

**6**  
BLOCKS  
PER MEAL





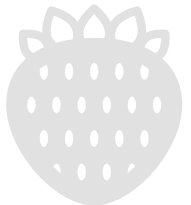
**20**  
BLOCKS  
PER DAY



# Male 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><b>PROTEIN:</b> 8 egg whites or 1 cup egg substitute 1 ounce nonfat cheese, shredded 1 ounce lean Canadian bacon</p> <p><b>CARBOHYDRATE:</b> 1 cantaloupe 1 piece rye toast</p> <p><b>FAT:</b> 1 ½ teaspoons fresh-ground or natural peanut butter 3 tablespoons olive oil</p> <p><b>COOKING INSTRUCTIONS:</b> Spray a nonstick pan with vegetable spray. Beat the eggs and shredded nonfat cheese with the olive oil and a little milk if desired. Then cook. Spread peanut butter on the toast.</p> 	<p><b>PROTEIN:</b> 9 ounces seafood (shrimp, crabmeat, or lobster)</p> <p><b>CARBOHYDRATE:</b> 1 small side salad 1 orange 2 pieces whole rye bread or ½ regular-sized pita pocket</p> <p><b>FAT:</b> 2 tablespoons light mayonnaise 2 tablespoons olive oil and vinegar dressing</p> <p><b>NOTE:</b> For even better results, you can replace half of the rye bread or pita pocket with a larger salad containing sliced tomatoes, green peppers, and onions (see Food Block guide), or substitute another piece of fruit. This substitution can be made for any meal that contains rye bread or a mini pita pocket.</p> <p><b>COOKING INSTRUCTIONS:</b> Mix seafood with mayonnaise. Stuff into a pita pocket.</p> 	<p>1 ounce low-fat cheese ½ orange 2 macadamia nuts</p> 	<p><b>PROTEIN:</b> 7 ½ ounces lean ground meat (beef or turkey) 1 ounce nonfat cheese, shredded</p> <p><b>CARBOHYDRATE:</b> Minced onions, chopped mushrooms, and chopped green bell pepper <b>to taste</b> Chili powder, oregano, and pepper <b>to taste</b> ¾ cup kidney beans 1 cup tomatoes, crushed 2 peaches</p> <p><b>FAT:</b> 4 teaspoons olive oil</p> <p><b>COOKING INSTRUCTIONS:</b> Brown the meat in olive oil with onions, mushrooms, green pepper, 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 peaches for dessert.</p> 	<p>1 ounce turkey breast, sliced 1 cup strawberries 6 olives</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](http://zonediet.com) for more information or guidance.

**Day 2**

*Breakfast*  
**Oatmeal & Bacon**

**PROTEIN:**  
3 **tablespoons** protein powder (providing 21 grams of protein)  
3 **ounces** Canadian bacon

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



**FAT:**  
4 **tablespoons** slivered almonds

**COOKING INSTRUCTIONS:**  
Cook oatmeal according to package directions. After cooking, stir in protein powder and spices, and top with slivered almonds. Cook the Canadian bacon separately.

*Lunch*  
**Cheeseburger Lunch**

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

**CARBOHYDRATE:**  
Tomato **slice**, lettuce leaf, and onion **slice**  
2 **pieces** rye bread  
1 apple



**FAT:**  
12 macadamia nuts

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

*Afternoon Snack*

3 **ounces** firm tofu mixed with  
2/3 **teaspoon** olive oil and  
**sprinkling** of onion soup mix  
1 **1/2** broccoli and green peppers, chopped



*Dinner*  
**Barbecued Chicken**

**PROTEIN:**  
5 **ounces** skinless chicken breast

**CARBOHYDRATE:**  
Lemon **slices**  
Onion **slices**  
1 **teaspoon** barbecue sauce  
3 **cups** steamed cauliflower  
1 apple  
1 **cup** strawberries for dessert  
1 tossed salad (see Food Block guide)

**FAT:**  
4 **tablespoons** olive oil and vinegar dressing



**COOKING INSTRUCTIONS:**  
Preheat oven to 450 degrees. Cover the chicken breast with slices of lemon & onion. Bake for 15 minutes. Reduce heat to 350. Baste with barbecue sauce. Cook for 10-15 minutes or til done.

*Late Night Snack*

1 **ounce** reduced-fat cheese  
1 peach  
6 olives



**Day 3**

*Breakfast*  
**Fruit Salad**

**PROTEIN:**  
1 **1/2 cups** low-fat cottage cheese

**CARBOHYDRATE:**  
1 **cup** strawberries  
1 **cup** honeydew melon, cubed  
1 **cup** mandarin oranges



**FAT:**  
12 macadamia nuts, crushed

**COOKING INSTRUCTIONS:**  
Mix together and enjoy.

*Lunch*  
**Chef Salad**

**PROTEIN:**  
3 **ounces** deli-style ham  
3 **ounces** deli-style turkey breast  
2 **ounces** reduced-fat cheese

**CARBOHYDRATE:**  
1 large tossed green salad (see Food Block guide)  
2 nectarines and 1 plum for dessert

**FAT:**  
4 **tablespoons** olive oil and vinegar dressing



*Afternoon Snack*

2 **ounces** low-fat cottage cheese  
1/2 **cup** pineapple, diced  
6 almonds



*Dinner*  
**Foiled Fish**

**PROTEIN:**  
9 **ounces** fish fillet of your choice (flounder is suggested)

**CARBOHYDRATE:**  
Freshly ground pepper **to taste**  
**Squirt** of lemon juice  
**Onion** to taste, chopped  
2 **cups** cooked asparagus  
1/2 **cup** cooked pasta  
1 spinach salad (see Food Block guide)  
1 tangerine

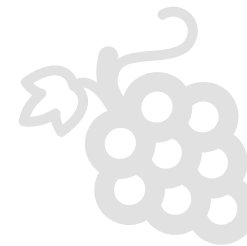
**FAT:**  
4 **tablespoons** olive oil and vinegar dressing  
**Sprinkling** of Parmesan cheese



**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 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:**  
1 ½ cups plain low-fat yogurt  
3 ounces lean Canadian bacon

**CARBOHYDRATE:**  
1 ½ cups pineapple, cubed

**FAT:**  
4 teaspoons slivered almonds

**COOKING INSTRUCTIONS:**  
Mix fruit with yogurt and top with slivered almonds.  
Cook the Canadian bacon separately.



*Lunch*  
**Grilled Chicken Salad**

**PROTEIN:**  
6 ounces grilled chicken

**CARBOHYDRATE:**  
3 cups romaine lettuce  
1 cup mushrooms, sliced  
2 cups tomatoes, sliced  
1 cup onions, chopped  
1 ounce croutons  
Lemon juice to taste

**Sprinkling of Parmesan cheese**  
1 pear  
1 apple

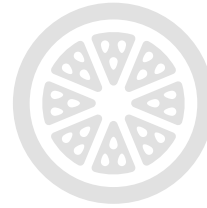
**FAT:**  
4 tablespoons olive oil and vinegar dressing

**COOKING INSTRUCTIONS:**  
Prepare the salad. Drizzle salad dressing over the salad. Squeeze the lemon over the salad. Season the chicken with garlic powder and Worcestershire sauce, and grind in fresh pepper. Toss until well combined. Place grilled chicken on top. Sprinkle with cheese. Have the pear and the apple for dessert.



*Afternoon Snack*

1 ounce low-fat cheese  
½ apple  
6 olives



*Dinner*  
**Pork Medallions and Apples**

**PROTEIN:**  
6 ounces pork medallions or thinly sliced pork chops

**CARBOHYDRATE:**  
1 apple, sliced  
Rosemary to taste  
Dijon mustard to taste  
1 tablespoon white wine  
¼ cup water  
1 ½ cups steamed broccoli  
1 spinach salad (see Food Block guide)  
1 orange as dessert

**FAT:**  
4 tablespoons olive oil and vinegar dressing

**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 degrees for 15 minutes. Baste pork with pan juices. Reduce heat to 350 degrees 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:**  
8 egg whites or 1 cup egg substitute  
2 ounces extra-lean Canadian bacon

**CARBOHYDRATE:**  
2 slices whole grain bread  
2 cups strawberries, sliced

**FAT:**  
4 tablespoons slivered almonds

**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. Cook Canadian bacon as a side dish.



*Lunch*  
**Chicken Salad Sandwich**

**PROTEIN:**  
6 ounces cooked chicken breast, shredded

**CARBOHYDRATE:**  
Celery, chopped  
1 cup grapes  
Lettuce  
Tomato slice  
2 pieces rye bread or 1 regular pita pocket

**FAT:**  
4 tablespoons light mayonnaise

**COOKING INSTRUCTIONS:**  
Mix shredded chicken with mayonnaise, celery, and grapes. Put into pita pocket and add tomato slice and lettuce.



*Afternoon Snack*

1 tablespoon guacamole wrapped in  
1 ounce sliced turkey  
½ cup grapes  
2 macadamia nuts



*Dinner*  
**Meatloaf**

**PROTEIN:**  
9 ounces lean ground beef (less than 10 percent fat) or ground turkey  
4 tablespoons egg substitute

**CARBOHYDRATE:**  
1 tablespoon ketchup  
¼ cup onions, chopped  
1 teaspoon bread crumbs  
Pepper to taste  
Dash Worcestershire sauce  
1 ½ cups cooked zucchini  
1 apple  
1 orange  
1 tossed salad (see Food Block guide)

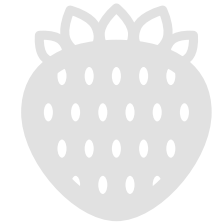
**FAT:**  
4 tablespoons olive oil and vinegar dressing

**COOKING INSTRUCTIONS:**  
Mix ground meat, egg substitute, ketchup, onions, bread crumbs, pepper and Worcestershire sauce. Form into shallow loaf and place in microwave-safe dish. Microwave on medium 10-15 minutes or until done. Have the apple and orange for dessert.



*Late Night Snack*

1 ounce turkey breast, sliced  
1 cup strawberries  
1 tablespoon guacamole



**Day 6**

*Breakfast*  
**Skillet Hash**

**PROTEIN:**  
6 ounces cooked lean meat (chicken, ham, or beef)

**CARBOHYDRATE:**  
2/3 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:**  
4 teaspoons olive oil

**COOKING INSTRUCTIONS:**  
In nonstick pan, sauté green pepper, 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  
1 1/2 ounces deli-style turkey (added to salad)  
2 ounces nonfat cheese

**CARBOHYDRATE:**  
2 slices rye bread  
Lettuce and sliced tomato  
1/2 pear  
1 tossed salad (see Food Block guide)

**FAT:**  
1 tablespoon light mayonnaise  
3 tablespoons olive oil and vinegar dressing



*Afternoon Snack*

2 ounce low-fat cottage cheese  
1/2 cup pineapple, diced  
6 olives, sliced



*Dinner*  
**Quick Turkey Dinner**

**PROTEIN:**  
9 ounces deli-style turkey breast or 6 ounces cooked skinless turkey breast

**CARBOHYDRATE:**  
3 cups steamed broccoli  
1/2 cup boiled and drained onions  
1/4 cup cranberries  
1 nectarine for dessert

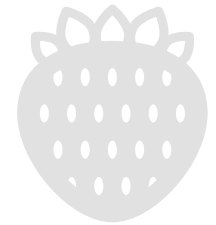
**FAT:**  
1 teaspoon slivered almonds  
9 macadamia nuts

**COOKING INSTRUCTIONS:**  
Cook, and then sprinkle the slivered almonds on the broccoli.



*Late Night Snack*

1 ounce turkey breast, sliced  
1 cup strawberries  
6 almonds



**Day 7**

*Breakfast*  
**Scrambled Eggs Benedict**

**PROTEIN:**  
2 ounces lean Canadian bacon  
8 large egg whites or 1 cup egg substitute

**CARBOHYDRATE:**  
1 English muffin  
1/2 grapefruit  
1 cup strawberries

**FAT:**  
4 tablespoons olive oil

**COOKING INSTRUCTIONS:**  
Beat egg whites and olive oil with a little milk if desired. Spray a 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:**  
9 ounces deli-style turkey breast or 6 ounces cooked turkey breast

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

**FAT:**  
6 tablespoons guacamole



*Afternoon Snack*

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



*Dinner*  
**Broiled Salmon**

**PROTEIN:**  
9 ounces salmon fillet

**CARBOHYDRATE:**  
Rosemary to taste  
Tarragon to taste  
Dill to taste  
Lemon (optional)  
1 1/2 cups cooked zucchini  
2 tomatoes, split, sprinkled with Parmesan cheese, and broiled  
1 apple  
1 orange

**FAT:**  
4 teaspoons olive oil  
Sprinkling of Parmesan cheese

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



*Late Night Snack*

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

