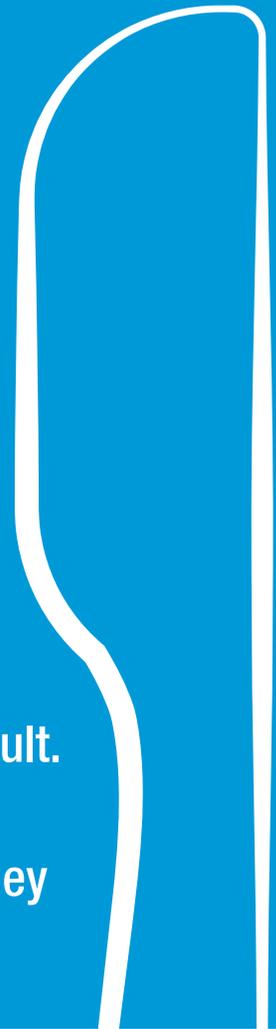


8 BASIC ZONE Rules



Getting in the Zone doesn't have to be difficult. Here are **EIGHT RULES** to incorporate into your routine that will help you on your journey toward **improved health** and **wellness**.



Call **800-404-8171** or visit **zonediet.com** for more information or guidance.

Rule #1

Kick Start Your Day with a Zone Meal



Eat Within
1 Hour
of Waking

During sleep our bodies have to tap into our energy stores to ensure everything keeps functioning the way it should. We recommend eating a Zone Meal within an hour of waking to replenish these stores and to bring your hormones and blood sugar levels back to balance.

Try Our Breakfast for Nonbelievers!

This recipe was created by a Zoner who wanted to prove to his friends how substantial a Zone breakfast can be.

Total Time: 30 Minutes / Makes 1 Serving

Ingredients

- 1/4 cup** Onion - Chopped
- 1/2 cup** Mushrooms - sliced
- 2 tsps** Balsamic vinegar
- 1/2 cup** Egg Beaters - Whites
- 1/2 tsp** Garlic
- 1 1/2 tsps** Dr. Sears' Zone Extra Virgin Olive oil
- 1/4 tsp** Dried basil
- Salt and Pepper - To taste
- 1 slice** Low-fat Swiss cheese (21g)
- 1/3 cup** Cooked steel cut oats - sprinkled with cinnamon
- 1/3 cup** Blueberries
- Stevia - To taste
- 4 oz** 1% milk

Instructions

- To make the omelet, sauté the onions and mushrooms in a non-stick skillet over medium heat.
- Add vinegar.
- Add some water to the skillet to aid in cooking.
- Meanwhile in a bowl whisk Egg Beaters, garlic, olive oil, basil, salt and pepper.
- When the veggies are sautéed, turn the heat up to medium high and add the egg mixture.
- When almost firm, top with cheese and cook until firm.
- Warm the oatmeal (sprinkled with cinnamon) and berries in the microwave oven.
- Add a sprinkle of stevia if you want it sweeter.
- Have a small glass of milk.

Shake up your morning routine!

If time is of the essence, try mixing up a protein shake. They can easily be taken on the go or made once you arrive at your destination.

Simply add 10oz of lactose-free milk to a scoop of your favorite [ZoneRx Shake](#) mix, shake well and enjoy!

27g
PROTEIN

25
PREBIOTICS & VITAMINS

ZoneRx Shakes
help support
healthy blood sugar
and are good for
your gut too!



Click here to get inspired by
hundreds of anti-inflammatory
[Zone Recipes](#).

Rule #2

Eat ④ Times Per Day - 3 Zone Meals & 1 Zone Snack

Meal timing is critical for staying in the Zone to ensure you are keeping blood sugar stable and hunger in check. Think of it like taking a medication at a set time. A perfectly balanced Zone meal should control hunger and fatigue for 4-5 hours by stabilizing blood sugar levels and a Zone snack should hold you for about 2-3 hours.

Meal timing may look something like this:

8 a.m.

Zone Breakfast



12 p.m.

Zone Lunch



4 p.m.

Zone Snack



7 p.m.

Zone Dinner



Search from hundreds of Zone approved foods and assemble your meals and snacks in exact proportions with [Zone Food Blocks](#).

Click here to get inspired by hundreds of anti-inflammatory [Zone Recipes](#).

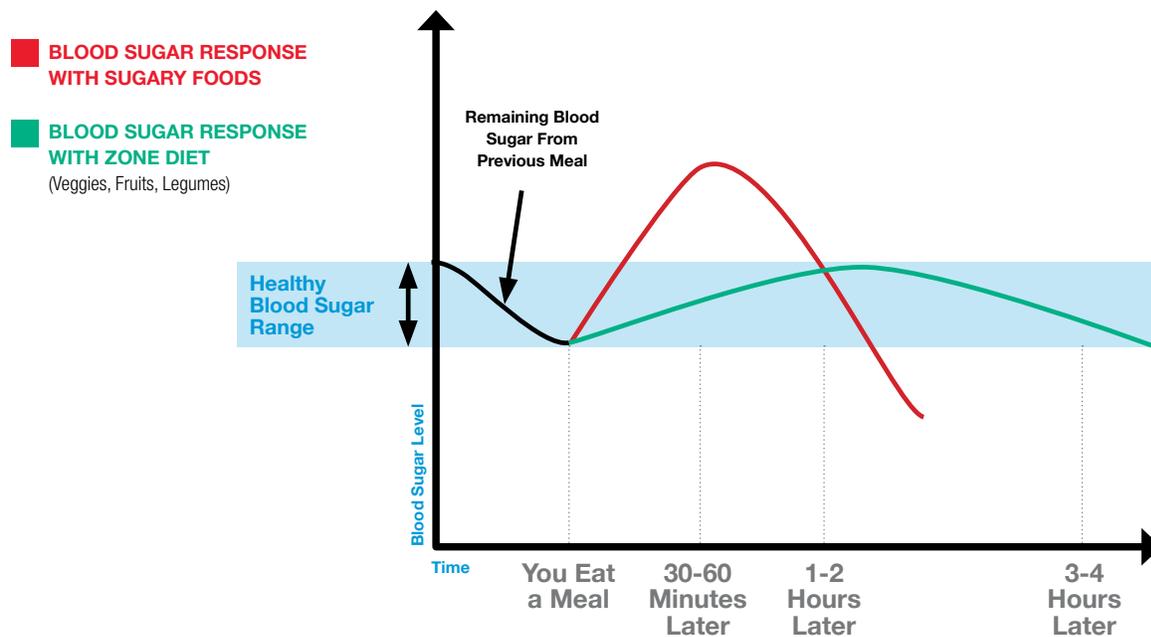
Rule #3

Never Let More than **5 Hours** Go by Without Eating a Zone Meal or Snack

Within 3-4 hours following a meal, blood sugar levels begin to fall and by 5 hours they are back to where they started five hours earlier. Waiting too long to eat makes us more likely to grab whatever we can to refuel. Eating small frequent meals throughout the day helps ensure our blood sugar levels stay stable and prevents us from overeating.

A mid-afternoon snack (a Zone mini meal) is key to keeping you in the Zone throughout the day because you are never letting more than five hours go by without resetting the hormonal balance in your blood.

You know you are in the Zone when you have lack of hunger and clear mental focus.



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Rule #4

Carbohydrates Should Come Primarily from Vegetables and Limited Amounts of Fruits and Legumes



Almost all non-starchy vegetables are “favorable” in the Zone. Dr. Sears does have a select few he considers the “best of the best” based upon their protein content as well as the amounts of fermentable fiber and polyphenols they supply.

Aim to consume 8 servings of non-starchy vegetables per day. Fruits should be kept to 1-2 servings with berries being the most ideal choice. “Unfavorable” carbohydrates such as breads, rice, pasta, and starches should be kept to condiment sized portions, due to their role in dropping blood sugar levels 2-3 hours following a meal. This is because not all carbohydrates are equal in respect to how they stimulate insulin secretion.

“Favorable” carbohydrates have a low glycemic index, which can cause a relatively small increase in both blood sugar and insulin levels.

“Unfavorable” carbohydrates have a high glycemic index, which can cause a large increase in insulin secretion with a resulting drop in blood sugar levels 2-3 hours later making you hungry and mentally fatigued.

Dr. Sears’
“Best of the Best”
Vegetable Picks



Spinach



Mushrooms



Asparagus



Kale

Broccoli



Cauliflower



Garlic



Brussels Sprouts

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Rule #5

A Perfectly Zoned Meal Should Always Be Balanced

400 CALORIES Per Meal

A Zone meal should contain no more than 400 total calories to help stabilize blood sugar and minimize inflammation in the body. Those 400 calories should contain at least **25 grams of protein**, less than **12 grams of fat**, and the **carbohydrates** should come primarily from **low-glycemic choices**. These carbohydrates should ideally be rich in fermentable fiber and high in polyphenols to balance the hormones in the blood. The majority of carbohydrates should come from non-starchy vegetables, with the rest coming from limited amounts of fruits and certain legumes.

A perfectly balanced Zone meal should control hunger and fatigue for 4-5 hours by stabilizing blood sugar levels in the blood.

1/3 PROTEIN

Chicken
Fish
Beef
Eggs
Low-fat dairy foods
Tofu
Zone PastaRx

25g

>12g

DASH OF FAT

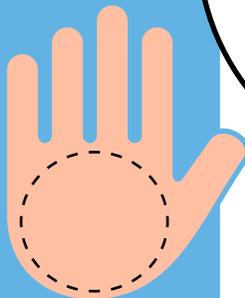
Nuts / Nut Butters
Olive Oil
Avocado
Peanut butter

2/3 CARBS

Vegetables
Legumes
Fruit

Use the “hand-eye” method to estimate the appropriate portion size of lean protein and “favorable” carbohydrates for your meal.

A serving of low-fat protein should be about the size and thickness of your palm.



The rest of your plate is balanced with primarily low glycemic vegetables and small amount of fruits.

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Rule #6

Take Your Supplements: Omega-3 Fatty Acids & Polyphenol Extracts

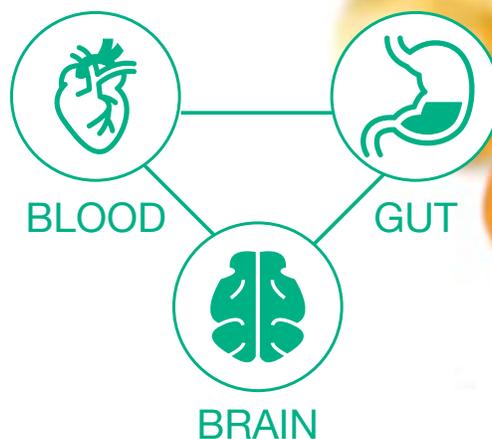


To get in the Zone you have to resolve existing inflammation in the blood, brain and gut. The **Zone Diet** is only one piece to controlling the hormones in our blood. Using highly refined **omega-3 fatty acid** concentrates that are very low in toxins such as PCBs you can resolve inflammation in the brain and high-dose **polyphenol extracts** complete the puzzle by helping to resolve inflammation in the gut.

The omega-3 fatty acids are required to make the hormones critical for the resolution of cellular inflammation and the polyphenol extracts activate the gene transcription factor AMP kinase required for slowing down the aging process and causing the regeneration of tissue.

A good starting dose for omega-3 fatty acids would be **3 grams of EPA and DHA per day**. Four capsules of [OmegaRx 2](#) will provide that level of EPA and DHA. The best source of highly purified polyphenol extracts is [MaquiRx](#).

3 Locations in the body where cellular inflammation can reside...



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Rule #7

Drink At Least Eight 8-Ounce Glasses of Water Each Day

Sometimes we mistake hunger for thirst. We can easily get dehydrated and not know it. Drinking water is an essential part of maintaining a healthy lifestyle.

A good way to track your water consumption is to start your day with a **gallon container** of water in your refrigerator and **fill up your water bottle from the container throughout the day.**



8
Eight-Ounce
Glasses =
A Half Gallon



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Rule #8

If You Make
a Mistake,
Don't Worry
There's No Guilt.



If you eat a meal which is outside the Zone, no problem.
There is no guilt in the Zone Diet. Just make your next meal the best Zone meal you can to get you and your hormones back to where they belong. Being in the Zone means you are living a balanced life by resolving excess inflammation for a lifetime.

Once you practice these 8 rules, it's easy to get there.

**GET BACK
IN THE
ZONE WITH
YOUR NEXT
MEAL.**



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