



ZONE SAMPLE MENU*

Zone Menu Day 1

Breakfast:

- Strawberry Pancakes
- West Coast Breakfast Parfait with Yogurt
- Italian Breakfast Omelette

Lunch:

- Grilled Chicken Couscous Salad
- Grilled Shrimp Couscous Salad
- Turkey Pesto Salad
- Tofu Pesto Salad

Dinner:

- Ginger Chicken and Vegetable Saute
- Ginger Pork Tenderloin and Vegetable Saute
- Tofu Bocconcini Stuffed Red Pepper
- Red Peppers Stuffed with Tuna Salad

Snack:

- Blueberry Crisp with Cottage Cheese
- Waldorf Salad

Zone Menu Day 3

Breakfast:

- Cottage Cheese w Fresh Fruit and Almonds
- West Coast Breakfast Parfait with Yogurt
- Zucchini and Red Pepper Frittata

Lunch:

- Asparagus Salmon Salad
- Asparagus Chicken Salad
- Chicken with Artichoke Hearts and Sun Dried Tomatoes
- Tofu with Artichoke Hearts and Sun Dried Tomatoes

Dinner:

- Grilled Sirloin with Cherry Tomato and Corn Relish
- Cod with Cherry Tomato and Corn Relish
- Texas Style Turkey Chili
- Texas Style Vegetarian Chili

Snack:

- Peaches and Cream Yogurt
- Banana Chocolate Chip Muffin

Zone Menu Day 2

Breakfast:

- Blueberry Smoothie
- Salsa Egg Scramble
- West Coast Breakfast Parfait with Yogurt

Lunch:

- Lonestar Chicken Salad
- Lonestar Vegetarian Salad
- Roasted Vegetable & Goat Cheese Wrap
- Roast Beef Wraps with Horseradish-Mustard

Dinner:

- Neptune Caesar Salad
- Spiced Tofu Caesar Salad
- Baked Chicken with Ancho Chile Sauce & Roasted Vegetables
- Baked Salmon with Ancho Chile Sauce & Roasted Vegetables

Snack:

- Pumpkin Mousse Cheesecake
- Egg Salad with Cucumber Slices

Zone Menu Day 4

Breakfast:

- Blueberry Pancakes
- West Coast Breakfast Parfait with Yogurt
- Spa Smoothie

Lunch:

- Broccoli Cheese and Chicken Casserole
- Vegetarian Broccoli Cheese Casserole
- Watercress, Orange & Chickpea Oriental Salad
- Watercress, Orange & Ginger Beef Oriental Salad

Dinner:

- Grilled Vegetable Towers w Seasoned Tofu
- Grilled Chicken Vegetable Towers
- Beef Tenderloin with Lentil Stuffed Zucchini
- Glazed Pork Tenderloin with Lentil Stuffed Zucchini

Snack:

- Eggplant and Red Pepper Dip
- Chocolate Pudding

*Licious Living caters meals to the specifications of The Zone Diet™. Licious Living is not affiliated with or endorsed by The Zone Perfect Nutrition Company. •