Peas	1 cup whole
Zucchini	1 1/2 cups sliced

LEAFY GREENS RAW

Arugula	4 cups
Endive	3 cups
Lettuce	3 cups (iceberg, romaine, leaf)
Radicchio	2 3/4 cups, shredded
Spinach	3 1/2 cups chopped
Watercress	6 cups, chopped

CANNED VEGETABLES (not in oil)

Artichoke Hearts	3 pieces
Capers	3/4 cup
Roasted Red Peppers	1/3 cup

LEGUMES (1 serving per day)

Black Beans, canned	1/4 cup
Chickpeas	< 1/4 cup
Hummus	2 Tablespoons
Kidney beans, canned	1/4 cup
Lentils, boiled drained	1/4 cup

FRUITS (1 serving females and 2 servings male per day)

Apple	1/2 medium
Applesauce	1/2 cup (unsweetened)
Apricots	3
Blackberries	2/3 cup
Blueberries	2/3 cup
Boysenberries	3/4 cup
Cherries	10 cherries or 1/2 cup
Fruit Cocktail	1/2 cup (water packed/in its own juice)
Grapefruit	1 small
Grapes	1/2 cup
Kiwi	1 medium
Mandarin	1/2 cup (water packed or in its own juice)
Orange	1 small
Pear (Asian)	1 medium
Pear (Bosc, Bartlett)	1/2 medium
Peach	1 medium
Plum	1 1/2 medium
Pomegranate	1/2 medium
Nectarine	1 small
Raspberries	3/4 cup
Strawberries	8 medium, 1 cup whole
Tangerine	1 medium

DAIRY (1 serving per day, optional)

2% Milk	6 oz.
2% Yogurt	6 oz. (natural or Greek)
Low-fat Cheese	1 oz.
2% Cottage Cheese	2 oz.

CONDIMENTS (No more than 3 servings per day)

Almond, Cashew, or Natural Peanut Butter	1/2 Tablespoon
Almonds	6 each
Avocado	2 Tablespoons
Butter	1/2 Tablespoon or 2 pats
Cashews	3 each
Light Cream Cheese	1 1/2 Tablespoons
Yellow or Dijon Mustard	2 Tablespoons
Olives	10 small
Olive oil*	1 1/3 teaspoons
Peanuts	8 each
Salsa	1/3 cup

*with or without unlimited vinegar of your choice for dressing

BEVERAGES

Water (drink enough ounces of water to equal at least 1/2 your body weight in pounds)

Water plus a little fresh or bottled lime or lemon juice

Mineral water in glass bottles

Coffee (decaffeinated preferred)**

1 oz. of fruit juice diluted with 8 oz. of water

Vegetable juices (without any added fruit juices)

Try to limit alcohol consumption to 2 drinks per week

(4 oz. wine or 12 oz. light beer)

**add an equal amount of water to make up for their diuretic effects

PROTEINS

These foods supply all your protein needs, however you may add 1 oz. of lean meat or 2 egg whites (no yolks) to any meal.

Questions?

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