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 %.

Jalapeno Omelet with Cheese

1 SERVING

RECIPE NOTES

INGREDIENTS

	Cooking Spray	**2 tbsps**	Jalapeno Peppers - Canned
1/2 cup	Egg Beaters - Whites		
1/2 tsp	Dr. Sears' Zone Extra Virgin Olive Oil	**2 slices**	Low-Fat Pepper Jack Cheese
1 clove	Garlic - Minced	**1 cup**	Strawberries - Sliced
1 cup	Tomatoes - Chopped	**1/2 cup**	Blueberries

INSTRUCTIONS

1. In a bowl, mix egg beaters and olive oil.
2. Add garlic, tomatoes, and jalapeno peppers.
3. Spray a skillet with cooking spray and add egg mix.
4. Wiggle pan to even out the temperature so it cooks evenly.
5. When almost set, add cheese.
6. Serve with berries.

336	27g	33g	7g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

© 2018 Zone Labs, Inc.

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 %.

Blueberry Protein Pancakes

1 SERVING

RECIPE NOTES

INGREDIENTS

4	Egg Whites	**1 1/2 tsps**	Olive Oil cooking spray
1 tsp	Pure Vanilla Extract	**1/2 cup**	Blueberries
2 tbsps	Oat Flour	**1/3 cup**	Blackberries
1 tbsps	Wheat Germ		
1/4 cup	Low-Fat Cottage Cheese		

INSTRUCTIONS

1. Whip egg whites with vanilla until thick and frothy. Whip in flour and wheat germ. Gently fold in 1/4 cup low-fat cottage cheese, blueberries and olive oil.
2. Spray a griddle with olive oil spray. Cook over medium-high heat until golden brown. Do not under cook. Makes 4 pancakes.
3. Mash the blackberries for “syrup”.

337	26g	33g	6g	10g
CALORIES	PROTEIN	CARBS	FIBER	FAT

© 2018 Zone Labs, Inc.

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 %.

Spinach and Strawberry Salad

1 SERVING

RECIPE NOTES

INGREDIENTS

3 cups	Baby spinach - tear stems off
1 cup	Portobello mushrooms - chopped
1/4	Red Onion - thinly sliced
10	Strawberries - sliced
1/4 cup	Garbanzo beans canned - rinsed/drained
1/3 cup	Cooked skinless chicken breast cut into bite-sized pieces (Leftovers or Perdue Short Cuts)

Dressing:

1 1/2 tsps	Dr. Sears' Zone Extra Virgin Olive Oil
1 tsp	Shallot - 1 minced (one heaping tablespoon)
1 tbsp	Champagne vinegar
1/4 tsp	Grated orange zest
1/4 tsp	Sea salt
1/8 tsp	Ground black pepper
1 tbsp	Fresh squeezed orange juice

INSTRUCTIONS

1. Wash spinach and spin dry. Place in a large bowl with remaining salad ingredients.
2. Heat a small skillet over medium-low heat. Add olive oil, shallot, champagne vinegar, orange zest, salt and pepper. Cook until shallot is translucent, 2-3 minutes.
3. Whisk in orange juice.
4. Drizzle warm dressing over salad mixture.
5. Toss gently to wilt spinach.

334	25g	39g	11g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

Dr. Sears ZONE®

Call 800-404-8171 or visit zonediet.com for more information or guidance.

© 2018 Zone Labs, Inc.

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 %.

Shrimp and Veggie Pasta

1 SERVING

RECIPE NOTES

INGREDIENTS

1/2 cup	Zone PastaRx Fusilli
4 Tbsp	Italian Dressing - divided (see recipe in sides and snacks)
1 1/2 tsp	Butter
1 cup	Zucchini - coarsely chopped
1/3 cup	Red onions - chopped
4 large	Shrimp - frozen previously cooked, thawed
1/2 cup	Cherry tomatoes - halved
3/4 cup	Snow peas - halved
2 Tbsp	Fresh parsley

INSTRUCTIONS

1. Prepare the Zone Fusilli as directed. Set aside.
2. Meanwhile, heat a medium skillet on medium-high heat.
3. Add 2 tablespoons dressing, butter, zucchini and onions to skillet; cook on medium heat 4 minutes or until vegetables are crisp-tender, stirring occasionally.
4. Stir in shrimp, tomatoes and snow peas; cook 1 to 2 minutes or until heated through.
5. Add the cooked Fusilli to the veggies and shrimp.
6. Stir in remaining 2 tablespoons of dressing and transfer to a bowl for dinner.
7. Garnish with parsley.

352	25g	38g	7g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

Dr. Sears ZONE®

Call 800-404-8171 or visit zonediet.com for more information or guidance.

© 2018 Zone Labs, Inc.

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 %.

Asian Chicken Stir-Fry

1 SERVING

RECIPE NOTES

INGREDIENTS

1.5 cups	Broccoli (chopped)
1 tsp	Dr. Sears' Zone Extra Virgin Olive Oil
3.5 oz	Boneless skinless chicken breast (cut into bite sized pieces)
1 cloves	Garlic (pressed)
3/4 cup	Water chestnuts (sliced)
4 oz	Mushrooms (sliced)
1/2	Red bell pepper (sliced)
1/2 cup	Snow peas
1/4 cup	Scallions (sliced)
1 tsp	Low sodium soy sauce
1/4 cup	Mandarin orange sections
1/2 tsp	Toasted sesame oil

INSTRUCTIONS

1. Steam the broccoli for 3-4 minutes, rinse with cold water to stop cooking. Set aside to drain in colander.
2. Heat the olive oil In a large skillet to medium.
3. Add chicken and garlic, cook until juices run clear.
4. Add water chestnuts, mushrooms, pepper, snow peas, scallions and soy sauce.
5. Cook until tender (add vegetable stock in tablespoon increments, if needed).
6. Stir in the mandarin orange sections and toasted sesame oil.

359	31g	39g	10g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

Dr. Sears ZONE®

Call 800-404-8171 or visit zonediet.com for more information or guidance.

© 2018 Zone Labs, Inc.