

# 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 mid-afternoon and pre-bedtime snacks. See examples below.

To find out how many blocks you need per day click here - [protein calculator](#) - this will tell you how many protein blocks you need per day, this number is also how many carbohydrate and fat blocks you need. If your calculated protein number is 15 blocks per day, then you will also need 15 carbohydrate and 15 fat blocks per day.

**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

*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.)

**Carbohydrates**

Most women should choose **3** blocks and men **4** blocks from the carbohydrate list per meal. (Each carbohydrate block below contains 9 grams of carbohydrate.)

**Meat and Poultry**

Best Choices (low in saturated fat)

Beef (range fed or game)	1 oz.
Chicken breast, skinless	1 oz.
Chicken breast, deli-style,	1 ½ oz.
Ground beef (Less than 10% fat)	1 ½ oz.
Lean Canadian Bacon	1 ½ oz.
Turkey breast, skinless	1 oz.
Turkey breast, deli-style.	1 ½ oz.
Turkey, ground	1 ½ oz.

**Low Density Carbohydrates**

(Best Choices)

**Cooked Vegetables**

Artichoke	4 large
Artichoke Hearts	1 cup
Asparagus (12 spears)	1 cup
Beans, green or wax	1 ½ cups
Beans, black	1/4 cup
Bok choy	3 cups
Broccoli	3 cups
Brussel sprouts	1 ½ cups

Turkey bacon	3 strips	Cabbage	3 cups
<b>Fair Choices (moderate in saturated fat)</b>		Cauliflower	4 cups
Beef (lean cuts)	1 oz.	Chickpeas	1/4 cup
Chicken, skinless, dark meat	1 oz.	Collard greens	2 cups
Corned beef, lean	1 oz.	Eggplant	1 ½ cups
Duck	1 ½ oz.	Hummus	1/4 cup
Ham, lean	1 oz.	Kale	2 cups
Ham, deli-style	1 ½ oz.	Kidney beans	1/4 cup
Lamb, lean	1 oz.	Leeks	1 cup
Pork, lean	1 oz.	Lentils	1/4 cup
Pork Chop	1 oz.	Mushrooms (boiled)	2 cups
Turkey bacon	3 slices	Onions, chopped (boiled)	½ cup
Turkey, skinless, dark meat	1 oz.	Okra, sliced	1 cup
Veal	1 oz.	Sauerkraut	1 cup
<b>Poor Choices (high in saturated fat, Arachidonic Acid, or both)</b>		Spaghetti squash	2 cups
Bacon, pork	3 ½ slices	Spinach	3 ½ cups
Beef, fatty cuts*	1 oz.	Swiss chard	2 ½ cups
Beef, ground (>10% fat)	1 ½ oz.	Turnip, mashed	1 ½ cups
Hot dog, beef or pork	1 link	Turnip greens	4 cups
Hot dog, chicken or turkey	1 link	Yellow squash	2 cups
Pepperoni	1 oz.	Zucchini	2 cups
Salami	1 oz.		
		<b>Raw Vegetables</b>	
Sausage, pork	2 links	Alfalfa sprouts	10 cups
Sausage, pork	2 patties	Bamboo shoots	4 cups
*Arachidonic Acid		Bean sprouts	3 cups
		Broccoli	4 cups
<b>Fish and Seafood</b>		Cabbage, shredded	4 cups
Bass (freshwater)	1 oz.	Cauliflower pieces	4 cups
Bass (sea)	1 ½ oz.	Celery, sliced	2 cups
Bluefish	1 ½ oz.	Chick peas	¼ cup
Calamari	1 ½ oz.	Cucumber, sliced	4 cups
Catfish	1 ½ oz.	Endive, chopped	10 cups
Cod	1 ½ oz.	Escarole, chopped	10 cups
		Green or red peppers	2
Clams	1 ½ oz.	Green or red peppers, chopped	2 cups
Crabmeat	1 ½ oz.	Jalapeño peppers	2 cups
Haddock	1 ½ oz.	Lettuce, iceberg	2 heads
Halibut	1 ½ oz.	Lettuce, romaine, chopped	10 cups
Lobster	1 ½ oz.	Mushrooms, chopped	4 cups
Salmon* (wild)	1 ½ oz.	Onions, chopped	1 ½ cup
Sardines*	1 oz.	Radishes, sliced	4 cups
Scallops	1 ½ oz.	Salsa	½ cup

Snapper	1 ½ oz.	Snow peas	1 ½ cups
Swordfish	1 ½ oz.	Spinach	20 cups
Shrimp	1 ½ oz.	Spinach Salad (3 cups raw spinach, ½ raw onion, and 1 raw tomato)	1
Trout	1 ½ oz.	Tomato	2
Tuna (steak)	1 oz.	Tomato, cherry	2 cups
Tuna, canned in water	1 oz.	Tomato, chopped	1 ½ cups
*Rich in EPA		Tossed salad (3 cups shredded lettuce, ½ raw green pepper, and 1 raw tomato)	1

### Eggs

#### Best Choices

Egg whites 2

Egg substitute ¼ cup

#### Fair Choices

Whole egg\* 1

\*Arachidonic Acid

### Protein-Rich Dairy

#### Best Choices

Cheese, nonfat 1 oz.

Cottage cheese, low-fat ¼ cup

#### Fair Choices

Cheese, low-fat 1 oz.

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, 1/3 oz.

Soy burger ½ patty

Soy Canadian bacon 3 slices

Soy hotdog 1 link

Soy hamburger crumbles ½ cup

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

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

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

### Grains (read labels)

Barley (dry) ½ tbs.

Oatmeal (slow-cooking) (cooked)\*\* 1/3 cup

Tofu, silken 5 oz.  
Tofu, soft 4 oz.

Oatmeal (slow-cooking) (dry)\*\* ½ oz.  
\*\*Contains GLA

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

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

**Fat**

Most women should choose  
**3** blocks and men should  
choose **4** 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.  
Tahini ½ tsp.

**Fair Choices** (low in saturated  
fat)

Canola oil 1/3 tsp.

**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  
Carrots, sliced 1 cup  
Carrots, shredded 1 cup

Corn ¼ cup  
French fries 5  
Lima beans ¼ cup  
Parsnips 1/3 cup  
Peas ½ cup  
Pinto beans ¼ cup  
  
Potato, baked ¼ cup  
Potato, boiled 1/3 cup  
Potato, mashed 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

Mayonnaise, regular 1/3 tsp.  
 Mayonnaise, light 1 tsp.  
 Sesame oil 1/2 tsp.  
 Soybean oil 1/3 tsp.  
 Walnuts, shelled and chopped 1/2 tsp.

**Poor Choices (high in saturated fat)**

Bacon bits, imitation 2 tsp.  
 Butter 1/3 tsp.  
 Cream (half and half) 1/2 tbsp.  
 Cream cheese 1 tsp.  
 Cream cheese, light 2 tsp.  
 Lard 1/3 tsp.  
 Sour cream 1/2 tbsp.  
 Sour cream, light 1 tbsp.  
 Vegetable shortening 1/3 tsp.

Mango, sliced 1/3 cup  
 Papaya, cubed 3/4 cup  
 Pineapple, diced 1/2 cup  
 Prunes, dried 2  
 Raisins 1 tbsp  
 Watermelon, cubed 3/4 cup

**Fruit Juices**

Apple 1/3 cup  
 Apple cider 1/3 cup  
 Cranberry 1/4 cup  
 Fruit punch 1/4 cup  
 Grape 1/4 cup  
 Grapefruit 1/3 cup  
 Lemonade, unsweetened 1/3 cup  
 Lime 1/3 cup  
 Orange 1/3 cup  
 Pineapple 1/4 cup  
 Tomato 1 cup  
 V-8 3/4 cup

**Grains, Cereals, and Breads**

Bagel, small 1/4  
 Biscuit 1/2  
 Bread crumbs 1 oz.  
 Bread, whole grain or white 1/2 slice  
 Breadstick, hard 1  
 Breadstick, soft 1/2  
 Buckwheat, dry 1/2 oz.  
 Bulgur wheat, dry 1/2 oz.  
 Cereal, dry 1/2 oz.  
 Cornbread 1-inch square  
 Cornstarch 4 tsp.  
 Couscous, dry 1 oz.  
 Cracker, graham 1 1/2 squares  
 Cracker, saltine 4  
 Cracker, Triscuit 3  
 Croissant, plain 1/4  
 Crouton 1/2 oz.  
 Doughnut, plain 1/3  
 English muffin 1/4  
 Granola 1/2 oz.  
 Grits, cooked 1/3 cup

Melba toast	½ oz.
Millet, dry	½ oz.
Muffin, blueberry, mini	½
Noodles, egg, cooked	¼ oz.
Pancake, four-inch	1
Pasta, cooked	¼ cup
Pita bread	½ pocket
Popcorn, popped	2 cups
Rice, brown, cooked	1/5 cup
Rice, white, cooked	1/5 cup
Rice cake	1
Roll, bulkie	¼
Roll, small dinner	½
Roll, hamburger	½
Taco shell	1
Tortilla, six-inch corn	1
Tortilla, eight-inch flour	½
Waffle	½

#### **Alcohol**

Beer, light	6 oz. or ½ bottle
Beer, regular	4 oz. or 1/3 bottle
Distilled spirits	1 oz.
Wine	4 oz.

#### **Others**

Barbecue sauce	2 tbsp
Cake	1/3 slice
Candy bar	¼
Catsup	2 tbsp
Cocktail sauce	2 tbsp
Cookie, small	1
Honey	½ tbsp
Ice cream, regular	¼ cup
Ice cream, premium	1/6 cup
Jam or jelly	2 tbsp
Molasses, light	½ tsp
Plum sauce	1 ½ tbsp
Potato chips	½ oz.
Pretzels	½ oz.
Relish, pickle	4 tsp
Sugar, brown	2 tsp
Sugar, granulated	2 tsp

Sugar, confectionary	1 tbsp
Syrup, maple	2 tsp
Syrup, pancake	2 tsp
Teriyaki sauce	1 tbsp
Tortilla chips	½ oz.