A week in the Zone.

Discover how easy it is!
Two minutes’ attention

The brochure you are holding will help you consider a great opportunity – to change your eating habits by entering the Zone* for a week.
You will start feeling the benefits and the perceptions the Zone can give you.

You will not give anything up in particular and will eat a great variety of foods. The only rule (no exceptions allowed) is that, during the first week, you must eat the exact quantities stated. Follow the rules of the Zone Diet carefully because they are designed to supply the nutrients that are useful every day in precisely balanced amounts.

Another tip: keep moving, exercise is recommended – do not overdo it.

To make things easier, the next pages contain an example of a basic week, the first week in the Zone, formulated to satisfy the needs of women (and men, who are... hungrier). There is a detailed list of the most useful food suggestions - with suitable alternatives, linked to taste variables. To each his (or her) own, as it should be. We started the week with Saturday, not because we are unconventional (who said diets must always start on a Monday?) but because we thought people relax more in the week end. Week ends are the days of “me time”, when we focus more on ourselves.

However, every day of the first week is useful to start being good to yourself and understanding how to prepare meals in the Zone.
It will be easier to continue, because feeling fitter physically and mentally will be satisfying and because you will be more familiar with foods and quantities.

Good Zone to you all.

*When starting a low calorie diet choose a varied selection of foods and a healthy lifestyle that includes adequate exercise. It may be customized according to your individual characteristics by consulting your physician.
The Zone? No secrets

The Zone nutritional strategy, known as the Zone Diet, was developed by the American researcher Barry Sears with a particular focus on wellness.

The Zone Diet, a low-calorie nutritional strategy, allows you to stay in shape by doing exercise and eating all foods in the right quantity without giving up anything in particular.

In the Zone, food becomes your ally thanks to an appropriate association of carbohydrates, protein and fats. For this reason, the three main meals (and 2 snacks at least) of the day must provide 40% of calories from carbohydrates, 30% from protein and 30% from fat.

Following the Zone nutritional strategy means eating and feeling fully efficient. In addition to offering a diet with balanced nutrients, the Zone Diet is a true lifestyle which includes omega-3 fatty acids, moderate physical activity and mental relaxation.

THE RULES OF THE ZONE

Every meal and snack must contain carbohydrates, proteins and fats in the 40-30-30 calorie ratio.

Every day divide your food into 3 main meals and 2 or 3 snacks.

No more than 5 hours should pass between one meal and the next.

At each meal you should not exceed the allotted amount of food.

You should eat a lot of vegetables (except potatoes, beets and cooked carrots) and a good amount of fruit (except bananas, figs and persimmons), giving preference to these foods rather than those that are rich in carbohydrates and rapidly digested (rice, bread, potatoes, pastries, sugar, sugary drinks, etc.).

Perform regular physical activity (30 minutes 3 times per week).
Omega-3 fatty acids are essential

It is important to eat foods rich in omega-3 fatty acids on a regular basis. Omega-3s are “essential” fatty acids because our body is not capable of producing them.

Consequently, they must be acquired through dietary intake or, in the event of low intake or increased demand, through supplements*.

Numerous scientific studies have shown that in the context of a varied and balanced diet and healthy lifestyle, Omega-3s are very useful as their actions on our body are important. We need them to be more efficient and active.

• EPA and DHA contribute to the normal maintenance of cardiac functions (when daily intake is 250 mg minimum).

• DHA contributes to maintaining normal brain function and visual acuity (when daily intake is 250 mg minimum).

*Supplements are not intended as a substitute for a varied and balanced diet.
Polyphenols

In human nutrition, fruits and vegetables provide a fundamental role in the protection and general well-being of the body. Numerous scientific studies have recognised that there are important characteristics to the pigments that colour fruit. These pigments make up polyphenols, a class of molecules that are present specifically in the ‘most coloured’ part of the plant, thus mostly in the peel or skin, which is often removed when consumed. Unfortunately in the most readily available fruits and vegetables, those often cultivated under “idea conditions” (for example in a greenhouse), there has been a lesser concentration of polyphenols measured. Acting as the plant’s protection system, their presence is reduced when “outside attacks” decrease. In effect, wild plants possess a higher concentration of these protective substances, and berries stand ahead of anything else in this regard.

Maqui

According to current knowledge, out of all berries the Maqui possesses the highest concentration of polyphenols. This small, deep blue coloured fruit is produced by Aristotelia Chilensis, a plant that grows naturally on the remote Juan Fernandez islands and in Chilean Patagonia. Maqui harvesting is performed strictly by hand in order to preserve the balance of this delicate habitat, the health of the plant and the integrity of this precious berry.

The Maqui is a true treasure due its extremely high concentration of anthocyanins (a type of polyphenol that is responsible for the colour of the fruit). Within this complex family of natural substances, the delphinidin subgroup makes up almost 70% of the anthocyanins present in Maqui.
Saturday
the Zone begins

Alternative meals

**Breakfast:**
- 200 g low fat natural yogurt
- Sandwich with two slices of bread, 45 g lean cooked ham, 15 g cheese slices

**Lunch:**
Instead of the chicken: 200 g trout or 80 g bresaola

**Dinner:**
Instead of the tuna: 150 g turkey breast or 125 g raw ham, fat remove

**Breakfast:**
- 25 g raw ham
- 1 minipack of EnerZona Cracker
- Coffee or tea with 10 g high purity EnerZona Fructose
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

**Morning snack:**
- 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

**Lunch:**
- 120 g sliced chicken breast
- 1 full plate of grilled courgettes and aubergines
- 1.5 tablespoonfuls of extra virgin olive oil
- 240 g fruit salad (no bananas, figs or grapes) with 10 g high purity EnerZona Fructose

**Afternoon snack:**
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

**Dinner:**
- 150 g tuna
- 300 g tomatoes
- Salad as desired
- 1.5 tablespoonfuls of extra virgin olive oil
- 30 g whole wheat bread
- Half a glass of red wine
- 2 tangerines

**Evening snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock
Saturday
the Zone begins

Breakfast:
- 25 g raw ham
- 1 minipack of EnerZona Cracker
- Coffee or tea with 10 g high purity EnerZona Fructose
- 4 EnerZona Biscuits

Morning snack:
- 1 minipack of EnerZona MiniRock or 4 EnerZona Biscuits

Lunch:
- 90 g chicken breast
- 1 full plate of grilled courgettes and aubergines
- 1 tablespoonful of extra virgin olive oil
- half a glass of red wine
- 120 g fruit salad, no sweeteners (no bananas, figs or grapes)

Afternoon snack:
- 1 packet of EnerZona Chips or 1 EnerZona Snack

Dinner:
- 90 g tuna
- 300 g tomatoes
- Salad as desired
- 1 tablespoonful of extra virgin olive oil
- half a glass of red wine
- 2 tangerines

Evening snack:
- 100 ml semi skimmed milk and 2 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

Alternative meals

Breakfast:
160 g cows’ milk ricotta,
1 EnerZona Cracker minipack and 2 kiwis

Lunch:
Instead of the chicken: 105 g low fat mozzarella or 150 g trout

Dinner:
Instead of the tuna: 75 g raw ham, fat removed, or 90 g turkey breast

Remember your omega-3!
**Alternative meals**

**Breakfast:**
- 200 ml semi skimmed milk and 8 EnerZona Biscuits

**Lunch:**
- Instead of the sole:
  - 140 g veal or 100 g speck, fat removed

**Dinner:**
- Instead of veal:
  - 160 g baked anchovies or 140 g stewed rabbit

**Breakfast:**
- 200 g low fat natural yogurt
- 6 tablespoonfuls of EnerZona Muesli
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 EnerZona Snack or 1 minipack of EnerZona Cracker

**Lunch:**
- 30 g brown rice with one tablespoonful of tomato sauce
- 160 g sole
- 300 g broccoli or 350 g green beans
- 1.5 tablespoonfuls of extra virgin olive oil
- 1 apple or 3 red plums

**Afternoon snack:**
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

**Dinner:**
- 170 g veal
- 1 full plate of minestrone soup with mixed vegetables
- 1.5 tablespoonfuls of extra virgin olive oil
- 120 g grapes or 2 kiwis
- 30 g whole wheat bread

**Evening snack:**
- 1 minipack of EnerZona MiniRock or 4 EnerZona Biscuits
The Zone for her

Day 2

Enjoy Sunday

Breakfast:
- 200 g low fat natural yogurt
- 3 tablespoonfuls of EnerZona Muesli
- You can add unsweetened tea or coffee

Morning snack:
- 1 EnerZona Snack or 4 EnerZona Biscuits

Lunch:
- 20 g brown rice with one tablespoonful of tomato sauce
- 120 g sole
- 250 g broccoli or 300 g green beans
- 1 tablespoonful of extra virgin olive oil
- 1 apple or 3 red plums

Afternoon snack:
- 1 packet of EnerZona Chips or 1 EnerZona Snack

Dinner:
- 140 g veal
- 1 full plate of minestrone soup with mixed vegetables
- 1 tablespoonful of extra virgin olive oil
- 120 g grapes or 2 kiwis
- 15 g whole wheat bread

Evening snack:
- 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

Alternative meals

Breakfast:
200 ml semi skimmed milk and 4 EnerZona Biscuits

Lunch:
Instead of the sole: 90 g turkey breast or 75 g speck, fat removed

Dinner:
Instead of veal: 120 baked anchovies or 75 g raw ham, fat removed

Remember your omega-3!
Monday
a new beginning

**Breakfast:**
- Sandwich with 2 slices of toasted bread, 45 g lean cooked ham, 15 g cheese slices
- 250 ml EnerZona Soya Drink
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 packet of EnerZona Chips or 1 EnerZona Snack

**Lunch:**
- 50 g raw ham, fat removed, and 70 g mozzarella
- 300 g tomatoes
- Salad as desired
- 1.5 tablespoonfuls of extra virgin olive oil
- 240 g fruit salad (no bananas, figs or grapes) with 10 g high purity EnerZona Fructose

**Afternoon snack:**
- 8 EnerZona Biscuits and a cup of tea or 1 EnerZona Nutrition Bar

**Dinner:**
- 180 g swordfish
- 1 full plate of grilled courgettes and aubergines
- 20 g brown rice
- 1.5 tablespoonfuls of extra virgin olive oil
- 3 tangerines or 2 kiwis

**Evening snack:**
- 100 ml semi skimmed milk and 2 EnerZona biscuits or 1 minipack of EnerZona MiniRock

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**In alternativa**

**Breakfast:**
200 g low fat natural yogurt and 6 tablespoonfuls of EnerZona Muesli

**Lunch:**
Instead of the ham and mozzarella:
- 200 g trout or 140 g veal roast

**Dinner:**
Instead of the swordfish:
- 140 g rabbit or 80 g breasaola

**Remember your omega-3!**
Breakfast:
- Sandwich with 2 slices of toasted bread, 30 g lean cooked ham, 30 g cheese slices
- You can add unsweetened tea or coffee

Morning snack:
- 1 packet of EnerZona Chips or 1 EnerZona Snack

Lunch:
- 50 g raw ham, fat removed, and 35 g mozzarella
- 300 g tomatoes
- Green salad as desired
- 1 table spoonful of extra virgin olive oil
- 1 apple or 1 slice of pineapple
- 15 g whole wheat bread

Afternoon snack:
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

Dinner:
- 135 g swordfish
- 350 g green beans
- 20 g rice
- 1 table spoonful of extra virgin olive oil
- 2 tangerines or 3 red plums

Evening snack:
- 100 g low fat natural yogurt and 2 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

In alternativa

Breakfast:
200 ml semi skimmed milk and 3 table tablespoonsfuls of EnerZona Muesli

Lunch:
Instead of the raw ham and mozzarella:
150 g trout or 105 g veal roast

Dinner:
Instead of the swordfish:
100 g rabbit or 1 omelette made with 1 egg and 4 egg whites
Tuesday
I want to move

**Alternative meals**

**Breakfast:**
- 1 minipack of EnerZona Cracker
- 160 g ricotta
- 2 kiwis
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

**Lunch:**
- 120 g sliced chicken breast
- 300 g tomatoes and lettuce (no limits)
- 1.5 tablespoonfuls of extra virgin olive oil
- 30 g whole wheat bread
- 1 large apple or 1 kiwi

**Dinner:**
- 380 g green beans
- 1.5 tablespoonfuls of extra virgin olive oil
- 30 g brown rice with tomato sauce
- 1 large pear or 1 kiwi
- 1 minipack of EnerZona Cracker

**Evening snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

**Breakfast:**
- Sandwich with 2 slices of toasted bread, 60 g lean cooked ham, 30 g cheese slices 170 g strawberries or 1 pear

**Lunch:**
- Instead of the chicken: 180 g common smooth-hound or 1 omelette made with 2 egg and 4 egg whites

**Dinner:**
- Instead of the mozzarella: 160 g salmon or 120 g turkey breast

**Afternoon snack:**
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks
Tuesday
I want to move

Breakfast:
- 1 minipack of EnerZona Cracker
- 80 g ricotta
- 1 kiwi
- You can add unsweetened tea or coffee

Morning snack:
- 1 minipack of EnerZona MiniRock or 1 EnerZona Snack

Lunch:
- 90 g sliced chicken breast
- 300 g tomatoes and lettuce (no limits)
- 1 tablespoonful of extra virgin olive oil
- 15 g whole wheat bread
- 1 apple or 1 pear

Afternoon snack:
- 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

Dinner:
- 100 g low fat mozzarella
- 380 g green beans
- 1 tablespoonful of extra virgin olive oil
- 30 g brown rice with tomato sauce
- 1 minipack of EnerZona Cracker

Evening snack:
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

Alternative meals

Breakfast:
200 g low fat natural yogurt and 4 EnerZona Biscuits

Lunch:
Instead of the chicken:
120 g common smooth-hound or 1 omelette made with 1 egg and 4 egg whites

Dinner:
Instead of the mozzarella:
120 g salmon or 90 g turkey breast
Wednesday
something is changing

Alternative meals

**Breakfast:**
- 200 ml semi skimmed milk and 8 EnerZona Biscuits

**Lunch:**
Instead of the bresaola and cheese: 160 g sea bass or 140 g pork loin

**Dinner:**
Instead of the beef: 160 g fresh salmon or 140 g rabbit

**Breakfast:**
- Sandwich with 2 slices of toasted bread, 45 g lean cooked ham, 15 g cheese slices
- 200 ml of semi skimmed milk
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

**Lunch:**
- 60 g bresaola and 20 g Grana Padano flakes
- Rocket salad (no limits)
- 300 g tomatoes
- 1.5 tablespoonfuls of extra virgin olive oil
- 1 minipack of EnerZona Cracker
- 240 g fruit salad (no bananas, figs or grapes) with 10 g high purity EnerZona Fructose

**Afternoon snack:**
- 4 EnerZona Biscuits and 1 EnerZona Snack or 1 EnerZona Nutrition Bar

**Dinner:**
- 140 g lean beef
- 1 full plate of minestrone soup with mixed vegetables
- 1.5 tablespoonfuls of extra virgin olive oil
- half a glass of red wine
- 1 large apple or 1 large pear
- 1 minipack of EnerZona Cracker

**Evening snack:**
- 4 EnerZona Biscuits or 250 ml EnerZona Soya Drink
The Zone for her

Day 5

Wednesday

something is changing

Breakfast:
- Sandwich with 2 slices of toasted bread, 30 g lean cooked ham, 30 g cheese slices
- You can add unsweetened tea or coffee

Morning snack:
- 1 minipack of EnerZona MiniRock or 1 minipack EnerZona Cracker

Lunch:
- 40 g bresaola and 20 g Grana Padano flakes
- Rocket salad (no limits)
- 300 g tomatoes
- 1 table spoonful of extra virgin olive oil
- 240 g fruit salad, no sweeteners (no bananas, figs or grapes)

Afternoon snack:
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

Dinner:
- 100 g lean beef
- 1 full plate of minestrone soup with mixed vegetables
- 1 table spoonful of extra virgin olive oil
- 1 apple or 1 pear
- 1 minipack of EnerZona Cracker

Evening snack:
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

Alternative meals

Breakfast:
200 ml semi skimmed milk and 4 EnerZona Biscuits

Lunch:
Instead of the bresaola and cheese: 120 g sea bass or 100 g lean pork loin

Dinner:
Instead of the beef: 195 g octopus or 105 g lean beef meat

Remember your omega-3!
Thursday
more active

**Alternative meals**

**Breakfast:**
- 200 ml semi skimmed milk
  or 250 ml EnerZona Soya Drink
- 3 tablespoonfuls of EnerZona Muesli
- 4 EnerZona Biscuits
- You can add unsweetened tea or coffee

**Lunch:**
Instead of the pork loin:
- 140 g veal roast or 60 g bresaola
  and 20 g Parmesan flakes

**Dinner:**
Instead of the chicken:
- 120 g salmon or 140 g lean beef meat

**Remember your omega-3!**

**Breakfast:**
- 200 ml semi skimmed milk
  or 250 ml EnerZona Soya Drink
- 3 tablespoonfuls of EnerZona Muesli
- 4 EnerZona Biscuits
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 EnerZona Snack or 1 minipack of EnerZona Cracker

**Lunch:**
- 140 g pork loin
- 300 g tomatoes or 350 g green beans
- 1.5 tablespoonfuls of extra virgin olive oil
- 30 g bread
- 1 slice of pineapple

**Afternoon snack:**
- 1 EnerZona Nutrition Bar
  or 2 EnerZona Snacks

**Dinner:**
- 150 g grilled chicken breast
- 30 g brown rice with tomato sauce
- 300 g tomatoes
- 1.5 tablespoonfuls of extra virgin olive oil
- half a glass of red wine
- 1 apple or 1 pear

**Evening snack:**
- 250 ml EnerZona Soya Drink
  or 1 minipack of EnerZona MiniRock

Remember your omega-3!
**Breakfast:**
- 200 ml semi skimmed milk or 250 ml EnerZona Soya Drink
- 3 tablespoonfuls of EnerZona Muesli
- You can add unsweetened tea or coffee

**Morning snack:**
- 1 packet of EnerZona Chips or 1 EnerZona Snack

**Lunch:**
- 100 g pork loin
- 300 g tomatoes or 350 g green beans
- 1 tablespoonful of extra virgin olive oil
- 15 g bread
- 1 slice of pineapple

**Afternoon snack:**
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

**Dinner:**
- 90 g grilled chicken breast
- 300 g tomatoes
- Salad as desired
- 1 kiwi or 1 apple
- half a glass of red wine
- 1 tablespoonful of extra virgin olive oil

**Evening snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

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**Alternative meals**

**Breakfast:**
- 80 g ricotta, 4 EnerZona Biscuits and 1 apple

**Lunch:**
- Instead of the pork loin: 75 g raw ham, fat removed or 100 g veal roast

**Dinner:**
- Instead of the chicken breast: 90 g lean cooked ham or 90 g smoked salmon
Alternative meals

**Breakfast:**
- 200 g low fat natural yogurt
- 6 tablespoonfuls of EnerZona Muesli

**Lunch:**
Instead of the seafood salad:
- 180 g swordfish or 60 g cooked ham, fat removed and 70 g mozzarella

**Dinner:**
Instead of the sea bass:
- 100 g lean beef carpaccio and 20 g Parmesan cheese flakes

**Breakfast:**
- 200 ml semi skimmed milk or 250 ml EnerZona Soya Drink
- 3 tablespoonfuls of EnerZona Muesli
- 4 EnerZona Biscuits
You can add unsweetened tea or coffee

**Morning snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock

**Lunch:**
- 1 plate of seafood salad
- 300 g tomatoes
- 30 g whole wheat bread
- 1.5 tablespoonfuls of extra virgin olive oil
- 1 slice of pineapple

**Afternoon snack:**
- 1 EnerZona Nutrition Bar or 2 EnerZona Snacks

**Dinner:**
- 1 full plate of minestrone soup with mixed vegetables
- 160 g sea bass
- 1.5 tablespoonfuls of extra virgin olive oil
- 1 minipack of EnerZona Cracker
- 1 apple or 1 pear

**Evening snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock
**The Zone for her**

**Day 7**

**Friday wellbeing**

**Breakfast:**
- 200 ml semi skimmed milk or 250 ml EnerZona Soya Drink
- 3 tablespoonfuls of EnerZona Muesli

**Morning snack:**
- 1 EnerZona Snack or 4 EnerZona Biscuits

**Lunch:**
- 1 plate of seafood salad
- 300 g tomatoes
- 15 g whole wheat bread
- 1 tablespoonful of extra virgin olive oil
- 1 slice of pineapple

**Al ternative meals**

**Breakfast:**
200 g low fat natural yogurt and 3 tablespoonfuls of EnerZona Muesli

**Lunch:**
Instead of the seafood salad: 120 g swordfish or 40 g bresaola and 20 g Parmesan cheese flakes

**Dinner:**
Instead of the sea bass: 210 g low fat cheese flakes or 90 g turkey breast

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**Afternoon snack:**
- 1 packet of EnerZona Chips or 1 EnerZona Snack

**Dinner:**
- 120 g sea bass
- 1 full plate of minestrone soup with mixed vegetables
- 1 tablespoonful of extra virgin olive oil
- 1 minipack of EnerZona Cracker
- 1 large apple or 2 kiwis

**Evening snack:**
- 4 EnerZona Biscuits or 1 minipack of EnerZona MiniRock
OMEGA-3

EnerZone Omega 3 Rx
Omega 3 fatty acid food supplement, capsules (0.5 g or 1 g)

NEW CAPSULE
Entericare®
NO AFTERTASTE

EnerZone OMEGA3 RX has chosen to use Entericare™ Technology, a special production technology for capsules, which ensures the fish oil is better protected in the stomach and avoids the unpleasant aftertaste of the oil.

POLYPHENOLS

EnerZona Maqui RX Polyphenols
Maqui-extract (Aristotelia chilensis) based dietary supplement with vitamins E and B5. Indicated to contribute to physical function as an antioxidant.

BREAKFAST

EnerZona Biscuits 40-30-30
Flavours: oats, cocoa, coconut, hazelnut

EnerZona Soya Drink 40-30-30
Soy-based drink with calcium

EnerZona Muesli 40-30-30
Muesli rich in proteinse

EnerZona Fructose 40-30-30
High purity fructose

EnerZona Omega 3 Rx
Omega 3 fatty acid food supplement, capsules (0.5 g or 1 g)

NEW CAPSULE
Entericare®
NO AFTERTASTE

EnerZone OMEGA3 RX has chosen to use Entericare™ Technology, a special production technology for capsules, which ensures the fish oil is better protected in the stomach and avoids the unpleasant aftertaste of the oil.

EnerZona Maqui RX Polyphenols
Maqui-extract (Aristotelia chilensis) based dietary supplement with vitamins E and B5. Indicated to contribute to physical function as an antioxidant.

EnerZona Biscuits 40-30-30
Flavours: oats, cocoa, coconut, hazelnut

EnerZona Soya Drink 40-30-30
Soy-based drink with calcium

EnerZona Muesli 40-30-30
Muesli rich in proteinse

EnerZona Fructose 40-30-30
High purity fructose

28
SNACKS

**EnerZona MiniRock 40-30-30**
Soy snack (Noir, Lemon, Milk chocolate)

**EnerZona Snack 40-30-30**
Nutrition bar with magnesium and Vitamin E (apple pie, caramel toffee, orange chocolate, green apple, yogurt, crispy vanilla, cocoa, coconut)

**EnerZona Cracker 40-30-30**
Crackers with spelt (Mediterranean recipe, Rosemary recipe)

**EnerZona Chips 40-30-30**
Soy snack not fried (classic flavour)

**EnerZona Nutrition Bar 40-30-30**
Nutrition bar with vitamin E and GLA (dark chocolate, red fruit, tiramisu, vanilla)

**EnerZona Nutrition Bar 40-30-30**
Nutrition bar with vitamin E (choco mint, cheese cake)

**EnerZona Nutrition Bar 40-30-30**
Nutrition bar with vitamin D and E (hazelnut, fruits of the forest, yogurt)

PROTEIN

**EnerZona Protein Soya 90%**
Protein food supplement (powder)

**EnerZona Proteine Whey 90%**
Milk whey protein food supplement

**EnerZona Protein Egg White**
Protein food supplement with vitamin B6
One day on a low-calorie diet: 1200 kcal

**BREAKFAST:** 150 ml milk with coffee, 20 g crispbakes

**SNACK:** 1 apple

**LUNCH:** 70 g trennette pasta with pesto, 1 helping of boiled courgettes

**SNACK:** 1 glass of squeezed orange juice

**DINNER:** 80 g drained tuna with green lettuce, 40 g bread, 1 orange
One day in the Zone: 1200 kcal

**EVERY DAY:** EnerZona Omega 3 Rx (4 capsules, 1 g each) + EnerZona Maqui RX Poliphonolos (2 capsules)

**BREAKFAST:** 200 ml semi skimmed milk, 4 EnerZona Biscuits, unsweetened coffee

**MID MORNING SNACK:** 200 g low fat natural yogurt

**LUNCH:** A plate of bresaola, rocket salad and Grana padano, 300 g tomatoes, 15 g whole wheat bread, 120 g unsweetened fruit salade

**AFTERNOON SNACK:** 1 minipack of EnerZona MiniRock or 1 packet of EnerZona Chips

**DINNER:** One plate of vegetable soup (with courgettes, broccoli, onions, peppers, tomatoes, chives and basil), 120 g sea bass, 1 minipack of EnerZona Cracker, 1 plate of grilled courgettes and aubergines, 1 apple, half a glass of red wine

**EVENING SNACK:** 1 cup of EnerZona Soya Drink or 1 minipack of EnerZona MiniRock
La dieta Zona su iPhone  www.facebook.com/EnerZona

Enervit research supports dietary principles that are coherent with the Zone dietary strategy.