

ZONE DIET RECIPES



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Fruit Salsa

25 CALORIES

0g FAT

8 SERVINGS

RECIPE NOTES

INGREDIENTS

2 cups	peaches - chopped	1	jalapeno - minced
1 cup	Roma tomatoes - seeded, diced	1 clove	garlic - minced
		1/3 cup	fresh cilantro - chopped fine
1/2 cup	red onion chopped - chopped	1 tbsp	lime juice

INSTRUCTIONS

1. Combine all ingredients.
2. Refrigerate for a short time.
3. Serve on top of chicken, fish or protein of your choice to add some summer flavor to your meal.

Food Blocks to learn Zone friendly proteins, carbs and fats.

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

NUTRITIONAL FACTS PER SERVING: 8 SERVINGS (approximately 1/3 cup)

Calories 25cal; Protein 1g (1%); Total Fat 0g (0%); Carb. 6g (2%); Fiber 1g (4%).



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