

ZONE Food Blocks

Here is a guide on **Zone** Food Blocks to help you choose the right amount of foods to keep you In the Zone. This list contains portioned amounts of proteins, carbohydrates, and fats that will keep you In the Zone. From this list, most women should choose 3 blocks of protein, 3 blocks of carbohydrate, and 3 blocks of fat for each meal. Each selection in the Food Block list is one block. For example, one ounce of chicken equals one block, a woman should have 3 ounces of chicken. Most men should choose 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat for each meal. Then choose 1 block of each for mid-afternoon and pre-bedtime snacks. See examples below.

To find out how many blocks you need per day click here - [protein calculator](#) - this will tell you how many protein blocks you need per day, this number is also how many carbohydrate and fat blocks you need. If your calculated protein number is 15 blocks per day, then you will also need 15 carbohydrate and 15 fat blocks per day.

Sample Lunch for Women:

- 3 protein blocks = 3oz. chicken
- 3 carbohydrate blocks = 3 cups asparagus
- 3 fat blocks = 1 tsp. olive oil

Sample Snack:

- 1 protein block = 1oz. canned tuna in water
- 1 carbohydrate block = 2 cups celery
- 1 fat block = 1/3 tsp. olive oil

Use this list as a reference, but realize that these numbers are not set in concrete. There is more information on Food Blocks in the books A Week in the Zone and Zone Meals in Seconds by Dr. Barry Sears.

Protein

Most women should choose
3 blocks and men **4** blocks from the protein list per meal. (Each protein block below contains 7 grams of protein.)

Carbohydrates

Most women should choose **3** blocks and men **4** blocks from the carbohydrate list per meal. (Each carbohydrate block below contains 9 grams of carbohydrate.)

Meat and Poultry

Best Choices (low in saturated fat)

Beef (range fed or game)	1 oz.
Chicken breast, skinless	1 oz.
Chicken breast, deli-style,	1 ½ oz.
Ground beef (Less than 10% fat)	1 ½ oz.
Lean Canadian Bacon	1 ½ oz.
Turkey breast, skinless	1 oz.
Turkey breast, deli-style.	1 ½ oz.
Turkey, ground	1 ½ oz.

Low Density Carbohydrates (Best Choices)

Cooked Vegetables

Artichoke	4 large
Artichoke Hearts	1 cup
Asparagus (12 spears)	1 cup
Beans, green or wax	1 ½ cups
Beans, black	1/4 cup
Bok choy	3 cups
Broccoli	3 cups
Brussel sprouts	1 ½ cups

Turkey bacon	3 strips	Cabbage	3 cups
Fair Choices (moderate in saturated fat)		Cauliflower	4 cups
Beef (lean cuts)	1 oz.	Chickpeas	1/4 cup
Chicken, skinless, dark meat	1 oz.	Collard greens	2 cups
Corned beef, lean	1 oz.	Eggplant	1 1/2 cups
Duck	1 1/2 oz.	Hummus	1/4 cup
Ham, lean	1 oz.	Kale	2 cups
Ham, deli-style	1 1/2 oz.	Kidney beans	1/4 cup
Lamb, lean	1 oz.	Leeks	1 cup
Pork, lean	1 oz.	Lentils	1/4 cup
Pork Chop	1 oz.	Mushrooms (boiled)	2 cups
Turkey bacon	3 slices	Onions, chopped (boiled)	1/2 cup
Turkey, skinless, dark meat	1 oz.	Okra, sliced	1 cup
Veal	1 oz.	Sauerkraut	1 cup
Poor Choices (high in saturated fat, Arachidonic Acid, or both)		Spaghetti squash	2 cups
Bacon, pork	3 1/2 slices	Spinach	3 1/2 cups
Beef, fatty cuts*	1 oz.	Swiss chard	2 1/2 cups
Beef, ground (>10% fat)	1 1/2 oz.	Turnip, mashed	1 1/2 cups
Hot dog, beef or pork	1 link	Turnip greens	4 cups
Hot dog, chicken or turkey	1 link	Yellow squash	2 cups
Pepperoni	1 oz.	Zucchini	2 cups
Salami	1 oz.		

Raw Vegetables

Sausage, pork	2 links	Alfalfa sprouts	10 cups
Sausage, pork	2 patties	Bamboo shoots	4 cups
*Arachidonic Acid		Bean sprouts	3 cups
		Broccoli	4 cups
Fish and Seafood		Cabbage, shredded	4 cups
Bass (freshwater)	1 oz.	Cauliflower pieces	4 cups
Bass (sea)	1 1/2 oz.	Celery, sliced	2 cups
Bluefish	1 1/2 oz.	Chick peas	1/4 cup
Calamari	1 1/2 oz.	Cucumber, sliced	4 cups
Catfish	1 1/2 oz.	Endive, chopped	10 cups
Cod	1 1/2 oz.	Escarole, chopped	10 cups
		Green or red peppers	2
Clams	1 1/2 oz.	Green or red peppers, chopped	2 cups
Crabmeat	1 1/2 oz.	Jalapeño peppers	2 cups
Haddock	1 1/2 oz.	Lettuce, iceberg	2 heads
Halibut	1 1/2 oz.	Lettuce, romaine, chopped	10 cups
Lobster	1 1/2 oz.	Mushrooms, chopped	4 cups
Salmon*	1 1/2 oz.	Onions, chopped	1 1/2 cup
Sardines*	1 oz.	Radishes, sliced	4 cups
Scallops	1 1/2 oz.	Salsa	1/2 cup

Snapper	1 ½ oz.
Swordfish	1 ½ oz.
Shrimp	1 ½ oz.
Trout	1 ½ oz.
Tuna (steak)	1 oz.
Tuna, canned in water	1 oz.

*Rich in EPA

Eggs

Best Choices

Egg whites 2

Egg substitute ¼ cup

Fair Choices

Whole egg* 1

*Arachidonic Acid

Protein-Rich Dairy

Best Choices

Cheese, nonfat 1 oz.

Cottage cheese, low-fat ¼ cup

Fair Choices

Cheese, low-fat 1 oz.

Mozzarella cheese, skim 1 oz.

Ricotta cheese, skim 2 oz.

Poor Choices

Hard cheeses 1 oz.

Vegetarian (always check package labels)

Protein powder 7 grams, 1/3 oz.

Soy burger ½ patty

Soy Canadian bacon 3 slices

Soy hotdog 1 link

Soy hamburger crumbles ½ cup

Soy sausage links 2 links

Soy sausage 1 patty

Tofu, firm or extra firm 2 oz.

Mixed Protein Sources

(Contain more carbohydrate, so read labels carefully)

Soybeans, boiled ¼ block

Soybean hamburger ¾ patty

Snow peas	1 ½ cups
Spinach	20 cups
Spinach Salad (3 cups raw spinach, ½ raw onion, and 1 raw tomato)	1
Tomato	2
Tomato, cherry	2 cups
Tomato, chopped	1 ½ cups
Tossed salad (3 cups shredded lettuce, ½ raw green pepper, and 1 raw tomato)	1
Water chestnuts	1/3 cup
Water cress	10 cups

Fruits

Apple ½

Applesauce (unsweetened) 1/3 cup

Apricots 3

Blackberries ¾ cup

Blueberries ½ cup

Boysenberries ½ cup

Cherries 8

Fruit cocktail (light) 1/3 cup

Grapes ½ cup

Grapefruit ½

Kiwi 1

Lemon 1

Lime 1

Nectarine ½

Orange ½

Orange, Mandarin, canned in water 1/3 cup

Peach 1

Peaches, canned in water ½ cup

Pear ½

Plum 1

Raspberries 1 cup

Strawberries 1 cup

Tangerine 1

Grains (read labels)

Barley (dry) ½ tbs.

Oatmeal (slow-cooking) (cooked)** 1/3 cup

Tofu, silken	5 oz.
Tofu, soft	4 oz.

Oatmeal (slow-cooking) (dry)**	½ oz.
**Contains GLA	

**Mixed Protein /
Carbohydrate** (Contain 1
block protein and 1 block
carbohydrate)

Milk, low-fat (1%)	1 cup
Soy milk	8 oz.
Soy Flour	10 grams
Yogurt, plain	½ cup
Tempeh	1 ½ oz.

Fat

Most women should choose **3** blocks and men should choose **4** blocks from the fat list per meal. (Each fat block below contains 1.5 grams of fat.)

Best Choices (rich in monounsaturated fat)

Almond butter	½ tsp.
Almond oil	1/3 tsp.
Almonds (slivered)	1 tsp.
Almonds (whole)	3
Avocado	1 tbsp.
Cashews	2
Guacamole	1 tbsp
Macadamia nut	1
Olives	3
Olive oil	1/3 tsp.
Olive oil and vinegar dressing	1/3 tsp olive oil plus vinegar to taste
Peanuts	6
Peanut butter, natural	½ tsp.
Peanut oil	1/3 tsp.
Pistachios	3
Almond butter	½ tsp.
Sesame oil	1/3 tsp.
Tahini	½ tsp.

Fair Choices (low in saturated fat)

Canola oil	1/3 tsp.
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High Density Carbohydrates
(use in moderation)

Cooked Vegetables

Acorn squash	½ cup
Beans, baked	¼ cup
Beans, refried	¼ cup
Beets, sliced	½ cup
Butternut squash	½ cup
Carrot	1
Carrots, sliced	1 cup
Carrots, shredded	1 cup

Corn	¼ cup
French fries	5
Lima beans	¼ cup
Parsnips	1/3 cup
Peas	½ cup
Pinto beans	¼ cup
Potato, baked	¼ cup
Potato, boiled	1/3 cup
Potato, mashed	¼ cup
Sweet potato, baked	1/3 cup
Sweet potato, mashed	¼ cup

Fruits

Banana	1/3
Cantaloupe	¼ melon
Cantaloupe, cubed	¾ cup
Cranberries	¾ cup
Cranberry sauce	3 tsp
Dates	2
Fig	1
Guava	½ cup
Honeydew melon, cubed	2/3 cup
Kumquat	3

Mayonnaise, regular	1/3 tsp.	Mango, sliced	1/3 cup
Mayonnaise, light	1 tsp.	Papaya, cubed	3/4 cup
Sesame oil	1/2 tsp.	Pineapple, diced	1/2 cup
Soybean oil	1/3 tsp.	Prunes, dried	2
Walnuts, shelled and chopped	1/2 tsp.	Raisins	1 tbsp

Poor Choices (high in saturated fat)

Bacon bits, imitation	2 tsp.
Butter	1/3 tsp.
Cream (half and half)	1/2 tbsp.
Cream cheese	1 tsp.
Cream cheese, light	2 tsp.
Lard	1/3 tsp.
Sour cream	1/2 tbsp.
Sour cream, light	1 tbsp.
Vegetable shortening	1/3 tsp.

Watermelon, cubed	3/4 cup
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Fruit Juices

Apple	1/3 cup
Apple cider	1/3 cup
Cranberry	1/4 cup
Fruit punch	1/4 cup
Grape	1/4 cup
Grapefruit	1/3 cup
Lemonade, unsweetened	1/3 cup
Lime	1/3 cup
Orange	1/3 cup
Pineapple	1/4 cup
Tomato	1 cup
V-8	3/4 cup

Grains, Cereals, and Breads

Bagel, small	1/4
Biscuit	1/2
Bread crumbs	1 oz.
Bread, whole grain or white	1/2 slice
Breadstick, hard	1
Breadstick, soft	1/2
Buckwheat, dry	1/2 oz.
Bulgur wheat, dry	1/2 oz.
Cereal, dry	1/2 oz.
Cornbread	1-inch square
Cornstarch	4 tsp.
Couscous, dry	1 oz.
Cracker, graham	1 1/2 squares
Cracker, saltine	4
Cracker, Triscuit	3
Croissant, plain	1/4
Crouton	1/2 oz.
Doughnut, plain	1/3
English muffin	1/4
Granola	1/2 oz.
Grits, cooked	1/3 cup

Melba toast	½ oz.	Sugar, confectionary	1 tbsp
Millet, dry	½ oz.	Syrup, maple	2 tsp
Muffin, blueberry, mini	½	Syrup, pancake	2 tsp
Noodles, egg, cooked	¼ oz.	Teriyaki sauce	1 tbsp
Pancake, four-inch	1	Tortilla chips	½ oz.
Pasta, cooked	¼ cup		
Pita bread	½ pocket		
Popcorn, popped	2 cups		
Rice, brown, cooked	1/5 cup		
Rice, white, cooked	1/5 cup		
Rice cake	1		
Roll, bulkie	¼		
Roll, small dinner	½		
Roll, hamburger	½		
Taco shell	1		
Tortilla, six-inch corn	1		
Tortilla, eight-inch flour	½		
Waffle	½		

Alcohol

Beer, light	6 oz. or ½ bottle
Beer, regular	4 oz. or 1/3 bottle
Distilled spirits	1 oz.
Wine	4 oz.

Others

Barbecue sauce	2 tbsp
Cake	1/3 slice
Candy bar	¼
Catsup	2 tbsp
Cocktail sauce	2 tbsp
Cookie, small	1
Honey	½ tbsp
Ice cream, regular	¼ cup
Ice cream, premium	1/6 cup
Jam or jelly	2 tbsp
Molasses, light	½ tsp
Plum sauce	1 ½ tbsp
Potato chips	½ oz.
Pretzels	½ oz.
Relish, pickle	4 tsp
Sugar, brown	2 tsp
Sugar, granulated	2 tsp