



Modified Zone Diet Summary

Each meal:

Good quality protein the size of your hand. (Wild fish is best, followed by free range eggs, game, bison, free range or organic chicken, nuts, low fat dairy. Try to limit beef, and pork.)

Stay away from starch (potatoes, rice, pasta, corn, and bread). Remember that beer is liquid bread.

Stay away from sweets, regardless of what they are sweetened with.

Fill up your plate with different color vegetables.

Add a little bit of good oil. (e.g. 2 tablespoons of olive oil or an avocado or a serving of guacamole.)

In addition:

Eat 3-4 whole fruits a day. Avoid cherries, grapes and bananas, oranges except as the occasional desert.

If you drink fruit juice, drink it sparingly and dilute it with water, 1 part juice to 3 parts water.

Try to go to bed on an empty stomach.

Pick a day each week when you will go off of the diet if you feel deprived.