

"ZONE" READY NUTRITION BLOCKS

PROTEIN

Rx Choices				Acceptable				Marginal	
salmon	1.5 oz	chicken breast	1 oz	deli meat	1.5 oz	bacon	3 slices	hot dog	1
cod	1.5 oz	lamb, lean	1 oz	tuna (canned)	1 oz	pepperoni	1 oz	hard cheese	1 oz
haddock	1.5 oz	beef, <10% fat	1 oz	turkey bacon	3 slices	salami	1 oz	liver	1 oz
crabmeat	1.5 oz	ground beef	1.5 oz	Ham, lean	1 oz	pork chop	1 oz	<u>Vegetarian Choices</u>	
shrimp	1.5 oz	venison	1 oz	cottage cheese	1/4 c	<u>Combo Choices*</u>		tofu, firm	2 oz
scallops	1.5 oz	whole egg	1	ricotta cheese	2 oz	milk	1 cup	soy burger	1/2
tuna steak	1 oz	egg whites	2	soft cheeses	1 oz	yogurt	1/2 c	soybeans	1/4 c
turkey breast	1 oz	sardines	1 oz	protein powder	7g	soy milk	1 cup	protein powder	7g
*Combo choices contain one block each of protein and carbohydrates									

CARBOHYDRATES

Rx Choices				Acceptable				Marginal	
spinach	3 c	apple	1/2	sweet potato	1/4 c	orange	1/2	table sugar	2 tsp
kale	2 c	blackberries	1/2 c	butternut squash	1/2 c	grapes	1/2 c	chocolate	1 oz
asparagus spears	12	raspberries	1/2 c	oatmeal (cooked)	1/3 c	banana	1/3	popcorn (popped)	2 c
broccoli	3 c	peach	1	black beans	1/4 c	watermelon	3/4 c	wheat pasta (cooked)	1/4 c
cauliflower	4 c	grapefruit	1/2	hummus	1/4 c	dates	2	sliced bread	1/2
brussel sprouts	1.5 c	strawberries	1 c	chickpeas	1/4 c	cantaloupe	3/4 c	french fries	5
red peppers	2	plum	1	rice pasta (cooked)	1/4 c	raisins	1 tbsp	english muffin	1/4
tomatoes	2	cherries	8	corn tortilla	1	applesauce	1/3 c	most fruit juice	1/3 c
mushrooms	2 c	lemon/lime	1	brown rice(cooked)	.2 c	fig	1	waffle	1/2
artichoke hearts	1 c	kiwi	1	green beans	1.5 c	cranberries	3/4 c	donut	1/3
spaghetti squash	2 c	nectarine	1/2	carrots	1 c	mango	1/3 c	granola or dry cereal	1/2 oz
zucchini/squash	2 c	apricots	3	corn	1/4 c	pineapple	1/2 c	<u>Alcohol</u>	
onion	1/2 c	pear	1/2	beans, refried	1/4 c	guava	1/2 c	wine	4 oz
eggplant	1.5 c	blueberries	1/2 c	lima beans	1/4 c	prunes	2	beer	6 oz
* All vegetables are given in cooked measurements								liquor	1 oz

FAT

Rx Choices				Acceptable				Marginal	
olive oil	1/3 tsp	almonds	3	canola oil	1/3 tsp	cashews	2	sour cream	1/2 tbsp
coconut oil	1/3 tsp	macadamia nuts	1	peanut butter	1/3 tsp	mayo, homemade	1 tsp	vegetable oil	1/3 tsp
avocado	1 Tbsp	almond butter	1/3 tsp	peanuts	6	butter, real	1/3 tsp	half and half	1/2 tbsp
olives	3	walnuts	1 tsp	guacamole	1 Tbsp	sesame oil	1/2 tsp	cream cheese	1 tsp

