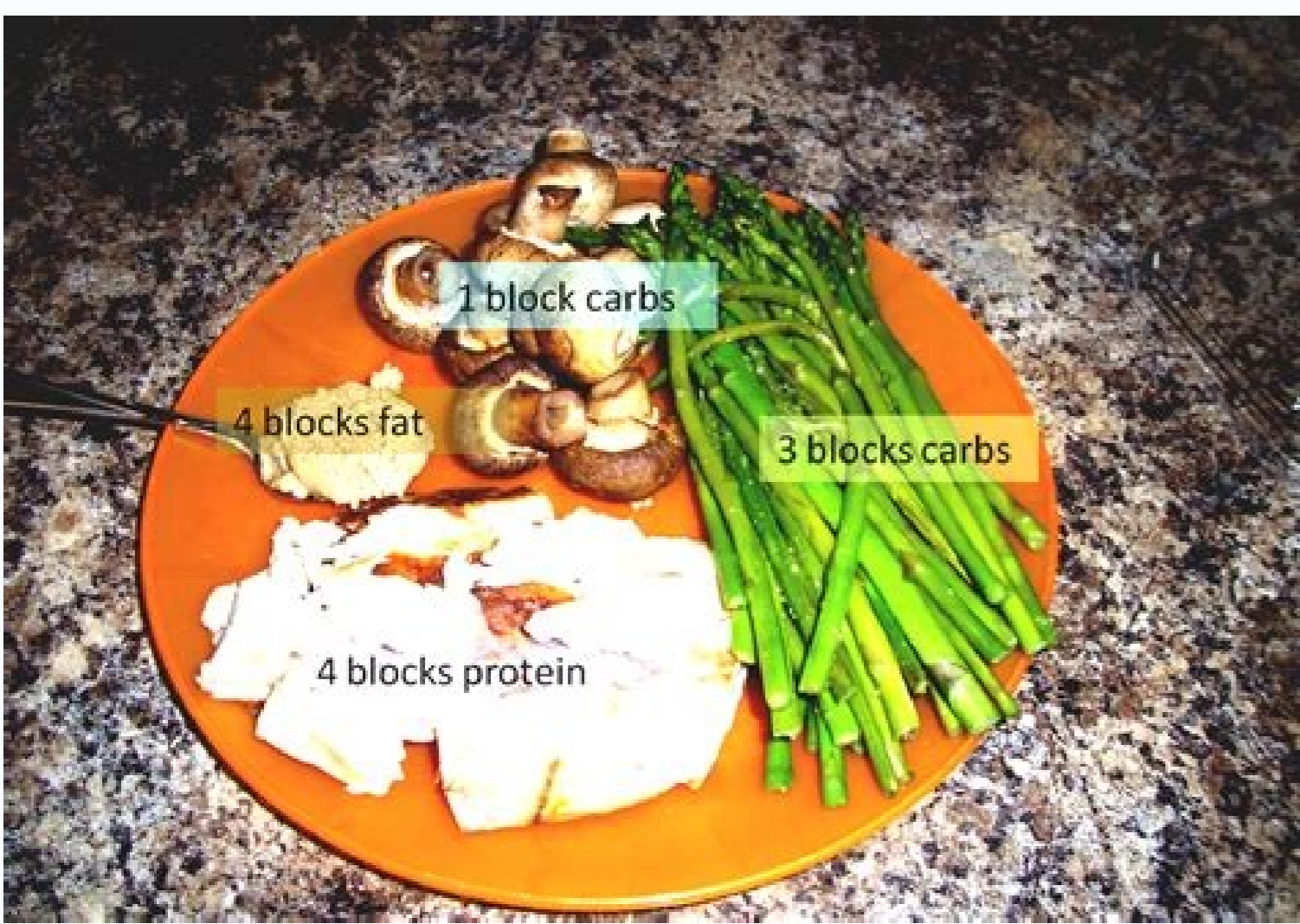




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I. The Zone Diet

Key Points

- 5 meals per day (2 of them lighter)
- Combine food: carbohydrates, proteins and fat (40/30/30)
- Remove from the diet: Bread, pasta, rice, and potatoes (carbohydrates must come from fruits and vegetables)
- Drink a lot of water, 8 glasses of water per day

What to Eat



What Not to Eat



Description

The Zone diet's eating plan is a combination of a small amount of low-fat protein at every meal, fats, and carbohydrates in the form of fiber-rich vegetables and fruits. The plan

How much weight can you lose on the zone diet. Zone diet meal ideas. Zone diet recipes vegetarian. Can you lose weight on the zone diet.

In 20 minutes you will have a tasty side dish that is easy to prepare. This filling cheese hunt will let you satisfied and it is great for children, since he runs out in vegetables. This protein or vegetable diving is the Greek yogurt, with white wine, garlic and dill flavors. Hummus and vegetables are a tasty addition to accompany Turkey at the lettuce wrap. Fresh tomatoes add the right amount of acidity to balancing with the rich, cream cheese creaminess and guacamole. This meat-based sauce is loaded with mushrooms and seasoned with red wine, pepper and garlic bread. Strawberries and ammans mixed with yogurt make for a fresh and healthy treatment of summer on a hot day. This perfect explosion of favor pairing and could not be simpler: a cheese of Colby Jack cheese along with a plum. Yum! This revenue of Spanish rice has pleasant flavor without being very spicy. Creamy, crossroad and crunchy jicama avocado have a nutritious lunch when paired with chicken breast. These clumscrums praise the black bean garlic sauce, and the red pepper flakes dwelling an extra kick. For a different flavor, replace the dill for a basil leaf. The Pastarax Orzo area has a noticeable flavor that will make it difficult to distinguish this side dish from traditional rice pilaf, but this recipe will help you lose fat. This orange colored sauce gets your taste of purpose carrot, fresh ginger and agave. Launch it into a simple salad for a japon-taste suggestion. Page 3 Transaction for the fall with this salad nituated and ZÁ © Rito that combines a sweet crisis of maecon with lemon taste. The "thymus side for dinner, better than potatoes au gratin. Parfaits can be made up to 2 days in advance. One side of Pastarax makes a meal! This simple mix of strawberries, blueberries, nuts and yogurt It is fast and refreshing. When choosing berries, look for those who are multicous and color uniforms. 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The cocoa powder mixed in yogurt makes this strawberry mixture and amancing taste of a chocolate sundae. Fat-free sauce with vinegar, lemon juice, chopped garlic, pepper and tabasco sauce. It's good to mix you and have a tasty cheese snack that does not include fruits. This is a step in direction more healthy by condiments and sauce. Oats thicken the cacarola to give a great consistency and mix well with the chicken and vegetables. A salty snack through and through. The "thymus to dive vegetables at a party or a snack. Spice a salad with a vinegar and sauce of vinegar sauce with Garbanzo beans, and spices that go from Pimenta Pápa, Sausage, Tarragon. As if blackberries and zesty lemon is not enough, add juicy shrimp to the perfect trifecto of sweet, sour and salty. Quite refreshing beaten with berries, mandarin oranges and a touch of mint. These crunchy chips dipped in hot tomato sauce are the perfect snack of comfort for when your wishes hit. It looks like pure potatoes and absorbs the sauces from your meal like pure potatoes, but this mash-up uses cauliflower, which is more tasty and healthy. 1 Serve this delicious zucchini soup is equal to 1/3 of a complete zone meal. They are easy to get out of the freezer in an emergency. This satisfied and easy to do snack is simply whites of eggs full of hummus and covered with papers. This snack is easy, nutritious and great for children. Soft spinach comes along with healthy almándegas á é á € œ and chickpoun to bring a taste of comfort food for your area basin. A true classic of Italian cuisine, this red sauce is perfect for almándegas, pizza zone and pasta, and more. One BBQ condiment, this relish combines tomatoes, peppers and and and is seasoned with cider vinegar, pickling spice, lemon herb and celery salt. Strawberries and blueberries topped with whipped ricotta cheese, lemon juice, vanilla, and crushed walnuts make for a sweet treat without the calories. A perfect side dish, this slaw has a sweet kick and can be whipped up in a snapÁ Áby combining yogurt, pepper and horseradish into cabbage. AA Álight and refreshing snack as simple as mixing slivered almonds and blueberries into no-fat Greek yogurt. This homemade chicken stock based gravy is thickened with cornstarch and flavored with white wine, onions, garlic, parsley, and celery salt. This classic Argentinian meat condiment is bright, fresh, and tart, with a touch of spicy heat; thin-bodied but loaded with chopped herbs for vibrant éÁÁÁgreenéÁÁÁ flavor. A dip made with yogurt as its base, perfect for a light snack or appetizer. The taste of a brownie withÁ Áthe added anti-inflammatory benefits that come from tumeric and cinnamon. ThisÁ Áhealthy BBQ sauce is busting out with favors of liquid smoke, chili and apples. That is the question. Grill or cook in the oven, either way the asparagus and artichokes will taste great together in this Zone salad. Fat-free dressing with rice vinegar, tomato sauce, mustard, garlic, paprika, oregano and cumin. Parmesan egg-white omelet muffinsÁ Áblended with spinach, onions and artichoke hearts give you a taste of your garden in every bite. Serve these up at your next party. This side isÁ Ámore than justÁ Átomatoes and squash and can be front-and-center with any meal, accompanied by onions.Á Ágreen bell pepper.Á Ágrated carrots, andÁ Ázucchini. Eat this snack as individual pieces or make a wrap. Thick asparagus is easier to roast for this satisfyingÁ Ávegetable salad. These roasted cauliflower florets are roasted in olive oil and sprinkled with salt, and looking and tasting even better than popcorn. Such a simple breakfast or snack.Á Áunsweetened applesauce with cheese, cinnamon and chopped almonds. Mushroom appetizer or first course? Rabbit and parsley give this fat-free, yogurt-based salad dressing an extra kick. Tomatoes and basil are a winning combination with cottage cheese. It is good for the body, and a glass makes a perfect snack because its carbohydrates and proteins are perfectly balanced. Dijon mustard, garlic and Tabasco add a spicy kick to the steamed violin heads. Cauliflower replaces rice in a Cajun dish that gets its color from chili powder and cumin spices, mixed with green and red peppers, onions and celery. Enjoy a touch of Asian with this BBQ shrimp marinated in Dijon mustard, curry paste and Agave core that collectively provide a sweet and spicy kick. An occasional indulgence, smoked salmon, cream cheese and fresh tomatoes stacked high on a rye cracker are reminiscent of much healthier bagel and loxááá, " but. Bake in the oven and enjoy. Can be used as a sauce or marinade. Great for a fun healthy snack that will fill you up. Appetizing dress that would make any simple salad taste divine. divine.

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