



PALEO-ZONE MEAL PLANNER

1 BLOCK PORTIONS

Multiply each protein, carb and fat amount by your block requirements for each meal.

Protein (cooked)	Amount
chicken breast	1 oz
turkey breast	1 oz
ground turkey	1.5 oz
veal	1 oz
beef	1 oz
ground beef	1.5 oz
canadian bacon	1 oz
corned beef	1 oz
duck	1.5 oz
ham	1 oz
lamb	1 oz
ground lamb	1.5 oz
pork	1 oz
ground pork	1.5 oz
calamari	1.5 oz
catfish	1.5 oz
clams	1.5 oz
crabmeat	1.5 oz
flounder/sole	1.5 oz
lobster	1.5 oz
salmon	1.5 oz
scallops	1.5 oz
swordfish	1.5 oz
shrimp	1.5 oz
tuna steak	1.5 oz
canned tuna	1 oz
whole egg	1 large
egg whites	2 large

Carbs (raw) (cont.)	Amount
tomato	1 cup
apple	0.5 ea
apricots	3 small
blackberries	0.5 cup
cantalope	0.25 cup
cherries	7 ea
blueberries	0.5 cup
grapes	0.5 cup
grapefruit	0.5 ea
honeydew	0.5 cup
kiwi	1 ea
lemon	1 ea
nectarine	0.5 ea
orange	0.5 ea
peach	1 ea
pear	0.5 ea
pineapple	0.5 cup
plum	1 ea
raspberries	0.66 cup
strawberries	1 cup
tangerine	1 ea
watermelon	0.5 cup
banana	0.33 (9in)
dates	2 ea
figs	0.75 ea
guava	0.5 cup
kumquat	3 ea
mango	0.33 cup
papaya	0.66 ea

Carbs (cooked)	Amount
artichoke	1 small
asparagus	12 spears
broccoli	1.25 cup
brussel sprouts	0.75 cup
cabbage	1.33 cup
cauliflower	1.25 cup
eggplant	1.5 cup
leeks	1 cup
onions	0.5 cup
spaghetti squash	1 cup
spinach	1.33 cup
tomato sauce	0.5 cup
tomatoes	0.75 cup
yellow squash	1.25 cup
zucchini	1.33 cup

Fat	Amount
almonds	3 ea
avocado	1 tbsp
macadamia nuts	1 ea
olives	5 ea
walnuts	1 ea
olive oil	0.33 tsp
tahini	0.33 tsp
guacamole	0.5 tbsp
sesame oil	0.33 tsp
sunflower seeds	0.25 tsp
pistachio (kernel)	6 ea

Carbs (raw)	Amount
alfalfa sprouts	7.5 cup
broccoli	2 cup
cabbage	2.25 cup
cauliflower	2 cup
celery	2 cup
cucumber	1 (9 in)
lettuce, iceberg	1 head
lettuce, romaine	6 cup
mushrooms	3 cup
onions	0.66 cup
peppers	1.25 cup
radishes	2 cup
spinach	4 cup

Breakfast, Lunch, Dinner & Snack Block Requirements & Totals						
B	L	S	D	S	Total	Body Type
2	2	2	2	2	10	Small Female
3	3	1	3	1	11	Medium Female
3	3	2	3	2	13	Large Female
4	4	1	4	1	14	Athletic well-muscled Female
4	4	2	4	2	16	Small Male
5	5	1	5	1	17	Medium Male
5	5	2	5	2	19	Large Male
4	4	4	4	4	20	Extra Large Male
5	5	3	5	3	21	Hard-gainer
5	5	4	5	4	23	Large Hard-gainer
5	5	5	5	5	25	Athletic well-muscled Male

Go Heavy. Run Fast!