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## Meal Plans

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.

CrossFit’s best performers are Zone eaters. When our 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 CrossFit 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 we’ve 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 “Enter the Zone” 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”

continued page ... 10

# Meal Plans

“Blocks”

## 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 meals 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

Protein (cooked quantity)		Carbohydrate (cooked)		Carbohydrate (cooked)		Fat (quantity)	
chicken breast	1 oz	oatmeal	1/3 cup	fava beans	1/3 cup	almonds	~3
turkey breast	1 oz	artichoke	1 small	kale	1 1/4 cup	avocado	1 Tbs
ground turkey	1 1/2 oz	asparagus	12 spears	kidney beans	1/4 cup	canola oil	1/3 tsp
veal	1 oz	green beans	1 cup	leeks	1 cup	macadamia nuts	~1
beef	1 oz	beet greens	1 1/4 cup	lentils	1/4 cup	olives	~5
ground beef	1 1/2 oz	black beans	1/4 cup	okra	3/4 cup	peanut butter	1/2 tsp
canadian bacon	1 oz	bok choy	3 cups	onions	1/2 cup	peanuts	~6
corned beef	1 oz	broccoli	1 1/4 cup	sauerkraut	1 cup	cashews	~3
duck	1 1/2 oz	brussel sprouts	3/4 cup	spagetti squash	1 cup	peanut oil	1/3 tsp
ham	1 oz	cabbage	1 1/3 cup	spinach	1 1/3 cup	olive oil	1/3 tsp
lamb	1 oz	cauliflower	1 1/4 cup	swiss chard	1 1/4 cup	tahini	1/3 tsp
ground lamb	1 1/2 oz	chick peas	1/4 cup	tomato sauce	1/2 cup	guacomole	1/2 Tbs
pork	1 oz	collard greens	1 1/4 cup	tomatoes	3/4 cup	vegetable oil	1/3 tsp
ground pork	1 1/2 oz	dill pickles	3 (3 in)	yellow squash	1 1/4 cup	mayonnaise	1/3 tsp
calamari	1 1/2 oz	eggplant	1 1/2 cup	zucchini	1 1/3 cup	mayo, light	1 tsp
catfish	1 1/2 oz					seseme oil	1/3 tsp
clams	1 1/2 oz	<b>Carbohydrate (raw)</b>		<b>Carbohydrate (raw)</b>		sunflower seeds	1/4 tsp
crabmeat	1 1/2 oz	alfalfa sprouts	7 1/2 cup	grapes	1/2 cup	bacon bits	2 1/2 tsp
flounder/sole	1 1/2 oz	bean sprouts	3 cups	grapefruit	1/2	butter	1/3 tsp
lobster	1 1/2 oz	broccoli	2 cups	honeydew	1/2	half and half	1 Tbs
salmon	1 1/2 oz	cabbage	2 1/4 cups	kiwi	1	cream, light	1/2 tsp
sardines	1 oz	cauliflower	2 cups	lemon	1	cream cheese	1 tsp
scallops	1 1/2 oz	celery	2 cups	lime	1	sour cream	1 tsp
swordfish	1 1/2 oz	cucumber	1 (9 in)	nectarine	1/2	tartar sauce	1/2 tsp
shrimp	1 1/2 oz	lettuce, iceberg	1 head	orange	1/2	lard	1/3 tsp
tuna steak	1 1/2 oz	lettuce, romaine	6 cups	peach	1	veg. shortening	1/3 tsp
canned tuna	1 oz	mushrooms	3 cups	pear	1/2		
protein powder	1 oz	onion	2/3 cup	pinapple	1/2 cup		
seitan	1 oz	peppers	1 1/4 cup	plum	1		
soy burgers	1/2 patty	radishes	2 cups	raspberries	2/3 cup		
soy sausage	2 links	salsa	1/2 cups	strawberries	1 cup		
spirulina (dried)	1/2 oz	snow peas	3/4 cup	tangerine	1		
soy cheese	1 oz	spinach	4 cups	watermelon	2/4 cup		
firm tofu	2 oz	tomato	1 cup				
soft tofu	3 oz	apple	1/2				
whole egg	1 large	apple sauce	3/8 cup	<b>Combo Items (quantity)</b>			
egg whites	2 large	apricots	3 small	milk	1 cup		
egg substitute	1/4 cup	blackberries	1/2 cup	yogurt (plain)	1/2 cup		
cottage cheese	1/4 cup	cantaloupe	1/4	soybeans	1/4 cup		
cheese	1 oz	cherries	7	soymilk	1 cup		
feta cheese	1 1/2 oz	fruit cocktail	1/3 cup	tempeh	1 1/2 oz		
ricotta cheese	2 oz	blueberries	1/2 cup				

\*Note: combo items contain 1 block of protein and 1 block of carbohydrate

# Meal Plans

## Block Chart - Unfavorable Carbohydrates

Carbohydrate (quantity)		Carbohydrate (quantity)		Carbohydrate (quantity)	
Vegetables		Grains and Breads		Condiments	
Acom Squash	3/8 cup	Bagel	1/4	BBQ sauce	2 Tbs
Baked Beans	1/8 cup	Barley	1 Tbs	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 <sup>2</sup>	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 (scambled or fried)  
1 oz cheese  
3 Tbs acocado

#### 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 Sandwhch

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 stawberries 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, Worchstershire 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 12 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

# Meal Plans

Editor

...continued from page 1

portions, you'll have the result of CrossFit's 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 CrossFitters, 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 labeled "non-fat", then double the usual fat blocks for that meal. Read "Enter the Zone" to learn why.

At Zone parameters body fat comes off fast. When our men fall below 10% towards 5% we kick up the fat intake. The majority of our 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.

*end.*

## Cover Photo

### Wild Black Bass with Artichoke Ragout

Created by Eric Lau, Chef/Owner of Oswald - Santa Cruz California

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