



[ENTER THE ZONE By Barry Sears, PH.D.pdf](#)

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	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	Budwheat	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				
Pineapple juice	1/4 cup				

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

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Barry Sears, Ph.D., is one of the world's leading medical researchers on the hormonal effects of food. He is the author of fourteen books, including the #1 ... Enter the Zone Barry Sears, Ph.D. Premise: Follow rigid, obscure rules, such as eating in “macronutrient blocks” and eliminating carbohydrates.. de B Sears — Corresponding Author: Barry Sears, Ph.D; e-mail: bsears@drsears.com ... should be noted that ALA is slowly converted into.. Recommended Healthy Diet. Caloric Consumption of a Zone-Favorable Diet. \*Enter the Zone, by Barry Sears, Ph.D., pg. Read The Anti-Inflammation Zone by Barry .... File Type PDF Enter The Zone Barry Sears. Enter The Zone Barry Sears ... Buy Enter the Zone First Edition later Printing by Sears, Barry, Ph. D.

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