

# ZONE DIET

**Recommended Food Options:** Meat of all kind, sea food of Any kind, eggs, Green Vegetables, Tofu, Yoghurt, Fat free Dairy products, Fruits, nuts of all kind.

**Touch Me Not Food:** pasta, bread, caffeine content, rice, oats, beans, artificial sugar, trans fats, Junk food, preserved food.



Days	Breakfast	Lunch	Dinner
Monday	Eggs of any kind with Meat of any kind.	Light Meat Meal with nuts	Meat of any kind with veggies.
Tuesday	Eggs of any kind with meat and Fruits.	Meat with Tofu.	Fish of any kind with veggies.
Wednesday	Meat of any kind with youghurt.	Meat of any kind with veggies.	Light Meat with nuts.
Thursday	Meat with veggies and eggs.	Meat of any kind with nuts.	Meat of any kind with veggies and nuts.
Friday	Eggs of any kind with veggies and some oil.	Light Meat with nuts.	Fish of any kind with tofu.
Saturday	Eggs and Meat of any kind with fruits.	Meat of any kind with veggies.	Fish of any kind with veggies.
Sunday	Meat of any kind with veggies.	Meat of any kind with veggies.	Light Meat with veggies.

