



5
BLOCKS
PER MEAL





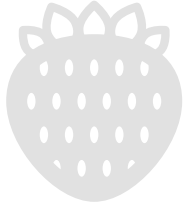
17
BLOCKS
PER DAY



Female Athlete

7-DAY MEAL PLAN

Day 1

<i>Breakfast</i> Scrambled Eggs	<i>Lunch</i> Seafood Salad Sandwich	<i>Afternoon Snack</i>	<i>Dinner</i> Chili	<i>Late Night Snack</i>
<p>PROTEIN: 6 egg whites or ¾ cup egg substitute 2 ounces nonfat cheese, shredded</p> <p>CARBOHYDRATE: 1 ½ cups grapes 1 piece rye toast</p> <p>FAT: 2 teaspoons olive oil 2 teaspoons fresh-ground or natural peanut butter</p> <p>COOKING INSTRUCTIONS: Spray a nonstick pan with vegetable spray. Beat the eggs and shredded nonfat cheese with the olive oil and add a little milk if desired. Then cook. Spread peanut butter on the toast.</p> 	<p>PROTEIN: 7 ½ ounces seafood (shrimp, crabmeat, or lobster)</p> <p>CARBOHYDRATE: 1 small side salad ½ apple 1 orange 1 piece whole rye bread or mini pita pocket</p> <p>FAT: 5 teaspoons light mayonnaise 5 macadamia nuts</p> <p>COOKING INSTRUCTIONS: Mix seafood with mayonnaise. Stuff into a mini pita pocket.</p> 	<p>1 ounce low-fat cheese ½ orange 12 peanuts</p> 	<p>PROTEIN: 6 ounces lean ground meat (beef or turkey) 1 ounce nonfat cheese, shredded</p> <p>CARBOHYDRATE: Minced onions, chopped mushrooms, and chopped green bell pepper to taste Chili powder, oregano, and pepper to taste ½ cup kidney beans 1 cup tomatoes, crushed 1 nectarine</p> <p>FAT: 3 teaspoons olive oil 3 olives</p> <p>COOKING INSTRUCTIONS: Brown the meat in the olive oil with onions, mushrooms, green pepper, olives, and spices, stirring often. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Have the nectarine for dessert.</p> 	<p>1 ounce turkey breast, sliced 1 cup strawberries 1 tablespoon guacamole</p> 

These menus were based on Dr. Sears' work with Olympic athletes. If the amounts are higher than your personal needs, simply use the [Protein Requirement/Body Fat Calculator](#) to determine what is right for you.

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

Day 2

Breakfast
Oatmeal & Bacon

PROTEIN:
4 tablespoons protein powder (providing 21 grams of protein)
2 ounces Canadian bacon

CARBOHYDRATE:
1 1/3 cups dry old-fashioned oatmeal
1 1/2 cups water
 Nutmeg and cinnamon **to taste**
1/4 cantaloupe



FAT:
2 tablespoons slivered almonds
1 1/3 teaspoons olive oil

COOKING INSTRUCTIONS:
 Cook oatmeal according to package directions. After cooking, stir in protein powder, spices, and olive oil and top with slivered almonds. Cook the Canadian bacon separately. Have the cantaloupe as a side dish.

Lunch
Cheeseburger Lunch

PROTEIN:
7 1/2 ounces lean hamburger meat (less than 10 percent fat)
1 slice reduced-fat cheese

CARBOHYDRATE:
 Tomato **slice**, lettuce leaf, and onion **slice**
1 piece rye bread
1 pear
1 kiwi



FAT:
1 teaspoon reduced-fat mayonnaise
9 macadamia nuts

COOKING INSTRUCTIONS:
 Broil the hamburger to preferred degree of doneness (about 5 minutes per side for medium). Put cheese on hamburger and broil until melted. Have the pear, kiwi, and macadamia nuts for dessert.

Afternoon Snack

3 ounces firm tofu mixed with
2/3 teaspoon olive oil and
sprinkling of onion soup mix
2 cups broccoli and green peppers, chopped



Dinner
Barbecued Chicken

PROTEIN:
5 ounces skinless chicken breast

CARBOHYDRATE:
 Lemon **slices**
 Onion **slices**
1 teaspoon barbecue sauce
1 1/2 cups steamed cauliflower
1/4 cup cooked rice
1 tossed salad (see Food Block guide)
2 cups strawberries for dessert



FAT:
3 tablespoons olive oil and vinegar dressing
6 peanuts, crushed

COOKING INSTRUCTIONS:
 Preheat oven to 450 degrees. Cover chicken breast with slices of lemon and onion. Bake for 15 minutes. Reduce heat to 350 & baste with barbecue sauce. Cook for 10-15 minutes or until done. Sprinkle peanuts on top of the salad.

Late Night Snack

1 ounce reduced-fat cheese
1 peach
6 olives



Day 3

Breakfast
Fruit Salad

PROTEIN:
1 1/4 cups low-fat cottage cheese

CARBOHYDRATE:
2 cups strawberries
3/4 cup cantaloupe, cubed
1 cup grapes



FAT:
10 macadamia nuts, crushed

COOKING INSTRUCTIONS:
 Mix together and enjoy.

Lunch
Chef Salad

PROTEIN:
3 ounces deli-style ham
3 ounces deli-style turkey breast

CARBOHYDRATE:
1 ounce reduced-fat cheese
1 large tossed green salad
2 nectarines for dessert

FAT:
3 tablespoons olive oil and vinegar dressing
1 teaspoon slivered almonds



Afternoon Snack

2 ounces low-fat cottage cheese
1/2 cup pineapple, diced
2 teaspoons slivered almonds



Dinner
Foiled Fish

PROTEIN:
7 1/2 ounces fish fillet of your choice (flounder is suggested)

CARBOHYDRATE:
 Freshly ground pepper **to taste**
Squirt of lemon juice
1 onion, chopped
2 cups cooked asparagus
1/4 cup cooked pasta
1 tossed salad



FAT:
3 tablespoons olive oil and vinegar dressing
Sprinkling of Parmesan cheese
3 almonds

COOKING INSTRUCTIONS:
 Tear off a good-sized piece of foil. Spray the center lightly with vegetable spray. Put the fish in the center of the foil with the onion, pepper, lemon juice, and cheese. Fold foil over the fish, leaving space around the fish. Carefully turn up and seal the sides and the middle so that juices don't leak out. Bake in a 425 degree oven for 18 minutes. When done, carefully open the foil to prevent steam burns.

Late Night Snack

1 ounce turkey breast, sliced
1/2 cup grapes
2 macadamia nuts



Day 4

Breakfast
Yogurt and Fruit

PROTEIN:

Roughly 1/3 ounce protein powder (providing 7 grams of protein)
1 1/2 cups plain low-fat yogurt
2 ounces lean Canadian bacon or **6** turkey bacon strips

CARBOHYDRATE:

3/4 cup cantaloupe, cubed
1/2 cup blueberries

FAT:

5 teaspoons slivered almonds
5 macadamia nuts, crushed

COOKING INSTRUCTIONS:

Mix fruit and protein powder with yogurt and top with slivered almonds and crushed macadamia nuts. Cook the Canadian bacon separately.



Lunch
Grilled Chicken Salad

PROTEIN:

5 ounces grilled chicken

CARBOHYDRATE:

3 cups romaine lettuce
1/2 cup mushrooms, sliced
3/4 cup tomatoes, sliced
1/2 cup onions, chopped
Lemon juice **to taste**, **Sprinkling** of garlic powder, **Dash** Worcestershire sauce, **Pepper to taste**
1 apple
1/2 cup grapes
1 breadstick

FAT:

3 tablespoons olive oil and vinegar dressing
1 teaspoon slivered almonds
Sprinkling of Parmesan cheese

COOKING INSTRUCTIONS:

Prepare the salad with dressing over the salad and squeeze of lemon. Season the chicken with garlic powder and Worcestershire sauce, and grind in fresh pepper. Toss until well combined. Place grilled chicken on top, and sprinkle with slivered almonds and Parmesan cheese.



Afternoon Snack

1 ounce low-fat cheese
1/2 orange
12 peanuts

Dinner
Pork Medallions and Apples

PROTEIN:

5 ounces pork medallions or thinly sliced pork chops

CARBOHYDRATE:

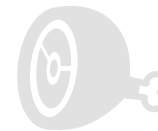
1 apple, sliced
Rosemary to taste
Dijon mustard to taste
1 tablespoon white wine
1/4 cup water
1 1/2 cups steamed broccoli
1 spinach salad (see Food Block guide)
1/2 orange as dessert

FAT:

3 tablespoons olive oil and vinegar dressing
6 peanuts

COOKING INSTRUCTIONS:

Put pork into baking dish in a single layer. Top with apple slices, rosemary, and mustard. Pour wine and water around the pork. Bake at 450 for 15 minutes. Baste the pork with pan juices. Reduce heat to 350 and continue cooking for 10-15 minutes or until pork is white, not pink, inside.



Late Night Snack

1 ounce soft cheese
4 ounces red wine



Day 5

Breakfast
French Toast Sticks

PROTEIN:

6 egg whites or **3/4 cup** egg substitute
2 ounces extra-lean Canadian bacon

CARBOHYDRATE:

1 1/2 slices whole grain bread
2 cups strawberries, sliced

FAT:

2 tablespoons slivered almonds
1 1/3 teaspoons olive oil

COOKING INSTRUCTIONS:

Cut bread into sticks and soak in beaten eggs. (Scramble any egg mixture that remains.) Spray a nonstick pan with vegetable spray. Over medium-low heat, cook breadsticks, turning often, until done. Top with sliced strawberries and slivered almonds. Saute Canadian bacon in olive oil.



Lunch
Chicken Salad Sandwich

PROTEIN:

5 ounces cooked chicken breast, shredded

CARBOHYDRATE:

Celery, chopped
1 cup grapes
Lettuce
Tomato **slice**
1 piece rye bread or 1 mini pita pocket
1 plum

FAT:

3 tablespoons light mayonnaise
3 almonds

COOKING INSTRUCTIONS:

Mix shredded chicken with mayonnaise, celery, and grapes. Put into mini pita pocket and add lettuce and tomato slice.



Afternoon Snack

1 tablespoon guacamole wrapped in
1 ounce sliced turkey
1/2 cup grapes

Dinner
Meatloaf

PROTEIN:

7 1/2 ounces lean ground beef (less than 10 percent fat) or ground turkey
2 tablespoons egg substitute

CARBOHYDRATE:

1 tablespoon ketchup
1/4 cup onions, chopped
1 teaspoon bread crumbs
Pepper to taste
Dash Worcestershire sauce
2 cups green beans
1 apple as dessert
1 tossed salad (see Food Block guide)

FAT:

3 tablespoons olive oil and vinegar dressing
3 olives, chopped

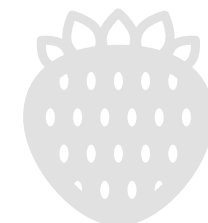
COOKING INSTRUCTIONS:

Mix ground meat, egg substitute, ketchup, onions, bread crumbs, pepper, and Worcestershire sauce. Form into a shallow loaf and place in microwave-safe dish. Microwave on medium for 15 minutes or until done. Steam green beans as a side dish. Have the apple for dessert.



Late Night Snack

1 ounce turkey breast, sliced
1 cup strawberries
2 macadamia nuts



Day 6

Breakfast
Skillet Hash

PROTEIN:

5 ounces cooked lean ham

CARBOHYDRATE:

1/3 cup cooked potato, diced
2 cups tomato, chopped
Green bell pepper, onions, and mushrooms **to taste**, chopped
Salt and pepper **to taste**
Dash Worcestershire sauce
1/2 cantaloupe

FAT:

3 teaspoons olive oil
6 peanuts

COOKING INSTRUCTIONS:

In a nonstick pan, sauté green peppers, onions, and mushrooms in olive oil until tender. Add cooked meat, potato, tomato, spices, and Worcestershire sauce. Cook, stirring, until heated through. Have cantaloupe as side dish.



Lunch
BLT Sandwich

PROTEIN:

3 ounces cooked extra-lean Canadian bacon
2 ounces nonfat cheese

CARBOHYDRATE:

2 slices rye bread
Lettuce and **sliced** tomato
1/2 orange

FAT:

1 teaspoon light mayonnaise
9 macadamia nuts



Afternoon Snack

1 ounce low-fat cottage cheese
1/2 cup pineapple, diced
12 peanuts



Dinner
Quick Turkey Dinner

PROTEIN:

7 1/2 ounces deli-style turkey breast or **5 ounces** cooked skinless turkey breast

CARBOHYDRATE:

3 cups steamed broccoli
1 cup boiled and drained onions
1/4 cup cooked cranberries

FAT:

5 teaspoons slivered almonds

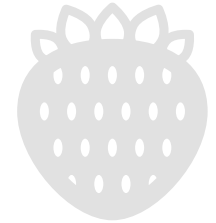
COOKING INSTRUCTIONS:

Cook, and then sprinkle the slivered almonds on the broccoli.



Late Night Snack

1 ounce turkey breast, sliced
1 cup strawberries
6 olives



Day 7

Breakfast
Scrambled Eggs Benedict

PROTEIN:

2 ounces lean Canadian bacon
6 large egg whites or **3/4 cup** egg substitute

CARBOHYDRATE:

1 English muffin
1/2 grapefruit

FAT:

2 tablespoons olive oil
3 almonds

COOKING INSTRUCTIONS:

Beat egg whites and olive oil with a little milk if desired. Spray nonstick pan with vegetable spray and then scramble the eggs. Toast the English muffin. Cook the Canadian bacon, place on the toasted muffin, and top with the eggs.



Lunch
Turkey in a Pocket

PROTEIN:

7 1/2 ounces deli-style turkey breast or **5 ounces** cooked turkey breast

CARBOHYDRATE:

1 mini pita pocket
1 green bell pepper, chopped
1 tomato, sliced
1 cup strawberries
1 orange

FAT:

5 tablespoons guacamole



Afternoon Snack

2 hard-boiled egg whites
1/2 apple
6 almonds



Dinner
Broiled Salmon

PROTEIN:

7 1/2 ounces salmon fillet

CARBOHYDRATE:

Rosemary **to taste**
Tarragon **to taste**
Dill **to taste**
Lemon (optional)
3 cups cooked zucchini
2 tomatoes, split, sprinkled with Parmesan cheese, and broiled
1 apple as dessert

FAT:

2 teaspoons olive oil
4 macadamia nuts

COOKING INSTRUCTIONS:

Rub the fillet with the herbs, and then brush with olive oil. Broil for 10 minutes per inch of thickness, turning off and basting once. Garnish with lemon if desired. Have the apple for dessert.



Late Night Snack

1 ounce turkey breast, sliced
1 cup strawberries
6 olives

