ZONE DIET RECIPES **Find More Helpful Tools on Tzatziki Dip** zonediet.com 25 Og FAT CALORIES **8 SERVINGS RECIPE NOTES** INGREDIENTS Food Blocks to learn 1 cup 0%-Fat Greek yogurt -1 clove garlic - crushed Zone friendly proteins, (we like Siggi's since it's carbs and fats. 1 tsp lemon juice already strained) 1 Tbsp fresh dill - chopped fresh chives - chopped 1 cucumber – remove seeds to **1 Tbsp** black pepper - to taste achieve 1 cup grated and squeeze dry **Body Fat** INSTRUCTIONS Calculator to assess your protein needs and 1. If not using an unstrained yogurt, strain it using a strainer lined with a coffee filter get your body fat %. for a few hours to remove as much liquid as possible. Set aside. 2. Quarter the cucumber and cut off all the seeds. Grate the cucumber and sprinkle with salt. Let sit for around 20 minutes. Give it a squeeze in paper towels to help release excess liquid. 3. Stir all ingredients into a bowl to combine. Refrigerate for a couple of hours before serving.

NUTRITIONAL FACTS PER SERVING (DAILY VALUE):

Calories 25kcal; Protein 3g (7%); Total Fat 0g (0%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 3g (1%); Fiber 0g (0%); Sugars 2g; Calcium 7mg (1%); Iron 0mg (0%); Sodium 14mg (1%); Vit. C 1mg (2%); Vit. A 45IU (1%); Trans fat 0g



ZONE DIET RECIPES Find More Helpful Tools on **Zone Cookout** zonediet.com 120 4g **Fusilli Pasta** FAT CALORIES 24 SERVINGS **RECIPE NOTES** INGREDIENTS Food Blocks to learn dried dill 1 tsp Zone PastaRx Fusilli 5 cups Zone friendly proteins, 1 tsp garlic powder 4 egg whites - hard boiled, cooled, carbs and fats. dried oregano 1/2 tsp and cut bite sized (yolks discarded) 1/2 tsp salt and pepper 0%-fat Greek Yogurt 2 cups 1/2 red bell pepper - diced 1/4 cup extra virgin olive oil 1 green bell pepper - diced 1 Tbsp fresh-squeezed lemon juice 2 stalks celery - diced 2 tsp vinegar 1/2 cup red onion - diced 1 Tbsp dijon mustard black olives - sliced 1/2 cup pickle relish 1/2 cup **Body Fat** Calculator to assess INSTRUCTIONS your protein needs and aet your body fat %. 1. Prepare Zone PastaRx Fusilli according to package directions. Drain and rinse in cold water to stop cooking. Set aside. 2. Hard boil 4 eggs. Set aside, whites to be added to salad at the end. 3. In a large bowl make sauce by whisking together 0%-fat Greek Yogurt, extra virgin olive oil, fresh-squeezed lemon juice, vinegar, dijon mustard, pickle relish, dill, garlic powder, oregano, salt and pepper. 4. Add in the prepared vegetables (red bell pepper to onion) and then gently toss in Zone PastaRx Fusilli, egg whites and olives until well-combined; cover and refrigerate until ready to serve.

NUTRITIONAL FACTS PER SERVING (DAILY VALUE):

Calories 120kcal; Protein 9g (18%); Total Fat 4g (6%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 12g (4%); Fiber 1g (5%); Sugars 2g; Calcium 8mg (1%); Iron 0mg (0%); Sodium 250mg (10%); Vit. C 10mg (16%); Vit. A 140IU (3%); Trans fat 0g



ZONE DIET RECIPES

Find More Helpful Tools on zonediet.com

Food Blocks to learn Zone friendly proteins, carbs and fats.

Body Fat

Calculator to assess your protein needs and get your body fat %.

Side	ach PastaRx Orzo Salad with Lemon igrette	100 Calories	3g FAT 12 SERVINGS		
PE NOTES INGRE	INGREDIENTS				
1 cup 2 (10 c 2 2 cup 1 (4 oz	- thawed, water squeezed out tomato - diced cucumbers - diced	1/4 cup 6 Tbsp t 1 Tbsp 1 tsp 1/2 tsp	fresh-squeezed lemon juice water - (reserved pasta water) extra virgin olive oil garlic powder salt and pepper		
1. Pre	 INSTRUCTIONS Prepare Zone PastaRx Orzo according to package directions. Reserve 1/2 cup of liquid an drain. Set both aside to cool. In a small bowl, make your dressing. Whisk the lemon juice, reserved pasta water, olive oil, garlic powder, salt and pepper. Pour onto the salad and toss to coat. In a large bowl, combine the thawed, squeezed spinach, tomatoes, cucumbers, black olives and cooled Zone PastaRx Orzo. Pour dressing onto the salad and toss to coat. Add more reserved pasta water if desired, and season to taste. 				

NUTRITIONAL FACTS PER SERVING (DAILY VALUE):

Calories 100kcal; Protein 7g (14%); Total Fat 3g (5%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 11g (4%); Fiber 2g (9%); Sugars 2g; Calcium 60mg (6%); Iron 2mg (9%); Sodium 275mg (11%); Vit. C 18mg (30%); Vit. A 4600IU (92%); Trans fat 0g



ZONE DIET RECIPES Find More **Helpful Tools on** zonediet.com 338 11g **Burger Wraps** CALORIES FAT 2 SERVINGS **RECIPE NOTES** INGREDIENTS Food Blocks to learn 6 leaves Lettuce - to make wrap Ground turkey breast 6 oz Zone friendly proteins, 1 cup Spinach - chopped 1 Red bell pepper carbs and fats. slice Low-fat Swiss cheese -1 chopped, divided cut in half 3/4 cup Onion - chopped, divided Lite creamy ranch dressing, Dr. Sears' Zone Extra Virgin 3 tbsps 2 tsps Marie's Olive Oil - divided Mushrooms - sliced 2 cups 1 1/3 cups Grapes **Body Fat** INSTRUCTIONS Calculator to assess your protein needs and 1. Mix ground turkey and one-quarter of the onion and bell pepper. get your body fat %. 2. Divide the mixture and form into 2 patties. Grill the patties until cooked. 4. In a pan add olive oil and sauté the remaining bell pepper, onion and mushrooms. 5. Layer, staggered, 3 lettuce leaves for each "wrap." 6. In each "wrap" spread 1/2 cup spinach and add half of the cheese slice. 7. Divide the sautéed vegetables and the broken up burger (chop each burger into a few pieces). 8. Drizzle 2 tablespoons dressing in each wrap. 9. Have grapes for dessert.

NUTRITIONAL FACTS PER SERVING:

Calories 338kcal; Protein 30g; Total Fat 11g; Carb. 34g; Fiber 5g



ZONE DIET RECIPES

Find More Helpful Tools on zonediet.com

Food Blocks to learn Zone friendly proteins, carbs and fats.

Body Fat

Calculator to assess your protein needs and get your body fat %.

RECIPE NOTES	Chicken Satay and Vegetables with Peanut Sauce 6 SERVINGS			
	1 lb 3 tbsps 1 1/2 cups 2 tsps 1/3 cup 2 tsps INSTRUCTIO	Boneless skinless chicken breasts - cut into 24 cubes Low sodium soy sauce - divided Chili sauce Red pepper flakes - crushed, to taste Peanut butter Sesame oil	1 tbsp 2 2 cups 6 3 cups	Finely chopped fresh parsley - to taste Bell peppers - cut into cubes Onions - quartered Frozen broccoli - prepared per package directions Tomatoes - halved Strawberries - sliced
	 Marinate Whisk repeanut b Preheat l Thread c Place skettomatoes Serve sareserved 	chicken in 2 tablespoons of soy s maining tablespoon of soy sauce utter, sesame oil and parsley until	with chili sauc smooth. Set a onto skewers. d baking sheet til cooked thro	e, red pepper flakes, aside. t. Broil on top rack with the ugh.

NUTRITIONAL FACTS PER SERVING:

Calories 336kcal; Protein 28g; Total Fat 12g; Carb. 39g; Fiber 13g

