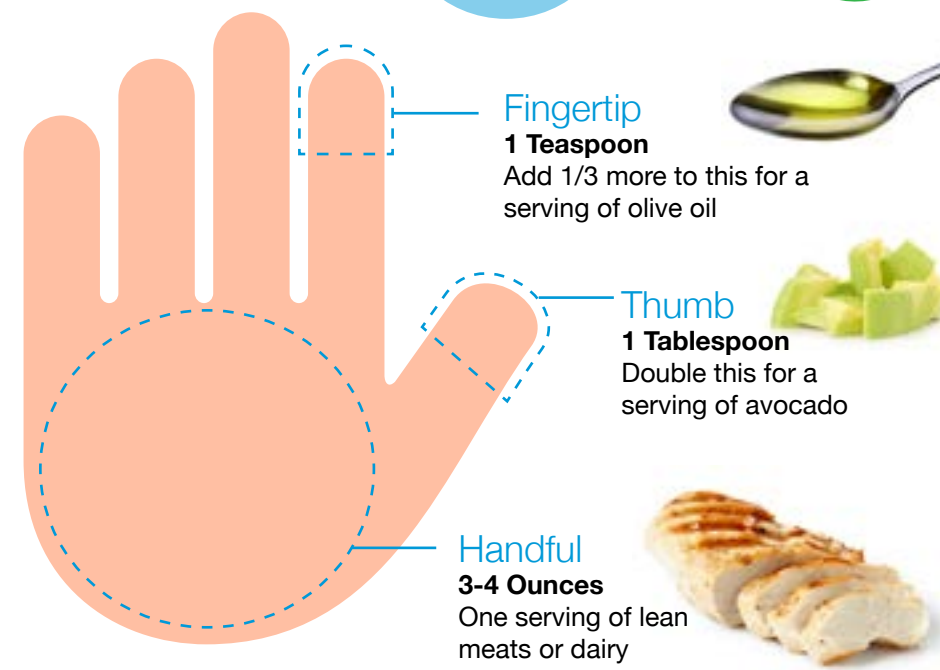
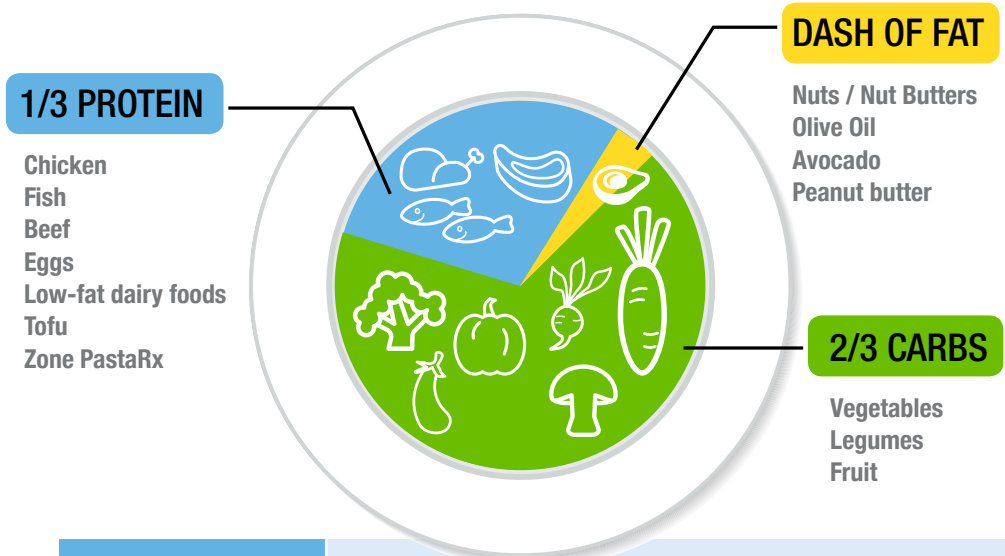
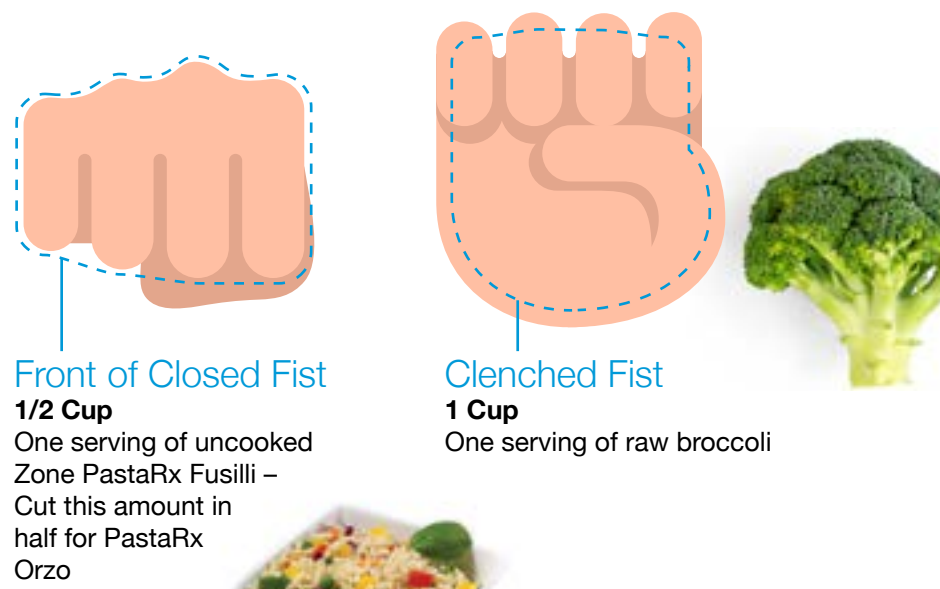


Nutrition & Portion Guide

The Zone Diet requires that you keep your hormones in check by simply balancing your plate at every meal and snack.



	PROTEIN	Adequate levels of low-fat protein spread throughout the day to ensure lack of hunger
	FAT	Small amounts of monounsaturated fats such as those in olive oil, almonds, and avocado
	CARBS	Lots of non-starchy colorful vegetables and small amounts of fruit to provide adequate levels of fermentable fiber to maintain gut health at every meal



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 %; **Zone Recipes** for inspiration.

