

Zone Block Prescription Guide

(Common Benchmarks to get you Started)

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	Extra 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

To build a meal using the spreadsheets included here, simply type in the highlighted box how many blocks you need to eat at that meal. Then, for each meal you'll need protein, carbs, and fat. Choose the calculated portion from the tables.

For example, an athletic well-muscled female could eat a 4-block dinner.

She would go to the common carbs and protein spreadsheet and punch in 4 in the highlighted field at the top.

Then, she would select a source of protein and a source of carb.

She could eat 2 or more sources of carbs if she wanted. In that case, she'd need to cut her portions in half to divvy up her carb allocation.

Then, she would go to the fat block calculator and select a source of fat.

Once she has her protein, carbs and fat, she has her well-balanced Zone meal!