

**Low Carb Paleo Zone 11 Blocks**  
**5 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 (1-1-1)**

1 oz deli ham or turkey (usually 1 slice)  
1.25 cups of cooked broccoli  
1/3 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 – snack (1-1-1)**

Same thing as Meal 2

**Meal 5 – 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)