ZONE DIET RECIPES



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Cheesy Lemon Zucchini

91 CALORIES

3g FAT

4 SERVINGS

RECIPE NOTES	INGREDIENTS	

2 tsps	Cooking spray, olive oil Pam Dr. Sears' Zone Extra Virgin Olive Oil	2 tbsps	Kitchen Basics unsalted vegetable stock, or as needed
3 lbs	Zucchini, cubed	to taste	Salt and pepper
1/2 tsp	Lemon zest	1/4 tsp	Cayenne pepper - to taste
1/2 tsp	Red pepper flakes	2 oz	Fat-free cream cheese

INSTRUCTIONS

- 1. Spray a skillet with cooking oil. Heat olive oil in skillet over high heat; stir in zucchini, lemon zest, and red pepper flakes.
- 2. Cook for about 2 minutes add stock as needed.
- 3. Stir in salt, black pepper, and cayenne pepper; cook and stir until zucchini is tender, about 5 minutes.
- 4. Stir cream cheese into zucchini mixture; cook until cream cheese begins to melt, about 1 minute.
- 5. Remove from heat and stir in oregano.

NUTRITIONAL FACTS PER SERVING: 4 SERVINGS

Calories 91cal; Protein 6g; Total Fat 3g; Carb. 13g; Fiber 4g.



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Fruit Salsa

25 CALORIES

Og FAT

8 SERVINGS

ECIPE NOTES	INGREDIEN		
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	2 cuns		

2 cups pe

1 cup

peaches - chopped Roma tomatoes - seeded.

1 clove 1/3 cup jalapeno - minced garlic - minced

1/2 cup red onion chopped -

1 tbsp

fresh cilantro - chopped fine

sp lime juice

INSTRUCTIONS

- 1. Combine all ingredients.
- 2. Refrigerate for a short time.

diced

chopped

3. Serve on top of chicken, fish or protein of your choice to add some summer flavor to your meal.

NUTRITIONAL FACTS PER SERVING: 8 SERVINGS (approximately 1/3 cup)

Calories 25cal; Protein 1g (1%); Total Fat 0g (0%); Carb. 6g (2%); Fiber 1g (4%).

