

Low Carb Paleo Zone 11 Blocks
4 feedings a day

Weigh and measure all quantities!

Prep – cook a couple of chicken breasts the night before and refrigerate to make it easier!!!

Meal 1 - breakfast (3-2-5)

3 eggs
1 apple
1 2/3 teaspoon canola oil

Beat canola oil into eggs, then scramble. Season w/ pepper.

Meal 2 - snack (2-2-2)

2 oz deli ham or turkey (usually 2 slices)
2.5 cups of cooked broccoli
2/3 teaspoon olive oil

Steam broccoli in ziplock steamer bag w/ red pepper flakes and garlic powder. Drizzle with olive oil when done.

Meal 3 – lunch (3-2-5)

3 oz chicken breast (about the same size and thickness as the palm of your hand)
2 2/3 cups cooked spinach
15 almonds

Season raw chicken w/ seasoning of choice. Most grocery stores sell a chicken “rub” that works well. BROIL chicken until just done. Do not overcook.

Meal 4 – dinner (3-1-7)

3 oz chicken breast
Lettuce of choice for salad (use as much as you want)
1/4 cup diced tomato
1/4 cup diced cucumber
Dressing: 4 Tsp balsamic vinegar + 2 1/3Tsp olive oil (shaken together)