

Zone Diet Recipes

Avocado and Smoked Salmon Toast

🕒 15 min 🍽️ 2 servings

Per serving: 306 Kcal 15g Protein 18g Fat 26g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 teaspoon (0.2 g)
- **Salmon**, 100 g (100 g)
- **Bread**, 2 slices (56.4 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Toast the slices of whole wheat bread until golden brown.

Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.

Mash the avocado with a fork and squeeze in the juice of half a lemon. Season with salt and pepper to taste.

Spread the mashed avocado evenly on the toasted bread slices.

Top each slice with smoked salmon, dividing it equally between the two slices.

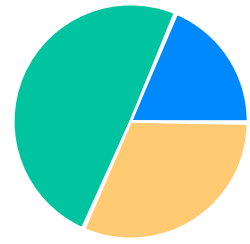
Squeeze the juice of the remaining half lemon over the smoked salmon.

Garnish with fresh dill.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	612.2	130.9	306.1
Protein [g]	30.5	6.5	15.3
Fat [g]	36.1	7.7	18.1
Carbs [g]	51.3	11	25.7
Fiber [g]	19.9	4.3	10
Net Carbs [g]	31.4	6.7	15.7



19 % Protein 50 % Fat 31 %
Carbs

Pork Stir-Fry with Asparagus and Carrots

🕒 30 min 🍽️ 4 servings

Per serving: 215 Kcal 26g Protein 8g Fat 10g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 teaspoon (5 g)
- **Pork tenderloin**, 1 pound (453.6 g)
- **Cilantro**, 1 tablespoon (0.4 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 2 tbsp chopped (20 g)
- **Garlic**, 2 clove (5.8 g)
- **Coconut aminos**, 2 tablespoon (30 g)
- **Ginger**, 1 tablespoon (7 g)
- **Asparagus, Fresh**, 1 bunch (433 g)



Instructions

In a bowl, combine coconut aminos, apple cider vinegar, minced garlic, and grated ginger. Set aside.

Heat olive oil in a large skillet or wok over medium-high heat.

Add sliced pork to the skillet and cook until browned, about 3-4 minutes.

Remove the pork from the skillet and set aside.

In the same skillet, add sliced onion and mixed vegetables. Stir-fry for 4-5 minutes or until vegetables are tender-crisp.

Return the cooked pork to the skillet and pour the sauce mixture over the ingredients.

Stir-fry for an additional 2-3 minutes or until the pork is cooked through and the sauce has thickened.

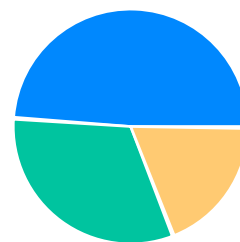
Season with salt to taste.

Garnish with fresh cilantro if desired.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	858.3	77.2	214.6
Protein [g]	105.1	9.5	26.3
Fat [g]	30.4	2.7	7.6
Carbs [g]	40.3	3.6	10.1
Fiber [g]	13.3	1.2	3.3
Net Carbs [g]	27	2.4	6.8



49 % Protein 32 % Fat 19 %
Carbs

Baked Salmon with Lettuce, Avocado and Cucumber Salad

🕒 22 min 🍽️ 2 servings

Per serving: 402 Kcal 37g Protein 23g Fat 12g Carbs

Ingredients

- **Avocado**, 1/2 cup (67.5 g)
- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Green onions**, 1/4 cup (24 g)
- **Cucumber**, 1 medium (201 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ginger**, 1 teaspoon (3 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Salmon**, 2 fillet (340 g)
- **Coconut aminos**, 1 tablespoon (15 g)



Instructions

Preheat your grill or oven to 400°F (200°C).

Season the salmon fillets with salt and pepper.

Grill or bake the salmon for about 10-12 minutes until cooked through.

While the salmon is cooking, prepare the salad ingredients.

In a large bowl, combine the chopped lettuce, sliced cucumber, sliced avocado, chopped cilantro, and sliced green onions.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, olive oil, grated ginger, and salt to make the dressing.

Once the salmon is cooked, remove it from the grill or oven and let it cool slightly.

Flake the salmon into bite-sized pieces.

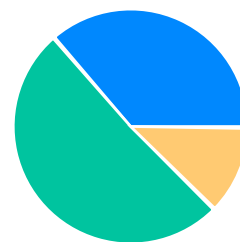
Add the flaked salmon to the salad bowl and pour the dressing over the top.

Toss everything together until well combined.

Serve the salmon lettuce bowl immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	803.7	82.4	401.9
Protein [g]	73.2	7.5	36.6
Fat [g]	45.8	4.7	22.9
Carbs [g]	24.2	2.5	12.1
Fiber [g]	10.2	1	5.1
Net Carbs [g]	14	1.4	7



37 % Protein 51 % Fat 12 %
Carbs

Herb and Pistachio White Fish Quinoa Bowls with Mixed Greens and Tomatoes

🕒 40 min 🍽️ 4 servings

Per serving: 431 Kcal 34g Protein 18g Fat 35g Carbs

Ingredients

- **Basil**, 1 small bunch (7.9 g)
- **Vegetable broth**, 2 cups (392 g)
- **Lemon juice**, 2 tablespoon (28 g)
- **Dill**, 1 tablespoon (0.4 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Pistachios**, 1/2 cup (59.4 g)
- **Quinoa**, 1 cup (170 g)
- **White Fish**, 4 fillet (480 g)
- **Greens**, 1 cup (40 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Preheat the oven to 400°F (200°C).

In a saucepan, bring the vegetable broth to a boil. Add the quinoa, reduce heat to low, cover, and simmer for about 15 minutes or until the quinoa is cooked and the liquid is absorbed.

While the quinoa is cooking, season the white fish fillets with salt and pepper. Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Cook the fish fillets for about 3-4 minutes per side or until cooked through. Remove from heat and set aside.

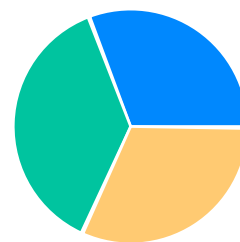
In a mixing bowl, combine the cooked quinoa, chopped pistachios, mixed greens, cherry tomatoes, fresh herbs, remaining olive oil, and lemon juice. Toss well to combine. Season with salt and pepper to taste.

Divide the quinoa mixture into serving bowls. Top each bowl with a cooked white fish fillet. Garnish with additional fresh herbs and a squeeze of lemon juice if desired.

Serve the herbed white fish pistachio quinoa bowls immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1723.8	125.8	431
Protein [g]	135.6	10	33.9
Fat [g]	73	5.4	18.3
Carbs [g]	138.9	10.2	34.7
Fiber [g]	19.6	1.4	4.9
Net Carbs [g]	119.3	8.8	29.8



31 % Protein 37 % Fat 32 %
Carbs

Apple, Chicken and Walnut Salad

🕒 20 min 🍽️ 4 servings

Per serving: 367 Kcal 22g Protein 19g Fat 31g Carbs

Ingredients

- Apples, 4 medium (3" dia) (728 g)
- Apple cider vinegar, 2 tablespoon (30.1 g)
- Olive oil, 1 tablespoon (15 g)
- Walnuts, 1/2 cup, chopped (58.5 g)
- Chicken breast, 2 cups (300 g)
- Onion, 1/2 cup (80 g)
- Salad greens, 4 cups (160 g)
- Dijon mustard, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large bowl, combine the shredded chicken, diced apples, chopped walnuts, and sliced red onion.

In a separate small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.

Pour the dressing over the chicken mixture and toss until well coated.

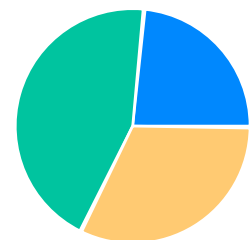
Divide the mixed salad greens onto serving plates.

Top each plate with the chicken mixture.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1467.8	105.7	367
Protein [g]	89.3	6.4	22.3
Fat [g]	75	5.4	18.8
Carbs [g]	122.3	8.8	30.6
Fiber [g]	23.4	1.7	5.9
Net Carbs [g]	98.9	7.1	24.7



23 % Protein 44 % Fat 32 % Carbs

Garlic Beef Meatballs and Zoodles

🕒 20 min 🍽️ 4 servings

Per serving: 194 Kcal 26g Protein 8g Fat 5g Carbs

Ingredients

- Zucchini, 2 medium (392 g)
- Garlic, minced, 6 clove (18 g)
- Salt and pepper, 1 tsp (2 g)
- lean ground beef, 1 pound (454 g)
- Olive Oil, 1 tablespoon (15 g)



Instructions

In a large bowl, combine the ground beef, half of the minced garlic, salt, and pepper. Mix well.

Shape the mixture into small meatballs, about 1 inch in diameter.

Heat a skillet over medium heat and add the olive oil and the remaining garlic. Place the meatballs in the skillet and cook for about 10-12 minutes, turning occasionally, until browned and cooked through.

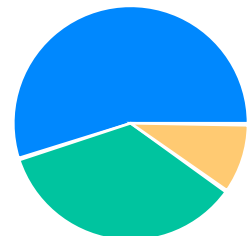
While the meatballs are cooking, spiralize the zucchinis into zoodles using a spiralizer.

In a separate skillet, heat a little olive oil over medium heat. Add the zoodles and sauté for about 5 minutes until tender.

Serve the garlic beef meatballs over the zoodles and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	775.4	88	193.9
Protein [g]	105.7	12	26.4
Fat [g]	30	3.4	7.5
Carbs [g]	18.1	2.1	4.5
Fiber [g]	4.3	0.5	1.1
Net Carbs [g]	13.8	1.6	3.5



55 % Protein 35 % Fat 9 % Carbs

Garlic Rosemary Chicken with Zucchini

🕒 15 min 🍽️ 2 servings

Per serving: 158 Kcal 26g Protein 3g Fat 6g Carbs

Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and sliced zucchini.

Place the chicken breasts and zucchini on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	315.9	66.2	158
Protein [g]	51.6	10.8	25.8
Fat [g]	6.7	1.4	3.4
Carbs [g]	11.3	2.4	5.7
Fiber [g]	2.6	0.5	1.3
Net Carbs [g]	8.7	1.8	4.4



66% Protein 19% Fat 15% Carbs

Raspberry and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

Per serving: 197 Kcal 14g Protein 11g Fat 12g Carbs

Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Raspberry, 50 grams (50 g)



Instructions

In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

Repeat the layers until all ingredients are used, finishing with a sprinkle of nuts and chia seeds on top.

Serve immediately or refrigerate until ready to serve.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	393.9	131	197
Protein [g]	28.6	9.5	14.3
Fat [g]	21.3	7.1	10.7
Carbs [g]	23.7	7.9	11.9
Fiber [g]	12.4	4.1	6.2
Net Carbs [g]	11.3	3.8	5.7



29% Protein 48% Fat 24% Carbs

Egg White, Bell Pepper, and Spinach Scramble

🕒 15 min 🍽️ 2 servings

Per serving: 98 Kcal 14g Protein 2g Fat 5g Carbs

Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)



Instructions

Heat a non-stick skillet over medium heat and coat it with olive oil.

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

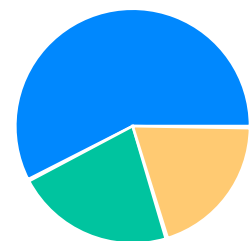
Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	196.4	53.6	98.2
Protein [g]	27.9	7.6	14
Fat [g]	4.7	1.3	2.4
Carbs [g]	9.6	2.6	4.8
Fiber [g]	2.2	0.6	1.1
Net Carbs [g]	7.4	2	3.7



58 % Protein 22 % Fat 20 % Carbs