

Mens 7-Day Meal Planner

Day One

Breakfast: Fruit Salad

Ingredients

- 1 cup low-fat cottage cheese
- 1 cup fresh or reduced-sugar canned pineapple, cubed
- 1 cup reduced-sugar canned mandarin oranges, drained
- 4 macadamia nuts, crushed

Instructions: Place cottage cheese in a bowl. Fold in pineapple, oranges, and nuts.

Lunch: Chef's Salad

Ingredients

- 1 cup green-leaf lettuce (substitute lettuce of your choice), washed, dried, and torn into large pieces
- ½ cup chickpeas, drained, and rinsed
- ½ cup button mushrooms, washed, dried, and coarsely chopped
- ½ cup celery, washed, dried, and coarsely chopped
- 4 teaspoons olive oil-and-vinegar dressing*
- 3 ounces deli-style turkey breast, cut into strips
- 1 ½ ounces deli-style ham, cut into strips
- 1 ounce reduced-fat Swiss cheese (substitute any reduced-fat cheese), julienned

For Dessert

- 1 medium apple

Instructions: Toss lettuce with chickpeas, mushrooms, and celery. Dress, toss, and add meat and cheese. Serve apple for dessert.

**Zone oil-and-vinegar dressing for this meal contains 1 1/3 teaspoons olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

Dinner: Ginger Chicken

Ingredients

- 1 1/3 teaspoons olive oil
- 4 ounces boneless, skinless chicken breast, cut lengthwise into thin strips
- 2 cups broccoli florets, washed
- 1 ½ cups snow peas, washed
- ¾ cup yellow onion, peeled and chopped
- 1 teaspoon fresh ginger, grated

For Dessert

- 1 cup seedless grapes

Instructions: In a wok or large nonstick pan, heat oil over medium-high heat. Add chicken and sauté, turning frequently, until lightly browned, about 5 minutes. Add broccoli, snow peas, onion, ginger, and ¼ cup water. Continue cooking, stirring often, until the chicken is done, water is reduced to a glaze, and

vegetables are tender, about 20 minutes. If the pan dries out during cooking, add water in tablespoon increments to keep moist. Serve grapes for dessert.

Day Two

Breakfast: Yogurt and Fruit

Ingredients

1 ounce lean Canadian bacon (substitute 3 turkey bacon strips or 2 soy sausage links)
½ cup fresh blueberries, rinsed and drained
4 teaspoons slivered almonds
1 ½ cups plain low-fat yogurt

Instructions: Prepare bacon or soy patties, following package instructions. Stir fruit and nuts into yogurt, and serve with bacon or links on the side.

Lunch: Tuna Salad

Ingredients

4 ounces albacore tuna packed in water, drained
¼ cup celery, washed, dried, and coarsely chopped
4 teaspoons olive oil-and-vinegar dressing*
1 or 2 lettuce leaves, washed and dried
1 orange, sectioned
1 cup blueberries, rinsed and drained

Instructions: Mix tuna with celery and stir in dressing. Prepare a bed of the lettuce, and top with tuna mixture. Mix orange sections with berries and serve for dessert.

**Zone oil-and-vinegar dressing for this meal contains 1 1/3 teaspoons olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

Dinner: Foiled Flounder with Green Beans

Ingredients

vegetable spray
6 ounces boneless flounder fillet (substitute mild, flaky fish of your choice)
2 tablespoons yellow onion, peeled and chopped
sprinkling of Parmesan cheese
¼ teaspoon freshly ground pepper, or to taste squirt lemon juice
3 cups fresh green beans, washed, ends removed, and halved
4 teaspoons almonds slivered

For Dessert

2 plums

Instructions: Preheat oven to 425° degrees. Tear off an 18-inch-by-12-inch piece of foil. Spray the center lightly with vegetable spray, and place fish in the center of the foil. Top with onion and sprinkle with cheese, pepper, and lemon juice. Fold foil loosely over fish, leaving ample space for air. Carefully turn up and seal the ends and the middle so that juices won't leak out. Bake in the preheated oven 18 minutes. Meanwhile, steam the green beans: in a large pot fitted with a steaming basket, bring 1 inch water to boil. Add beans to the basket and steam until crisp-tender, 10 minutes. Drain, place in serving

bowl, and fold almonds. When fish is done, carefully open foil to prevent steam burns, and remove to a plate. Serve with green beans. Serve pineapple for dessert.

Day Three

Breakfast: Fruit Smoothie

Ingredients

27 grams protein powder
1 ¼ cup blueberries
1 ½ cup strawberries
4 macadamia nuts
6 ice cubes

Instructions: Place all ingredients in a blender and blend at high speed until smooth, about 1 minute. Add a little water if smoothie is too thick. If you prefer, eat the nuts on the side.

Lunch: Cheeseburger

Ingredients

4 ½ ounces lean (less than 10% fat) ground beef (substitute 4 ½ ounces ground turkey or 1 ½ soy burger patty)
1 ounce reduced-fat American cheese (substitute cheese of choice)
1 tablespoon light mayonnaise
½ hamburger roll
1 thick tomato slice, optional
1 large lettuce leaf, optional
1 dill pickle wedge, optional
3 black olives

For Dessert

1 cup unsweetened applesauce
sprinkling of cinnamon

Instructions: Preheat broiler. Place burger on foil or rack and broil 5 minutes. Flip and continue cooking another 5 minutes for medium rare. One minute before expected doneness, top with cheese, and remove when melted. Spread mayonnaise on the roll. Top with burger, tomato, and lettuce. Serve pickle on the side. Either chop olives and place on top of cheeseburger or serve them on the side. Sprinkle applesauce with cinnamon and serve for dessert.

Dinner: Vegetarian Stir-Fry

Ingredients

1 1/3 teaspoons olive oil
1 cup vegetable protein crumbles* (substitute 6 ounces firm tofu)
1½ cups yellow onions, peeled and chopped
2 cups broccoli florets, washed
2 cups button mushrooms, washed, dried, and thinly sliced
1 ounce reduced-fat Swiss cheese, shredded

For Dessert

1 cup grapes

**Morningstar Farms makes Burger-Style Recipe Crumbles, which look like ground beef and is a good vegetarian source of protein.*

Instructions: Heat oil in a nonstick sauté pan or wok over medium-high heat. If using tofu, remove from wrapping, drain, and crumble. Add tofu or soy crumbles and stir until mixed with the oil. Add onions, broccoli, and mushrooms. Reduce heat to medium and stir-fry, stirring often, until vegetables are tender, about 15 minutes. Stir in cheese and heat until melted, about 1 minute. Serve grapes for dessert.

Day Four

Breakfast: Scrambled Eggs and Bacon

Ingredients

vegetable spray

6 egg whites (or $\frac{3}{4}$ cup substitute)

1 $\frac{1}{3}$ teaspoons olive oil

1 tablespoon low-fat milk (optional)

1 ounce lean Canadian bacon (substitute 3 turkey bacon strips or 2 soy sausage links)

For Dessert

1 cup grapes

$\frac{2}{3}$ cup mandarin oranges

Instructions: Lightly coat a large nonstick pan with vegetable spray, and heat over medium flame. Beat egg whites with olive oil and milk, if desired. Pour into pan and cook, stirring often, until scrambled and fully set. Prepare bacon or soy links, following package instructions. Mix grapes and oranges and serve for dessert.

Lunch: Tofu Dip and Veggies

Ingredients

6 ounces firm tofu

1 ounce reduced-fat Swiss cheese, grated

$\frac{1}{2}$ cup canned chickpeas, drained and rinsed

1 $\frac{1}{3}$ teaspoons olive oil

2 tablespoons fresh lemon juice

2 tablespoons Lipton's dry onion soup mix (substitute spices of your choice, to taste*)

1 medium green pepper, washed cored, seeded, and cut in wedges

2 cups broccoli florets

For Dessert

Kiwi

Instructions: Drain tofu. Put tofu, cheese, chickpeas, olive oil, lemon juice, and onion soup mix in a blender. Blend until smooth. (For best flavor, refrigerate the dip at least 2 hours or overnight.) Place dip in a bowl in the center of a large plate. Arrange pepper strips and broccoli around bowl for dipping. Serve kiwi for dessert.

**If you don't want to use the packaged soup mix, experiment with minced onions, garlic, or vegetable bouillon granules.*

Dinner: Spiced Lamb with Vegetables

Ingredients

6 ounces lean ground lamb
1/5 cup brown rice
1 teaspoon cider vinegar
1 1/3 teaspoons olive oil
1/2 cup scallions, finely chopped
3/4 cup red onions, cut in chunks
2 cups mushrooms
1 1/2 cup tomatoes, diced
1/2 cup green beans, diced
1 tablespoon cilantro
2 teaspoons fresh ginger, minced
1/4 teaspoon cumin
1/4 teaspoon coriander
1/8 teaspoon black pepper
1/2 teaspoon celery salt
1/8 teaspoon cinnamon

Instructions: In a small glass bowl, combine lamb, vinegar, and spices. Cover and refrigerate for 30 minutes. Heat the oil in a medium nonstick sauté pan. Add meat mixture and vegetables. Cook, breaking meat up as it cooks, until lamb is cooked through and vegetables are tender. Spoon onto plate and serve.

Day Five

Breakfast: Old Fashioned Oatmeal

Ingredients

1 cup slow-cooking (steel-cut) oatmeal*
2 ounces lean Canadian bacon (substitute 6 turkey bacon strips or 2 soy sausage links)
1/3 cup unsweetened applesauce
1 tablespoon almonds, slivered
sprinkling of nutmeg
sprinkling of cinnamon
1/2 cup low-fat cottage cheese

Instructions: Bring 3 cups water to a brisk boil over high heat. Add oatmeal, stirring well. When smooth and beginning to thicken, reduce heat to low and simmer for 30 minutes, stirring occasionally. While oatmeal is cooking, prepare bacon or soy patties, following package instructions. Remove oatmeal from the heat. Stir in applesauce and almonds. Sprinkle with cinnamon and nutmeg. Serve bacon and cottage cheese on the side.

**By slow cooking, we mean slow cooking. Oatmeal that calls itself slow-cooking but takes only 5 minutes isn't the real McCoy (or perhaps we should say the real McCann's, a popular brand.) To shorten the morning cooking time, make a big batch during the weekend, freeze, and microwave the correct amount in the morning. You may also put the oatmeal in a wide-mouth thermos with 1 1/3 cups boiling water, and let it cook overnight.*

Lunch: Chili (Meat or Vegetarian)

Ingredients:

1 1/3 teaspoons olive oil

6 ounces lean (less than 10%) ground beef (substitute ground turkey or 1 1/3 cups vegetable protein crumbles*)

¼ cup yellow onions, peeled and minced

1 teaspoon chili powder, or to taste

½ teaspoon garlic powder, or to taste

½ teaspoon freshly ground pepper, or to taste

1 ½ cup salsa or stewed tomatoes with liquid

¼ cup kidney beans, drained and rinsed

sprinkling of low-fat Monterey Jack cheese (optional)

Instructions: In a large nonstick sauté pan, heat oil over medium-high flame. Add meat and sauté, stirring often, until lightly browned, about 5 minutes. If using protein crumbles, heat until blended with oil, about 2 minutes. Add onions, chili powder, garlic powder, pepper, salsa, and kidney beans. Simmer, stirring occasionally, until onion is wilted and flavors are blended, about 20 minutes. Place in bowl and top with cheese, if desired.

**Morningstar Farms makes Burger-Style Recipe Crumbles, which look like ground beef and is a good vegetarian source of protein.*

Dinner: Shrimp Scampi with Vegetables

Ingredients

1 1/3 teaspoon olive oil

1 ½ cup asparagus spears, washed, woody bases discarded, and bias-sliced into 1-inch long pieces

1 ½ cup yellow onions, peeled and finely chopped

1 medium green pepper, washed, cored, seeded, and roughly chopped

2 cloves garlic, peeled and minced, or to taste

6 ounces shrimp, shelled and deveined

¼ cup dry white wine (optional)

1-2 teaspoons lemon juice, or to taste

2 lemon wedges, optional

For Dessert

1 medium peach

Instructions: In a large nonstick pan, heat oil over medium-high heat. Sauté asparagus, onions, green pepper, and garlic, stirring often until tender, about 10 minutes. Add shrimp, white wine, and lemon juice. Lower heat to medium and cook 5 minutes, stirring often, until shrimp are pink. Place on plate and garnish with lemon wedges. Serve peach for dessert.

Day Six

Breakfast: Spanish Omelet

Ingredients

vegetable spray

2 tablespoons yellow onion, peeled and finely chopped*

3 tablespoons green pepper, cored, seeded, and roughly chopped*

6 large egg whites (or ½ cup egg substitute)

1 tablespoon low-fat milk (optional)

1 teaspoon chili powder, or to taste (optional)

1 1/3 teaspoons olive oil

½ cup canned black beans, drained

1 ounce low-fat Monterey Jack cheese, shredded

1 tablespoon salsa (optional)

For Dessert

1 medium orange

Instructions: Lightly coat a large nonstick sauté pan with vegetable spray, and heat over medium flame. Add onion and green pepper and sauté, stirring often, until tender, about 10 minutes. Remove and set aside. Meanwhile, beat egg whites with milk, if desired. Stir in chili powder. Heat olive oil in the large nonstick sauté pan over medium heat. Pour in the egg whites and cook until almost set, occasionally lifting edges so that uncooked portion flows underneath, 2 to 3 minutes. When eggs are set, place onions, green pepper, black beans, and cheese on top. Fold with a spatula and continue cooking until lightly browned, about 1 minute. Top with salsa. Serve orange for dessert.

**No one wants to chop vegetables first thing in the morning. Buy a bag of frozen onions and green peppers and just pour out what you need. Return the rest to the freezer.*

Lunch: Grilled Chicken Salad

Ingredients

2 cups green-leaf or romaine lettuce, washed, dried, and torn into large pieces

1 cup broccoli florets

½ green pepper, cored, seeded, and cut into thin strips

¼ cup kidney beans, rinsed and drained

1 medium tomato, sliced

4 teaspoons olive oil-and-vinegar dressing*

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce

½ teaspoon freshly ground pepper, or to taste

4 ounces precooked grilled skinless chicken breast, sliced into bit-sized chunks

**Zone oil-and-vinegar dressing contains 1 1/3 teaspoon olive oil and 2 teaspoons vinegar. Extra vinegar may be added to taste.*

For Dessert

1 medium pear

Instructions: Toss lettuce with broccoli, green pepper, kidney beans and tomato. Combine dressing with the lemon juice, Worcestershire sauce, and pepper. Toss with vegetables until well combined, and top with chicken chunks. Serve pear for dessert.

Dinner: Broiled Salmon

Ingredients

6 ounces salmon steak, about 1 inch thick

1 1/3 teaspoons olive oil

½ teaspoon dried rosemary, or to taste

½ teaspoon dried tarragon, or to taste

½ teaspoon dried dill, or to taste

2 cups zucchini, washed, ends removed, and sliced into ¼-inch strips

For Dessert

1 apple

1 plum

Instructions: Preheat broiler. Brush salmon with oil and sprinkle with herbs. On a roasting pan or aluminum foil, broil for 4-5 minutes per side, depending on thickness, turning once. Meanwhile, steam

the zucchini: in a large pot fitted with a steaming basket, bring 1 inch water to boil. Add zucchini to the basket and steam until crisp-tender, 4-6 minutes. Serve apple and plum for dessert.

Day Seven

Breakfast: Vegetable Omelet

Ingredients

2 cup asparagus spears, woody bases discarded, bias-sliced into 1-inch pieces
1 1/3 teaspoons olive oil
1/4 cup yellow onions, peeled and finely chopped
1/2 cup button mushrooms, washed, dried, and thinly sliced
6 egg whites (or 3/4 cup egg substitute)
1 tablespoon low-fat milk (optional)
3 strips turkey bacon (substitute 1 ounce lean Canadian bacon or 2 soy sausage links)
2/3 cup mandarin oranges

Instructions: In a large pot fitted with a steaming basket, bring 1 inch water to boil. Add asparagus to the basket and steam until crisp-tender, 5 minutes, set aside. Heat olive oil in a large nonstick sauté pan over medium heat. Add onions and mushrooms and lightly sauté until onion is wilted, about 10 minutes. Remove from pan and set aside to cool. Meanwhile, beat egg whites with milk, if desired. Stir in cooled onions and mushrooms. Lightly coat the sauté pan with vegetable spray, and heat over medium flame. Pour in the egg mixture and cook until almost set, occasionally lifting edges so that uncooked portion flows underneath, 2-3 minutes. When eggs are set, top with asparagus tips and fold with a spatula. Continue cooking until lightly browned, about 1 minute. Prepare bacon or soy links, following package instructions, and serve on the side with oranges.

Lunch: Stuffed Tomatoes

Ingredients

4 ounces albacore tuna packed in water, drained
4 teaspoons light mayonnaise
1/4 cup celery, washed and minced
1 tablespoon onion, peeled and minced
2 large tomatoes, washed, tops removed, and hulled
1 small bread stick

For Dessert

1 nectarine

Instructions: In a medium mixing bowl, combine tuna, mayonnaise, celery, and onion. Stuff into tomatoes and serve. Serve bread stick on the side. Serve nectarine for dessert.

Dinner: Chicken Marinara with Three-Bean Salad*

Ingredients

1 1/2 cup green beans, washed, ends removed, and cut in half
1/4 cup canned chick peas, drained
1/4 cup canned kidney beans, drained
1 1/3 teaspoons olive oil
2 tablespoons cider vinegar, or to taste
1 teaspoon dried chives
1 teaspoon dried parsley
1/2 teaspoon freshly ground pepper, or to taste

- 1 ½ teaspoons dried basil
- 3 ounces boneless, skinless chicken breast cutlets
- 2 tablespoons prepared tomato sauce
- ¼ teaspoon garlic powder, or to taste
- 1 ounce low-fat mozzarella cheese, shredded

*If possible, make three-bean salad ahead of time (up to 2 days) and store, tightly sealed, in the refrigerator.

For Dessert

- 1 peach

Instructions: Preheat oven to 450°. In a large pot fitted with a steaming basket, bring 1 inch water to boil. Add green beans to the basket and steam until crisp-tender, 10 minutes. Remove from basket, drain, and combine with chickpeas and kidney beans. In a small mixing bowl, combine olive oil, vinegar, chives, parsley, pepper, and 1 teaspoon of the basil; experiment with the oil-vinegar ratio to taste. Toss with beans, cover, and refrigerate for 30 minutes. Place chicken in a large piece of foil. Top chicken with tomato sauce and sprinkle with the remaining ½ teaspoon basil, garlic powder, and cheese. Fold foil loosely over chicken, leaving ample space for air. Carefully turn up and seal the ends and the middle so that juices won't leak out. Bake in the preheated oven for 20 minutes. Remove from oven and carefully open foil to prevent steam burns. Serve with bean salad. Serve peach for dessert.

Snacks

Easy Zone Snacks

Snacks are like mini-meals on the Zone Diet. Each one contains a small portion of protein, carbs, and fat. You can create an infinite variety of your very own Zone-favorable snacks by mixing and matching 1 protein, 1 carbohydrate, and 1 fat choice from the lists below.

PROTEINS

- 1/4 cup low-fat cottage cheese
- 1 ounce part-skim or "lite" mozzarella
- 2 1/2 ounces part-skim or "lite" ricotta cheese
- 1 ounce sliced meat (turkey, ham, chicken)
- 1 ounce tuna packed in water
- 1 string cheese
- 1 1/2 ounces deli meat

CARBOHYDRATES

- 1/2 apple
- 3 apricots
- 1 kiwi
- 1 tangerine
- 1/3 cup "lite" fruit cocktail
- 1/2 pear
- 1 cup strawberries
- 3/4 cup blackberries
- 1/2 orange
- 1/2 cup grapes
- 8 cherries
- 1/2 nectarine
- 1 peach

- 1 plum
- 1/2 cup peaches
- 1/2 cup crushed pineapple
- 1 cup raspberries
- 1/2 cup blueberries
- 1/2 grapefruit
- 1/3 cup unsweetened applesauce
- 2 cups sliced celery
- 4 cups sliced cucumber
- 2 red or green peppers, raw
- 1/4 cup hummus
- 1/2 cup salsa
- 1 1/2 cups snow peas, raw
- 2 cups cherry tomatoes

FATS

- 3 olives (green or black)
- 1 macadamia nut
- 1 tablespoon guacamole
- 1 tablespoon avocado
- 3 almonds
- 6 peanuts
- 2 pecan halves
- 1/2 teaspoon almond butter
- 1/2 teaspoon natural peanut butter