



RECIPES ZONE DIET

John's Fried Rice

American Chop Suey with Salad

Apple Orange Breakfast Shake

Almond Blueberry Orzo

Apple-Walnut Pasta with Chicken Sausage

John's Fried Rice

Zone PastaRx Orzo allows you to enjoy this once forbidden food without the guilt!

INGREDIENTS

- **1 cup** Zone PastaRx Orzo
- **4 tsp** Sesame oil
- **1** Carrot - diced
- **1 cup** Broccoli - chopped small
- **1** Red bell pepper - diced
- **1 small** Zucchini - diced
- **2 Tbsp** Ginger root - 1-inch piece, shredded
- **2 cup** Sliced mushrooms
- **4** Scallions-sliced
- **20** Snow peas - halved
- **1/4 cup** Fresh cilantro - chopped small
- **3/4 cup** Egg Beaters-whites - scrambled
- **to taste** Salt and pepper
- **4 tsp** Low sodium soy sauce
- **1 Tbsp** Dr. Sears' Zone Extra Virgin Olive Oil

INSTRUCTIONS

1. Prepare Zone pasta according to package directions.
2. Meanwhile, in a heavy skillet, heat the sesame oil and sauté carrot, broccoli, pepper, zucchini and ginger.
3. Stir and cook for 5 minutes, then add mushrooms, scallions and snow peas. Cook until tender.
4. Add in cooked orzo, cilantro, egg whites, salt and pepper, stir until cooked.
5. Stir in soy sauce and extra virgin olive oil and serve.

American Chop Suey with Salad

An all-time favorite recipe for kids and kids at heart. Usually considered a comfort food, Zone Pasta makes Chop Suey a balanced Zone meal.

INGREDIENTS

- **1/2 cup** Zone PastaRx Fusilli
- Cooking Spray
- **1 oz** Extra-lean Ground Turkey Breast
- **1 clove** Garlic (minced)
- **1/4 tsp** Basil (dried)
- **1/2** Celery Stalk (chopped)
- **3 Tbsp** Onion (diced)
- **3 Tbsp** Red Bell Pepper (diced)
- **1 Tbsp** Water
- **1/2 (14.5 oz) can** Diced Tomatoes
- **1/4 tsp** Crushed Red Pepper Flakes
- **1/2 cup** Lettuce
- **1/8** Red Bell Pepper
- **1/4 cup** Cucumber
- **1 Tbsp** Fresh-squeezed Lemon Juice
- **1 Tbsp** Water
- **1 tsp** Dr. Sears' Zone Extra Virgin Olive Oil
- Salt and Pepper (to taste)

INSTRUCTIONS

1. Cook Zone PastaRx Fusilli as directed. Drain and set aside.
2. Meanwhile spray a skillet with cooking spray and sauté turkey, garlic and basil until no longer pink.
3. Add celery, onion, peppers and 1-2 tablespoons of water, cook for a few minutes.
4. Stir in the cooked Zone fusilli.
5. Top with canned tomatoes and crushed red pepper. Stir well and cover and simmer for about 8 minutes.

6. Make a small side salad with the lettuce, red bell pepper and cucumber. Dress with lemon juice and water mixture.

Apple Orange Breakfast Shake

Natural apple and orange juice with nutty almond flavoring make this milkshake a perfect breakfast treat.

INGREDIENTS

- **2 tbsps.** Almonds
- **1/2 cup** Apples slices
- **1/2 cup** Orange sections
- **1 cup** 2% Milk
- **14g** Zone Protein Powder

INSTRUCTIONS

1. Put all ingredients in a blender and mix until incorporated.

Enjoy!

Almond Blueberry Orzo

Wake up to a delightfully fruity morning of almond blueberry orzo, seasoned with cinnamon and topped with a dollop of yogurt. Yum!

INGREDIENTS

- **1/2 cup** Zone PastaRx Orzo
- **1/2 cup** 2% Milk
- **1/2 cup** Blueberries
- **4 tsp** Almond Butter
- **1 tsp** Vanilla Extract

- **1/2 tsp** Cinnamon
- Stevia Sweetener (to taste)
- **2/3 cup** 0%-Fat Greek Yogurt

INSTRUCTIONS

1. Prepare Zone PastaRx Orzo according to package directions. Drain and add back to pan.
2. Stir in milk, lower heat and continue to cook down.
3. Stir in blueberries, almond butter, vanilla, cinnamon and stevia until all is warmed and is the consistency you desire.
4. Remove from heat and split into 2 bowls. Top each with a 1/3 cup of yogurt and serve.

Apple-Walnut Pasta with Chicken Sausage

Experiment with different types of chicken sausage to add a bit of variety, including flavors of jalapeno to add a little spice.

INGREDIENTS

- **1/2 cup** Zone PastaRx Fusilli
- **1/2 tsp** Olive Oil
- **2 Tbsp** Dry White Cooking Wine
- **1 slice** Onion
- **1/2 link** al fresco® Sweet Apple Chicken Sausage (sliced)
- **1/4** Medium Apple (diced)
- **3/4 tsp** Walnuts (crushed, toasted if you like)
- **1 cup** Baby Spinach Leaves

INSTRUCTIONS

1. Cook Zone PastaRx Fusilli as directed. Drain, reserving 1/2 cup of liquid and set aside.
2. Meanwhile, heat oil and wine in nonstick skillet. Sauté onion until translucent, about 3–4 minutes.

3. Add cut sausage and cook until heated through, about 2 minutes.
4. Stir in diced apples, walnuts, spinach and fusilli.
5. Add some of the reserved water if needed.
6. Cook for an additional 2 minutes until all ingredients are warm and spinach is wilted.