

STEP UP
JOIN THE FITNESS REVOLUTION



BOOTCAMP QATAR

DIET ADVICE

Our recommendation to “eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar” is adequate to the task of preventing the scourges of diet-induced disease, but more accurate and precise prescription is necessary to optimize physical performance.

Finely tuned, a good diet will increase energy, sense of well being and acumen, while simultaneously flensing fat and packing on muscle. When properly composed the right diet can nudge every important quantifiable marker for health in the right direction.

Diet is critical to optimizing human function and our clinical experience leads us to believe that Barry Sears’ “Zone Diet” closely models optimal nutrition.

When second tier athletes commit to “strict” adherence to the Zone parameters they generally become top tier performers quickly. It seems that the Zone diet accelerates and amplifies the effects of the Bootcamp regimen.

Unfortunately, the full benefit of the Zone diet is largely limited to those who have at least at first weighed and measured their food. For a decade people have experimented with sizing and portioning strategies that avoid scales, and measuring cups and spoons only to conclude that natural variances in caloric intake and macronutrient composition without measurement are greater than the resolution required to turn good performance to great. Life would be much easier for us were this not so!

The “meal plans” and “block chart” below have been our most expedient approach for eliciting the Zone’s best offering in athletes.

Void of theoretical or technical content this portal to sound nutrition still requires some basic arithmetic and weighing and measuring portions for the first week. Too many athletes after supposedly reading the diet advice still ask, “So what do I eat for dinner?” They get meal plans and block charts. We can make the Zone more complicated or simpler but not more effective.

We encourage everyone to weigh and measure portions for one week because it is supremely worth the effort, not because it is fun. If you choose to “guestimate” portions, you’ll have the result of the top performers only if and when you are lucky.

Within a week of weighing and measuring you’ll have developed an uncanny ability to estimate the mass of common-food portions, but, more importantly, you’ll have formed a keen visual sense of your nutritional needs. This is a profound awareness.

In the Zone scheme all of humanity calculates to either “2”, “3”, “4”, or “5 Block” meals at breakfast, lunch, and dinner with either “1” or “2 block” snacks between lunch and dinner and again between dinner and bedtime. We’ve simplified the process for determining which of the four meal sizes and two snack sizes best suits your needs.

We assume that you are Bootcampers, i.e., very active.

Being a “4 Blocker”, for instance, means that you eat three meals each day where each meal is comprised of 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat. Whether you are a

“smallish” medium sized guy or a “largish” medium sized guy would determine whether you’ll need snacks of one or two blocks twice a day.

The “meal plans” stand as examples of 2, 3, 4, or 5 block meals and the “block chart” gives quantities of common foods equivalent to 1 block of protein, carbohydrate, or fat. Once you decide that you need, say, “4 block” meals, it is simple to use the block chart and select four times something from the protein list, four times something from the carbohydrate list, and four times something from the fat list every meal.

One-block snacks are chosen from the block chart at face value for a single snack of protein, carbohydrates, and fat, whereas two block snacks are, naturally, chosen comprised of twice something from carbohydrates combined with twice something from the protein list, and twice something from the fats.

Every meal, every snack, must contain equivalent blocks of protein, carbohydrate, and fat.

If the protein source is specifically labelled “non-fat”, then double the usual fat blocks for that meal.

When people fall below 10% towards 5% we kick up the fat intake. The majority of the best athletes end up at X blocks of protein, X blocks of carbohydrate, and 4X or 5X blocks of fat. Learn to modulate fat intake to a level of leanness that optimizes performance.

The Zone diet neither prohibits nor requires any particular food. It can accommodate paleo or vegan, organic or kosher, fast food or fine dining, while delivering the benefits of high performance nutrition.

What is a Block?

A block is a unit of measure used to simplify the process of making balanced meals.

7 grams of protein = 1 block of protein

9 grams of carbohydrate = 1 block of carbohydrate

1.5 grams of fat = 1 block of fat

(There is an assumption that there is about 1.5 grams of fat in each block of protein, so the total amount of fat needed per 1 block meal is 3 grams.)

When a meal is composed of equal blocks of protein, carbohydrate, and fat, it is 40 % carbohydrate, 30 % protein and 30% fat.

Pages 3 and 4 list common foods, their macronutrient category (protein, carbohydrate or fat), along with a conversion of measurements to blocks.

This "block chart" is a convenient tool for making balanced meals. Simply choose 1 item from the protein list, 1 item from the carbohydrate list, and 1 item from the fat list to compose a 1 block meal. Or choose 2 items from each column to compose a 2 block meal, etc.

Here is a sample 4 block meal:

4 oz. chicken breast

1 artichoke

1 cup of steamed vegetables w/

24 crushed peanuts

1 sliced apple

This meal contains 28 grams of protein, 36 grams of carbohydrate, and 12 grams of fat. It is simpler, though, to think of it as 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat.

Sample Day | Block requirements for small ("4 block") male

	Breakfast	Lunch	Snack	Dinner	Snack
Protein	4	4	2	4	2
Carbohydrate	4	4	2	4	4
Fat	4	4	2	4	4

Choose which body type best fits you to determine your block requirement.

Breakfast	Lunch	Snack	Dinner	Snack	Total daily blocks	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	X-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

Meal Plans

Block Chart - Unfavorable Carbohydrates

Carbohydrate (quantity)		Carbohydrate (quantity)		Carbohydrate (quantity)	
Vegetables		Grains and Breads		Condiments	
Acorn Squash	3/8 cup	Bagel	1/4	BBQ sauce	2 Tbs
Baked Beans	1/8 cup	Barley	1Tbs	Catsup	2 Tbs
Beets	1/2 cup	Biscuit	1/4	Cocktail sauce	2 Tbs
Black-eyed peas	1/4 cup	Baked Potato	1/3 cup	Honey	1/2 Tbs
Butternut Squash	1/3 cup	Bread crumbs	1/2 oz	Jelly/jam	2 tsp
Cooked carrots	1/2 cup	Bread	1/2 slice	Plum sauce	1 1/2 Tbs
Corn	1/4 cup	Breadstick	1	Molasses	2 tsp
French Fries	5	Buckwheat	1/2 oz	Pickle (bread and butter)	6 slices
Hubbard squash	2/3 cup	Bulgur wheat	1/2 oz	Relish (sweet)	4 tsp
Lima beans	1/4 cup	Cereal	1/2 oz	Steak sauce	2 Tbs
Parsnips	1/3 (9 in)	Corn bread	1 in ²	Brown sugar	1 1/2 tsp
Peas	1/3 cup	Cornstarch	4 tsp	Granulated sugar	2 tsp
Pinto Beans	1/4 cup	Croissant	1/4	Confectioners sugar	1 Tbs
Potato, boiled	1/3 cup	Crouton	1/2 oz	Maple syrup	2 tsp
Potato, mashed	1/5 cup	Donut	1/4	Teriyaki sauce	1 1/2 Tbs
Refried beans	1/4 cup	English muffin	1/4	Alcohol	
Sweet Potato, baked	1/3 (5 in)	Flour	1 1/2 tsp	Beer	8 oz
Sweet potato, mashed	1/5 cup	Granola	1/2 oz	Liquor	1 oz
Turnip	3/4 cup	Grits	1/3 cup	Wine	4 oz
Fruit		Melba toast	1/2 oz	Snacks	
Banana	1/3 (9 in)	Muffins	1/4	Chocolate bar	1/2 oz
Cranberries	1/4 cup	Noodles	1/4 cup	Corn chips	1/2 oz
Cranberry sauce	4 tsp	Instant oatmeal	1/2 pkt	Graham crackers	1 1/2
Dates	2	Pasta, Cooked	1/4 cup	Ice cream	1/4 cup
Figs	3/4	Pasta, high protein	1/3 cup	Potato chips	1/2 cup
Guava	1/2 cup	Pancake	1/2 (4 in)	Pretzels	1/2 oz
Kumquat	3	Pita bread	1/4	Tortilla chips	1/2 oz
Mango	1/3 cup	Popcorn	2 cups	Saltine crackers	4
Papaya	2/3 cup	Rice	3 Tbs		
Prunes	2	Rice cake	1		
Raisins	1 Tbs	Roll (hamburger, hot dog)	1/4		
Fruit Juice		Roll (dinner)	1/2		
Apple juice	1/3 cup	Taco shell	1		
Cranberry juice	1/4 cup	Tortilla (corn)	1 (6 in)		
Fruit Punch	1/4 cup	Tortilla (flour)	1/2 (6 in)		
Grape juice	1/4 cup	Udon noodles	3 Tbs		
Grapefruit juice	3/8 cup	Waffle	1/2		
Lemon juice	1/3 cup				
Orange juice	3/8 cup				
Pinapple juice	1/4 cup				
Tomato juice	3/4 cup				

*Note: When building meals with "unfavorable carbohydrates" quantity becomes critical.

Meal Plans

2 Block Menus

Breakfast

Breakfast Quesadilla

1 corn tortilla
1/4 cup black beans
1 egg (scrambled or fried)
1 oz cheese
1 Tbs avocado

Breakfast Sandwich

1/2 pita bread
1 egg (scrambled or fried)
1 oz cheese
Served with 2 macadamia nuts

Fruit Salad

1/2 cup cottage cheese mixed with
1/4 cantaloupe
1/2 cup strawberries
1/4 cup grapes
Sprinkled with slivered almonds

Smoothie

Blend together:
1 cup milk
1 Tbs protein powder
1 cup frozen strawberries
Small scoop of cashews

Oatmeal

1/3 cup cooked oatmeal (slightly watery)
1/2 cup grapes
1/4 cup cottage cheese
1 tsp walnuts
Spice with vanilla extract and cinnamon
Add:
1 Tbs protein powder

Easy Breakfast

1/2 cantaloupe
1/2 cup cottage cheese
6 almonds

Steak and Eggs

1 oz grilled steak
1 egg over easy
1 slice toast with
2/3 tsp butter

Lunch

Tuna Sandwich

Mix:
2 oz canned tuna
2 tsp light mayo
Serve on
1 slice bread

Tacos

1 corn tortilla
3 oz seasoned ground meat
1/2 tomato, cubed
1/4 cup onion, chopped
Lettuce, chopped
Served with Tabasco to taste
~6 chopped olives

Deli Sandwich

1 slice bread
3 oz sliced deli meat
2 Tbs avocado

Quesadilla

1 corn tortilla
2 oz cheese
2 Tbs guacamole
Jalapenos, sliced
Topped with salsa

Grilled Chicken Salad

2 oz grilled chicken
Served over:
2 cup lettuce
1/4 tomato, diced
1/4 cucumber, diced
1/4 green pepper
1/4 cup black beans
~1 Tbs salad dressing of choice

Easy Lunch

3 oz deli meat
1 apple
2 macadamia nuts

Ground Beef or Turkey Burger

3 oz ground meat, grilled
1/2 bun
pickles/mustard/lettuce
2 Tbs avocado

Dinner

Fresh Fish

Grill:
3 oz fresh fish (salmon, tuna, halibut, etc.)
Saute:
1 1/3 cup zucchini in herbs
Serve with:
1 large salad
~1 Tbs salad dressing of choice

Beef Stew

Saute:
2/3 tsp olive oil
1/4 cup onion, chopped
1/2 green pepper, chopped
~4 oz (raw weight) beef, cubed
Add:
1/2 cup chopped zucchini
1 cup mushrooms
1/4 cup tomato sauce
Seasoned with garlic, Worcestershire sauce,
salt and pepper

Chili (serves 3)

Saute:
1/3 cup onion
1 green pepper, chopped in garlic, cumin,
chili powder, and crushed red peppers
Add:
1 cup tomato, chopped
1/2 cup black beans
1/2 cup kidney beans
~30 olives, chopped
Add fresh cilantro to taste

Turkey and Greens

2 oz roasted turkey breast
Chop and steam:
1 1/4 cup kale
Saute:
2/3 tsp olive oil, garlic, crushed red peppers,
Add steamed kale and mix
1 peach, sliced for desert

Easy Chicken Dinner

2 oz baked chicken breast
1 orange
2 macadamia nuts

Meal Plans

3 Block Menus

Breakfast

Breakfast Quesadilla

1 corn tortilla
1/4 cup black beans
1/3 cup onions, chopped
1 green pepper, chopped
2 eggs (scrambled or fried)
1 oz cheese
3 Tbs avocado

Breakfast Sandwich

1/2 pit bread
1 egg (scrambled or fried)
1 oz cheese
1 oz sliced ham
Serve with 1/2 apple and 3 macadamia nuts

Fruit Salad

3/4 cup cottage cheese
1/4 cantaloupe, cubed
1 cup strawberries
1/2 cup grapes
Sprinkle with slivered almonds

Smoothie

Blend together:
1 cup milk
2 Tbs protein powder
1 cup frozen strawberries
1/2 cup frozen blueberries
1 scoop cashews

Oatmeal

2/3 cup cooked oatmeal (slightly watery)
1/2 cup grapes
1/2 cup cottage cheese
1 1/2 tsp walnuts, chopped
Spice with vanilla extract and cinnamon
Add:
1 Tbs protein powder

Easy Breakfast

3/4 cantaloupe, cubed
3/4 cup cottage cheese
9 almonds

Steak and Eggs

2 oz grilled steak
1 egg over easy
1 slice toast w/ 1 tsp butter
1/4 cantaloupe, cubed

Lunch

Tuna Sandwich

3 oz canned tuna
3 tsp light mayo
1 slice bread
Serve with:
1/2 apple

Tacos

2 corn tortillas
3 oz seasoned ground meat
1 oz grated cheese
1/2 tomato, cubed
1/4 cup onion, chopped
Lettuce, chopped
Serve with Tabasco to taste
~ 9 olives, chopped

Deli Sandwich

1 slice bread
3 oz sliced deli meat
1 oz cheese
3 Tbs avocado
Serve with 1/2 apple

Quesadilla

1 corn tortilla
3 oz cheddar and jack cheese
3 Tbs guacamole
Jalapenos, sliced, to taste
Top with salsa
Serve with 1 orange

Grilled Chicken Salad

3 oz chicken, grilled
2 cups lettuce
1/4 tomato, chopped
1/4 cucumber, chopped
1/4 green pepper, chopped
1/4 cup black beans
1/4 cup kidney beans
~1 1/2 Tbs salad dressing of choice

Easy Lunch

3 oz deli meat
1 oz sliced cheese
1 1/2 apple
3 macadamia nuts

Dinner

Fresh Fish

4 1/2 oz fresh fish, grilled
Saute 1 1/3 cup zucchini in herbs
Serve with
1 large salad with 1 1/2 Tbs salad dressing of choice
1 cup fresh strawberries for dessert

Chili (serves 3)

Saute:
1/3 cup onion, chopped
1 green pepper, chopped, in garlic cumin, chili powder, and crushed red peppers
Add:
9 oz ground beef or turkey until browned
Add:
1 cup tomato sauce
3/4 cup black beans
3/4 cup kidney beans
~30 olives, chopped
Add fresh cilantro to taste
Serve each helping with 1 oz cheese, grated

Turkey and Greens

3 oz turkey breast, roasted
Chop and steam:
2 1/2 cup kale
Saute 1 tsp olive oil, garlic, crushed red peppers
Add the steamed kale and mix
1 peach, sliced for dessert

Easy Dinner

3 oz chicken breast, baked
1 1/2 orange
3 macadamia nuts

Beef Stew

Saute: 1 tsp olive oil
1/4 cup onion, chopped
1/2 green pepper, chopped
~6 oz (raw weight) beef, cubed
Add:
1 cup chopped zucchini
1 cup mushrooms
1/2 cup tomato sauce
Season with garlic, Worcestershire sauce, salt and pepper

Meal Plans

4 Block Menus

Breakfast

Breakfast Quesadilla

1 corn tortilla
1/2 cup black beans
1/3 cup onions, chopped
1 green pepper, chopped
2 eggs (scrambled or fried)
2 oz cheese
4 Tbs avocado

Breakfast Sandwich

1/2 pita bread
2 eggs (scrambled or fried)
1 oz cheese
1 oz sliced ham
Serve with 1 apple

Fruit Salad

1 cup cottage cheese
1/2 cantaloupe, cubed
1 cup strawberries
1/2 cup grapes
Sprinkled with slivered almonds

Smoothie

Blend together:
2 cups milk
2 Tbs protein powder
1 cup frozen strawberries
1/2 cup frozen blueberries
Large scoop cashews

Oatmeal

1 cup cooked oatmeal (slightly watery)
1/2 cup grapes
3/4 cup cottage cheese
2 tsp walnuts
Spice with vanilla extract and cinnamon
Add:
1 Tbs protein powder

Easy Breakfast

1 cantaloupe
1 cup cottage cheese
12 almonds

Steak and Eggs

3 oz steak, grilled
1 egg, over easy
1 slice bread with 1 1/3 tsp butter
1/2 cantaloupe

Lunch

Tuna Sandwich

4 oz canned tuna
4 tsp light mayo
1 slice bread
Serve with 1 apple

Deli Sandwich

2 slices of bread
4 1/2 oz sliced deli meat
1 oz cheese
4 Tbs avocado

Quesadilla

1 corn tortilla
4 oz cheese
4 Tbs guacamole
Jalapenos, sliced
Top with salsa
Serve with 1 1/2 oranges

Tacos

2 corn tortillas
4 1/2 oz seasoned ground meat
1 oz cheese, grated
1/2 tomato, cubed
1/4 cup onion, chopped
Lettuce, chopped
Serve with Tabasco to taste
~20 olives chopped
1/2 apple

Grilled Chicken Salad

4 oz chicken, grilled
2 cups lettuce
1/4 tomato, chopped
1/4 cucumber, chopped
1/4 green pepper, chopped
1/2 cup black beans
1/4 cup kidney beans
~2 Tbs salad dressing of choice

Easy Lunch

4 1/2 oz deli meat
1 oz cheese
Serve with:
1 apple
1 grapefruit
4 macadamia nuts

Dinner

Fresh Fish

6 oz fresh fish, grilled
Saute: 1 1/3 cup zucchini in herbs
Serve with:
1 large salad with 2 Tbs salad dressing of choice
2 cups fresh strawberries

Beef Stew

Saute:
1 1/3 tsp olive oil
1/4 cup onion, chopped
1/2 green pepper, chopped
~8 oz (raw weight) beef, cubed
Add:
1 cup zucchini, chopped
1 cup mushrooms, chopped
1/2 cup tomato sauce
Season with garlic, Worcestershire sauce, salt and pepper
Serve with 1 cup fresh strawberries

Chili (serves 3)

Saute:
2/3 cup onion, chopped
2 green peppers, chopped, in garlic, cumin, chili powder, and crushed red peppers
Add:
18 oz ground meat until browned
Add:
2 cups tomato sauce
1 cup black beans
1 cup kidney beans
~40 chopped olives
Fresh cilantro to taste

Turkey and Greens

4 oz turkey breast, roasted
2 1/2 cup kale, chopped and steamed
Saute:
1 1/3 tsp olive oil, garlic, crushed red peppers
Add kale and mix
2 peaches, sliced for dessert

Easy Dinner

4 oz chicken breast, baked
2 oranges
4 macadamia nuts

Meal Plans

5 Block Menus

Breakfast

Breakfast Quesadilla

2 corn tortillas
1/2 cup black beans
1/3 cup onions, chopped
1 green pepper, chopped
3 eggs (scrambled or fried)
2 oz cheese
5 Tbs avocado

Breakfast Sandwich

1/2 pita bread
2 eggs (scrambled or fried)
2 oz cheese
1 oz ham, sliced
Serve with 1 1/2 apple

Fruit Salad

1 1/4 cup cottage cheese
1/2 cantaloupe, cubed
1 cup strawberries
1 cup grapes
Sprinkle with slivered almonds

Smoothie

Blend together:
2 cups milk
3 Tbs protein powder
2 cups frozen strawberries
1/2 cup frozen blueberries
Extra large scoop cashews

Oatmeal

1 cup cooked oatmeal (slightly watery)
1 cup grapes
1 cup cottage cheese
2 1/2 tsp walnuts
Spice with vanilla extract and cinnamon
Add: 1 Tbs protein powder

Easy Breakfast

1 1/4 cantaloupe
1 1/4 cup cottage cheese
~ 15 almonds

Steak and Eggs

3 oz steak, grilled
2 eggs, over easy
1 slice bread with 1 2/3 tsp butter
1 1/2 apple

Lunch

Tuna Sandwich

5 oz tuna, canned
5 tsp light mayo
1 slice bread
Serve with 1 1/2 apple

Deli Sandwich

2 slices bread
4 1/2 oz deli meat
2 oz cheese
5 Tbs avocado
1/2 apple

Quesadilla

2 corn tortillas
5 oz cheese
5 Tbs guacamole
Jalapenos, sliced, to taste
Serve with 1 1/2 orange

Tacos

2 corn tortillas
6 oz seasoned ground meat
1 oz cheese, grated
1/2 tomato, cubed
1/4 cup onion, chopped
Lettuce, chopped
Serve with Tabasco to taste
~20 olives, chopped
1 apple

Grilled Chicken Salad

5 oz chicken, grilled
2 cups lettuce
1/4 tomato, chopped
1/4 cucumber, chopped
1/4 green pepper, chopped
1/2 cup black beans
1/2 cup kidney beans
2 1/2 Tbs salad dressing of choice

Easy Lunch

4 1/2 oz deli meat
2 oz cheese
Serve with:
2 1/2 apples
5 macadamia nuts

Dinner

Fresh Fish

7 1/2 oz fresh fish
Saute:
1 1/3 cup zucchini in herbs
Serve with 1 large salad with 2 1/2
Tbs salad dressing of choice
1/4 cup black beans
2 cups fresh strawberries for dessert

Beef Stew

Saute:
1 2/3 tsp olive oil
1/4 cup onion, chopped
1/2 green pepper, chopped
~10 oz (raw weight) beef, cubed
Add:
1 cup zucchini, chopped
1 cup mushrooms, chopped
1/2 cup tomato sauce
Season with garlic, Worcestershire
sauce, salt and pepper
Serve with 2 cups fresh strawberries

Chili (serves 3)

Saute:
1 cup onion, chopped
2 1/2 green peppers in garlic, cumin,
chili powder and crushed red peppers
Add:
22 1/2 oz ground meat, browned
Add:
2 1/2 cups tomato sauce
1 1/4 cup black beans
1 1/4 cup kidney beans
~50 olives, chopped
Add fresh cilantro to taste

Turkey and Greens

5 oz turkey breast, roasted
2 1/2 cup kale, chopped and steamed
Saute:
1 2/3 tsp olive oil, garlic and crushed
red peppers
Add steamed kale and mix
Serve with 3 peaches, sliced

Easy Dinner

5 oz chicken breast, baked
2 1/2 oranges
5 macadamia nuts

Meal Plans

1 Block Snacks

Snacks		
	1 poached egg 1/2 slice bread 1/2 tsp peanut butter	1/4 cup cottage cheese 1/2 cup pineapple 6 peanuts
1 hard boiled egg 1/2 orange Sprinkled w/ peanuts	1/4 cup cottage cheese 1/2 carrot 3 celery stalks 5 olives	1 oz sardines 1/2 nectarine 5 olives
1/2 cup plain yogurt Sprinkled w/ pecans		1 1/2 oz feta cheese 1 cup diced tomato 5 olives
1 oz cheese 1/2 apple 1 macadamia nut	3 oz marinated and baked tofu 1/2 apple 1/2 tsp peanut butter	
	1 oz tuna 1 large tossed salad 1 tsp salad dressing of choice	1 1/2 oz salmon 1/2 asparagus spears 1/3 tsp olive oil
1 oz canned chicken or tuna 1 peach 1/2 tsp peanut butter		1 1/2 oz shrimp 2 cups broccoli 6 peanuts
1 1/2 oz deli-style ham or turkey 1 carrot 5 olives	1 hard boiled egg 1 large spinach salad 1 tsp oil and vinegar dressing	
	1 oz grilled turkey breast 1/2 cup blueberries 3 cashews	1 oz canadian bacon 1 plum 1 macadamia nut
1 oz mozzarella string cheese 1/2 cup grapes 1 Tbs avocado		1 1/2 oz deli-style turkey 1 tangerine 1 Tbs avocado
1 oz jack cheese 1 Tbs guacamole 1 tomato	Blend: 1 cup water 1 Tbs protein powder 1/2 cup grapes 1/3 tsp canola oil	1/4 cup cottage cheese 1 cup sliced tomato 1/3 tsp olive oil
1 oz hummus 1/2 tomato 1 1/2 oz feta cheese	Blend: 1 cup water 1 Tbs spirulina 1 cup frozen berries 3 cashews	1 1/2 oz scallops 1 sliced cucumber 1/2 tsp tartar sauce
1 cup strawberries 1/4 cup cottage cheese 1 macadamia nut	1 oz cheddar cheese melted over 1/2 apple Sprinkled w/ walnuts	1 oz lamb 1/4 cup chick peas 1/3 tsp sesame butter