



Dr. Sears  
**ZONE** Approved  
 Grocery Guide

**VEGETABLES (Non-starchy) (8 servings per day)**

**COOKED VEGETABLES** (steamed and drained)

Artichoke .....	1/2 medium
Asparagus .....	1/2 cup/ 6 spears
Broccoli .....	1/2 cup
Brussels Sprouts .....	1/2 cup
Cabbage.....	1 1/2 cup shredded
Cauliflower.....	1 cup pieces
Celery .....	1 cup diced
Collard Greens.....	1/2 cup boiled
Eggplant .....	1 cup cubed
Green Beans .....	1/2 cup
Kale .....	2/3 cup chopped
Mushrooms .....	2/3 cup pieces
Okra.....	8 pods (3" long), 1/2 cup sliced
Onion .....	1/4 cup chopped
Red/Green Peppers .....	2/3 cup sliced
Snow Peas .....	1/3 cup edible peas, no pods
Spinach .....	1/2cup
Swiss chard .....	3/4 cup, chopped and boiled
Tomato .....	1/3 cup diced
Zucchini .....	1 cup sliced

**RAW VEGETABLES**

Broccoli .....	1 cup chopped
Cabbage .....	1 1/3 cup raw, shredded
Cauliflower .....	1 cup pieces
Celery .....	4 medium stalks, 1 2/3 cups chopped
Cucumber .....	1/2 medium, 1 1/2 cups sliced
Red/Green Peppers .....	1 medium pepper, 2/3 cup chopped
Mushrooms .....	2/3 cup pieces
Onion .....	1/3 cup chopped
Radishes .....	1 cup sliced
Tomato .....	1 medium, 1 cup sliced
Snow Peas .....	1 cup whole
Zucchini .....	1 1/2 cups sliced

**LEAFY GREENS RAW**

Arugula .....	4 cups
Endive.....	3 cups
Lettuce (iceberg, romaine, loose leaf) .....	3 cups
Radicchio .....	2 3/4 cups, shredded
Spinach .....	3 1/2 cups chopped
Watercress .....	6 cups, chopped

**CANNED VEGETABLES** (not in oil)

Artichoke Hearts.....	3 pieces
Capers .....	3/4 cup
Roasted Red Peppers .....	1/3 cup

**LEGUMES (One serving per day)**

Black Beans, boiled drained .....	1/4 cup
Chickpeas .....	<1/4 cup
Hummus.....	2 Tablespoons
Kidney beans, canned.....	1/4 cup
Lentils, boiled drained .....	1/4 cup

**FRUITS (1-2 servings per day)**

Apple .....	1/2 medium
Applesauce (unsweetened) .....	1/2 cup
Apricots .....	3
Blackberries.....	2/3 cup
Blueberries .....	2/3 cup
Boysenberries .....	3/4 cup
Cantaloupe.....	1/4 medium
Cherries .....	10 cherries or 1/2 cup
Cranberries.....	1 cup whole
Fruit Cocktail (water packed or in juice).....	1/2 cup
Grapefruit .....	1 small
Grapes.....	1/2 cup
Kiwi .....	1 medium
Mandarin (juice packed) .....	1/2 cup
Orange.....	1 small
Pear (Asian) .....	1 medium
Pear (Bosc, Bartlett) .....	1/2 medium
Peach .....	1 medium
Plum .....	1 1/2 medium
Pomegranate.....	1/2 medium
Nectarine.....	1 small
Raspberries .....	3/4 cup
Strawberries .....	8 medium, 1 cup whole
Tangerine.....	1 medium



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Quick Reference  
Portion Guide



**DAIRY** (1 serving per day)

2% Milk (Lactose-Free Ideal)..... 8-10 oz.

**CONDIMENTS** (No more than 3 servings per day)

- Almond, Cashew, or Natural Peanut Butter . 1/2 Tablespoon
- Almonds ..... 6 each
- Avocado ..... 2 Tablespoons
- Butter..... 1/2 Tablespoon or 2 pats
- Cashews..... 3 each
- Light Cream Cheese..... 1 1/2 Tablespoons
- Yellow or Dijon Mustard..... 2 Tablespoons
- Olives..... 10 small
- Olive oil\*..... 1 1/3 teaspoons
- Peanuts ..... 8 each
- Salsa..... 1/3 cup

\*with or without unlimited vinegar of choice for dressing

**BEVERAGES**

**Water** ..... Drink enough ounces of water to equal at least 1/2 your body weight in pounds (add a little lime or lemon juice fresh or bottled)

**Coffee** ..... Regular or decaffeinated (add an equal amount of water to make up for their diuretic effects)

**Diet Soda**..... Add an equal amount of water to make up for their diuretic effects

**Fruit Juice** ..... 1 oz., diluted to 8 oz. of water

**Mineral Water**..... In glass bottles

**Vegetable Juice** ..... Without any added fruit juices

**PROTEINS**

Zone PastaRx Fusilli and Orzo supply all your protein needs, however you may add:

- Lean Meat..... 1 oz
- Dairy ..... 1 oz
- Egg Whites ..... 2 (No yolks)

**Fingertip**  
**1 Teaspoon**  
Add 1/3 more to this for a serving of olive oil

**Thumb**  
**1 Tablespoon**  
Double this for a serving of avocado

**Handful**  
**1-2 Ounces**  
One serving of lean meats or dairy

**Front of Closed Fist**  
**1/2 Cup**  
One serving of uncooked Zone PastaRx

**Clenched Fist**  
**1 Cup**  
One serving of raw broccoli



# Fill & Go

Take inventory of what you have at home and what you need to pick up as you plan your meals for the week.

## Grocery List

### VEGGIES (RAW)

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### FRUIT

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### LEGUMES

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### DAIRY

- 2% Milk (Lactose-Free Ideal)
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### BEVERAGES

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### PROTEIN

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### CONDIMENTS (PANTRY)

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### MISCELLANEOUS

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### VEGGIES (CANNED)

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