

A vibrant graphic composed of several overlapping circles in shades of green, yellow, orange, and blue. Inside these circles are white line-art illustrations of various vegetables: a large head of lettuce, a carrot, a broccoli floret, a pea pod, a tomato, and a leafy green. The overall theme is healthy eating and nutrition.

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



 **4 SERVINGS**

INGREDIENTS

3/4 cup	Steel Cut Oats	1 cup	2% milk
1 tsp	Baking Powder	2 1/2 tsps	Olive Oil
1/2 tsp	Cinnamon	2/3 cup	Strawberries - sliced
1/2 tsp	Sea Salt	1/3 cup	Slivered Almonds
7g	Zone Protein Powder (1 scoop)	Olive Oil Cooking Spray-Pam	
1/2 cup	Applesauce - unsweetened		
1 tsp	Vanilla		
2 cups	Egg Beaters-whites		

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix the dry ingredients in one bowl except for fruit.
3. Mix the wet ingredients in another bowl.
4. Add the wet to the dry until well incorporated.
5. Fold in strawberries and almonds.
6. Lightly spray a 9-by-9-inch pan with nonstick cooking spray.
7. Place mixture into pan. Bake about 30 minutes.
8. Test the center with a toothpick.

CALORIES

PROTEIN

CARBS

FIBER

FAT

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 **6 SERVINGS**

INGREDIENTS

1 pound	93% ground beef	1 Tbsp	chili powder
1 large	onion - chopped	1	jalapeno pepper (optional if you want a little more heat)
1 (28 oz)	can diced tomatoes		
1 (15 oz)	can pure pumpkin puree		
1 (15 oz)	can chili beans (we used kidney beans in a mild chili sauce)		
1 (15 oz)	can black beans		
1 Tbsp	pumpkin pie spice		

<u>Sautéed Broccoli- Side Dish</u>	
Serving Size 1	
2 tsp.	olive oil
¼ tsp	chopped garlic
1 cup	broccoli

INSTRUCTIONS

1. In a medium skillet, brown meat, stirring often, until crumbly and no longer pink, about 10 minutes. Drain and discard any fat.
2. Transfer ground beef to a slow cooker and stir in onions, diced tomatoes, pumpkin, chili beans, black beans, pumpkin pie spice, chili powder and jalapeno if desired. Set cooker to low, cover, and cook at least 3 hours.

Sautéed Broccoli- Side Dish

3. Heat olive oil in small skillet over medium to low heat
4. Add the garlic and cook for 1 minute.
5. Add the broccoli, seasonings of your liking to taste and toss with the olive oil and garlic.
6. Once the broccoliturns bright green and becomes tender remove from heat and serve.

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 **4 SERVINGS**

INGREDIENTS

1 cup	Zone PastaRx Orzo	1/2 tsp	Dr. Sears Extra Virgin Olive
1/4 cup	Steel Cut Oats		Oil
1/2 cup	Unsweetened Applesauce	1 cup	0%-Fat Greek Yogurt
2 tsp	Pumpkin Pie Spice	1/3 cup	Pecans (halved)
Stevia (to taste)			

INSTRUCTIONS

1. Prepare Zone PastaRx Orzo and steel cut oats according to package directions the night before.
2. Heat the cooked orzo with applesauce in the microwave.
3. Stir in pumpkin pie spice, stevia and extra virgin olive oil.
4. Top with yogurt and pecans.

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 **6 SERVINGS**

INGREDIENTS

1 tsp allspice
½ tsp tumeric
Salt to taste

INSTRUCTIONS

1. Preheat oven to 350.
2. Rinse chickpeas and pat dry with a paper towel
3. Place chickpeas in a large bowl or ziplock bag and add extra virgin oil, mixing all around
4. In a small bowl, mix together pumpkin spice, allspice, turmeric and salt. Stir well.
5. Pour the spice blend over the chickpeas and mix until everything is well coated.
6. Spread the chickpeas onto a lined baking sheet.
7. Bake for about 60 minutes, stopping every 15 minutes to shake the chickpeas around.
Chickpeas should have a nice crunch to them

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