



RESULTS

NUTRITION

GUIDE

A practical guide to fueling your workouts, improving body composition and building habits that last.



PROTEIN

Build &
Repair



QUALITY CARBS

Fuel &
Perform



HEALTHY FATS

Support &
Sustain



PORTION CONTROL

Balance &
Awareness



MEAL TIMING

Plan &
Perform



HYDRATION

Hydrate &
Recover

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YOUR GOAL: BETTER BODY COMPOSITION

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We measure more than body weight.

The goal of this guide is to help you improve your body composition while supporting your health, energy and performance. Body transformation is about more than the number on the scale.

Our goal is to help you lower body fat mass if fat loss is one of your goals, while helping you maintain—or increase—skeletal muscle.

BODY COMPOSITION = WHAT YOUR WEIGHT IS MADE OF

Scale weight is only one number. Body composition gives us more useful feedback by helping us monitor changes in body fat mass and skeletal muscle mass.

How we monitor progress

ONGOING PROGRAM	6-WEEK CHALLENGE	WHAT WE REVIEW
Approximately every 30 days	Before the challenge Midpoint: optional Final week	Body fat mass/Body fat % Skeletal muscle mass Body weight + trends

Your measurements give us feedback. They help us see what is changing and whether your nutrition or training strategy may need to be adjusted.

THE RZONE APPROACH

Supportive nutrition + strength training + cardio training + consistency. The goal is not perfection. The goal is progress you can measure and habits you can sustain.

THE RZONE GOAL

Maximize your health. Lower excess body fat when appropriate. Maintain or build skeletal muscle. Fuel your workouts. Build habits you can sustain.

To achieve this, I've intentionally written this guide in **simple, straightforward language**—no overwhelming scientific jargon or endless research citations. Instead, you'll find clear, practical guidance, along with insights from relevant studies and powerful quotes. This is not just another informational book—it's a **step-by-step system** designed to take you from where you are now to where you want to be in the shortest time possible.

THE RZONE NUTRITION FOUNDATION

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Keep the plan simple enough to follow consistently.

1

PROTEIN Supports muscle maintenance, recovery and satiety. Your daily target can be guided by your body-composition results and individual needs. The target protein will be 20 to 30 grams per meal. That is 3 to 4oz.

2

QUALITY/FAVORABLE CARBOHYDRATES Your primary training fuel. When included at a meal, the Rzone target is approximately 30–40 grams of carbohydrate.

3

VEGETABLES Build volume, fiber and micronutrients into meals. Aim to include them often.

4

FRUIT A nutrient-rich carbohydrate choice that can work well with meals or as part of a pre-workout snack. We recommend 1 to 3 fruits a day with small meals.

5

HEALTHY FATS Include reasonable portions of foods such as olive oil, avocado, nuts, seeds and fatty fish.

6

HYDRATION Water supports training, recovery and everyday function. Make hydration part of your daily routine.

CONSISTENCY BEATS PERFECTION

One meal does not create your results. Your repeated choices over days and weeks do. Build a plan you can actually live with.

Why Your Nutrition Might Be Holding Back Your Results

After seeing **thousands of women achieve measurable changes in body composition at Rzone**, we've learned something important: when body fat goes down while lean muscle is maintained—or even increased—**nutrition strategies almost always change along with it.**

If you're working hard but not seeing the results you expected, it may be time to change the way you think about nutrition. You may **not be eating enough protein**, either at each meal or throughout the day, based on your **Lean Body Mass** shown on your InBody results. You may still be putting quality complex carbohydrates in the same category as processed and ultra-processed carbs, when the **right carbohydrates, in the right portions, at the right times** can fuel your Rzone workouts, improve performance and support your body-composition goals. And finally, you may simply be **reacting to your busy day instead of preparing for it.** Meal prep and structuring your nutrition around your lifestyle and workouts can make a profound difference.

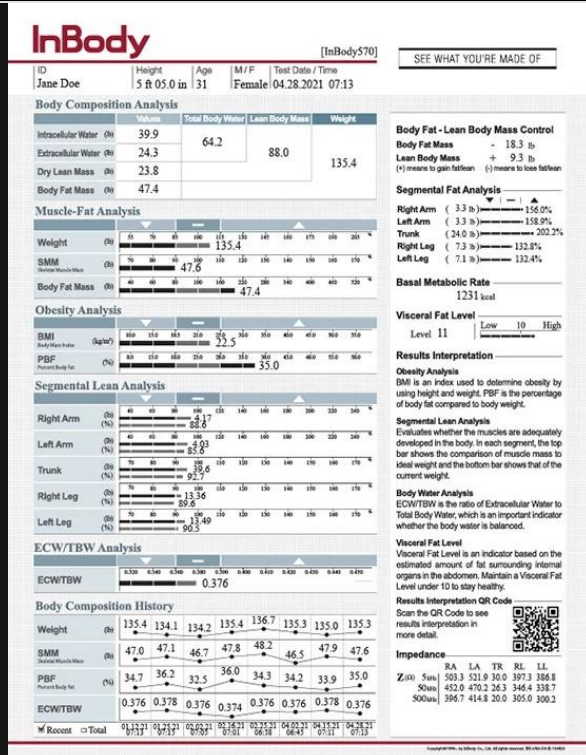
That's where this guide comes in. The goal isn't another restrictive diet—it's to teach you a smarter strategy: how much to eat, what to choose, when to eat it, and how to prepare ahead. **Change the strategy, stay consistent, and give your body the nutritional support it needs to change.**

RZONE NUTRITION GUIDE

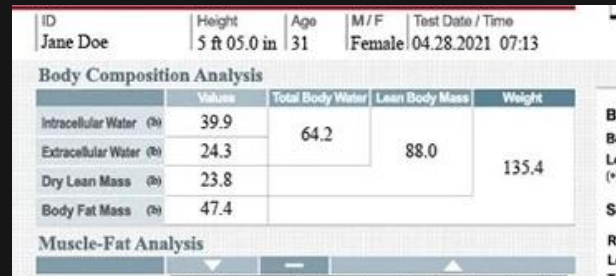
FIND YOUR LEAN BODY MASS [BACK TO CONTENTS](#)

YOUR INBODY RESULT SHEET

Use your InBody results to locate your Lean Body Mass. This is different from Skeletal Muscle Mass.



LOOK HERE



LEAN BODY MASS

In this female sample: 88.0 lb

Find the value labeled "Lean Body Mass" in the Body Composition Analysis section near the top of your sheet.

IMPORTANT: LEAN BODY MASS ≠ SKELETAL MUSCLE MASS

Lean Body Mass includes your body water and other fat-free tissues—not only skeletal muscle. Make sure you are using the number specifically labeled Lean Body Mass.

RZONE PROTEIN REMINDER

Your individual daily protein target can be discussed using the Lean Body Mass value shown on your InBody results.

Sample InBody 570 result sheet shown for educational purposes. Source: InBody USA.



RZONE NUTRITION GUIDE**HERE IS WHERE THE MAGIC STARTS** [BACK TO CONTENTS](#)**TURN YOUR LEAN BODY MASS INTO A SIMPLE DAILY PROTEIN PLAN**

Once you know your Lean Body Mass, you can begin establishing a protein goal that is personalized to you. Think of your daily protein goal as your target for the entire day, then divide it into smaller, manageable portions across your meals.

USING OUR INBODY EXAMPLE**LEAN BODY MASS: 88 LB****A practical example protein target: 80-100 GRAMS PER DAY****NOW BREAK THE DAILY TARGET INTO MEALS**

4	X	20-25g	=	80-100g
MEALS		PROTEIN		PER DAY

MAKE THE NUMBER EASY

Instead of worrying about a large daily number, focus on one simple question at each meal:

"CAN I GET APPROXIMATELY 20-25 GRAMS OF QUALITY PROTEIN AT THIS MEAL?"

RZONE TIP**DON'T CHASE THE DAILY NUMBER ALL AT ONCE.**

KNOW YOUR LEAN BODY MASS -> SET YOUR DAILY PROTEIN GOAL -> DIVIDE IT BETWEEN YOUR MEALS -> STAY CONSISTENT

This example illustrates the Rzone guide's meal-planning approach. Individual protein needs may vary.

**PROTEIN: BUILD, MAINTAIN, RECOVER –
WHY PROTEIN IS THE FOUNDATION**

POPULAR ANIMAL PROTEINS

QUALITY PROTEIN CHOICES FOR EVERYDAY MEALS



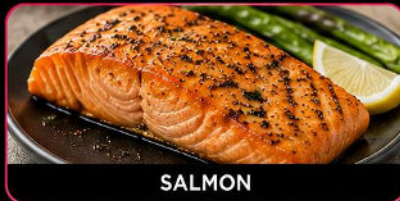
CHICKEN BREAST



LEAN GROUND TURKEY



SIRLOIN



SALMON



SHRIMP



WHITE FISH (COD, MAHI-MAHI)



EGGS



GREEK YOGURT



COTTAGE CHEESE



Focus on **lean, high-quality** sources of protein to support your goals, build lean muscle and stay strong.

Protein is the foundation of the Rzone nutrition approach because it supports several of the processes that help improve body composition.

Protein has the **highest thermic effect of the macronutrients**, meaning your body uses more energy to digest, absorb and process it than it does carbohydrate or fat.

Protein-rich meals also help support **glucagon**, a hormone involved in maintaining blood glucose and mobilizing stored energy, while helping preserve and build **lean muscle**—especially when combined with strength training.

Just as importantly, protein improves **satiety**, helping you feel fuller and more satisfied between meals, which can make portion control and consistent eating easier.

By building each meal around a quality protein source, we create a strong foundation for **muscle retention, recovery, appetite control, metabolism and long-term body-composition results**.

PROTEIN PORTION GUIDE

Build each meal around a high-quality protein source. Prioritize lean, minimally processed whole-food proteins most often. Use cooked ounces for meat, poultry, fish and seafood; use measuring cups or nutrition labels for egg whites, Greek yogurt and cottage cheese.

VISUAL GUIDE: HAND SIZE

RZONE TARGET: 20–30 GRAMS OF QUALITY PROTEIN PER MEAL

CHICKEN BREAST



About 3–4 oz cooked

SALMON / FISH



About 4 oz cooked

COTTAGE CHEESE



Measure serving; check label

BEST QUALITY PROTEIN CHOICES

PROTEIN CHOICE	PORTION	PROTEIN CHOICE	PORTION
Chicken breast, skinless	3–4 oz	Trout	4 oz
Turkey breast, skinless	3–4 oz	Tuna	1 standard can
93–99% lean ground turkey	4 oz	Whole eggs	3–4 eggs
93%+ lean grass-fed ground beef	4 oz	Egg whites	4 to 5 egg whites
Lean bison	4 oz	High-protein Greek yogurt	Serving providing 20–30g*
Sirloin / tenderloin / lean steak	3–4 oz	Cottage cheese	About ¾–1 cup*
Pork tenderloin / pork loin	3–4 oz	Tofu / tempeh	Serving providing 20–30g*
Salmon	4 oz	Quality protein shake	20–30g protein*
White fish (cod, mahi, snapper, grouper)	4–5 oz	Quality protein bar	20–30g protein*
Shrimp / scallops	4–5 oz	Sardines	Check serving / label*

*Check the nutrition label because protein, calories, added sugar and saturated fat vary by brand. Whole-food proteins should make up most choices; shakes and bars are convenient alternatives.

WHY IT MATTERS

- Maintain lean muscle
- Support workout recovery
- Help manage hunger
- Support metabolism
- Make meals more satisfying

RZONE PROTEIN FORMULA

Lean Body Mass from your InBody = a practical starting point for your approximate daily protein goal.

95 lb LBM → ~95g/day
 110 lb LBM → ~110g/day
 125 lb LBM → ~125g/day

CONVENIENT PROTEIN OPTIONS [BACK TO CONTENTS](#)

Use these when a solid-food meal is not practical.

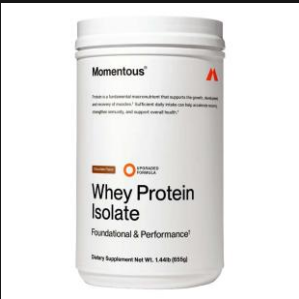
Protein shakes, powders and bars can make it easier to reach your protein target on busy days. They are tools—not a requirement and not a replacement for every whole-food meal.

What to look for

- A high-quality protein source that helps you reach your daily target.
- Calories that fit your overall nutrition and body-composition goals.
- Keep added sugar low when possible.
- Choose ingredients you digest and tolerate well.
- For protein bars: Rzone recommends 20–30 grams of protein per bar.

TOP 3 WHEY-BASED PROTEIN POWDERS [BACK TO CONTENTS](#)

Selected for protein quality, ingredient standards, third-party testing, customer reviews and taste.

#1 TRANSPARENT LABS Grass-Fed Whey Protein Isolate  28 g protein per serving WHY WE LIKE IT Grass-fed whey isolate • No artificial sweeteners, colors or preservatives • Third-party testing with published results TASTE + REVIEWS Excellent overall balance of purity, protein content and flavor variety. Rated about 4.7/5 with thousands of customer reviews.	#2 LEGION Whey+ Grass-Fed Whey Protein Isolate  Approx. 22 g protein per serving WHY WE LIKE IT Certified grass-fed whey isolate • Naturally sweetened/flavored • No added sugar • Third-party lab tested TASTE + REVIEWS A clean-label choice with strong flavor options and a large base of positive customer reviews. A great option for members who prefer naturally sweetened whey.	#3 MOMENTOUS Whey Protein Isolate  20 g protein per serving WHY WE LIKE IT European grass-fed whey isolate • No gums, fillers or artificial sweeteners • NSF Certified for Sport® TASTE + REVIEWS Exceptional testing standards and smooth taste. Rated about 4.7/5 from 3,000+ reviews; vanilla and chocolate receive frequent praise for taste and mixability.
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RZONE TIP: Choose a whey protein that fits your nutrition plan and that you genuinely enjoy drinking. Consistency matters more than chasing the “perfect” flavor.

Product formulations can change. Always check the current Nutrition Facts and ingredient label. Whey contains milk

[Click Here For More Whey Protein Based Powders](#)

RZONE NUTRITION GUIDE

BUILD A BETTER PROTEIN SHAKE [BACK TO CONTENTS](#)

ADD HEALTHY FATS + FIBER WHEN YOUR SHAKE IS A MINI MEAL

A protein shake doesn't have to be just protein powder and water. When you're using your shake as a mini meal, chia or ground flax can add healthy fats, plant-based omega-3s and fiber—making the shake more complete and satisfying.

CHIA SEEDS

1–2 TBSP

Healthy fats • Plant omega-3 (ALA) • Fiber

Chia can help make your shake thicker and more satisfying.

GROUND FLAX SEEDS

1–2 TBSP

Healthy fats • Plant omega-3 (ALA) • Fiber

Choose ground flax rather than whole flax for better nutrient availability.

WHY ADD THEM?

The added fat and fiber can slow digestion and gastric emptying compared with drinking protein alone, helping turn a basic shake into a more substantial mini meal.

PROTEIN POWDER + FRUIT + CHIA OR GROUND FLAX

= A MORE COMPLETE MINI MEAL

PRE-WORKOUT OR MINI MEAL?

BEFORE YOUR RZONE WORKOUT

KEEP IT LIGHTER

If you're drinking your shake shortly before training, consider using less added fat and fiber. Larger amounts may slow digestion and feel heavy during exercise.

USING IT AS A MINI MEAL

BUILD IT UP

This is where adding 1–2 tablespoons of chia or ground flax makes the most sense. Pair with fruit when appropriate for a convenient, balanced option.

RZONE TIP: Use chia and ground flax to complement your protein shake—not to replace the protein, fruit or other foods needed to meet your daily nutrition goals.

SMART ADD-INS FOR YOUR PROTEIN SHAKE

Simple choices that can add healthy fats, fiber, flavor and texture to your shake.

UNSWEETENED ALMOND MILK



Almond Breeze® Unsweetened Original

Use as a low-sugar liquid base for your protein shake.

CHIA SEEDS



Whole chia seeds

Add about 1 tablespoon to provide fiber and healthy fats.

GROUND FLAXSEED



Ground flaxseed

Add about 1 tablespoon. Ground flax is preferred over whole flax for easier use in shakes.

ALMOND BUTTER



Natural almond butter

Add about 1 tablespoon for healthy fats, flavor and staying power. Choose a natural option with little or no added sugar.

RZONE SHAKE IDEA

Protein powder + unsweetened almond milk + chia seeds or ground flaxseed + almond butter. Fruit can be added based on your meal plan and carbohydrate needs.

TWO EASY WAYS TO MIX YOUR SHAKE



BLENDER

Use a standard countertop blender

- Great for fruit, ice, chia, flaxseed and nut butter
- Creates a smooth, creamy texture
- Easy for a more complete mini meal



SHAKER BOTTLE

Use a shaker cup or bottle

- Ideal for protein powder + liquid
- Quick, convenient and portable
- Perfect when you do not need to blend whole foods

RZONE NUTRITION GUIDE

BEST READY-TO-DRINK PROTEIN SHAKES

Selected for protein quality, premium ingredients, low sugar, great taste, popularity and convenience.

#1

JOCKO MÖLK

30g GRASS-FED PROTEIN



30g PROTEIN • 160 CALORIES • 2g SUGAR
NO ADDED SUGAR

BEST OVERALL – GRASS-FED DAIRY

Made with grass-fed milk protein (casein + whey). No added sugar, naturally sweetened and third-party tested for quality. Smooth, rich taste with an excellent protein-to-calorie ratio.

Why it made the list: high-quality grass-fed protein, excellent taste, low sugar and a loyal following.

#2

ICONIC PROTEIN

20g GRASS-FED PROTEIN



20g PROTEIN • 140 CALORIES • 0g SUGAR

BEST GRASS-FED, LOW SUGAR

Made with grass-fed milk protein isolate. 0g sugar, 140 calories and lactose free. Clean ingredients and naturally sweetened with monk fruit and stevia. Delicious and indulgent flavors.

Why it made the list: grass-fed protein, 0g sugar, simple ingredients and outstanding taste.

#3

OWYN 20g PROTEIN

PREMIUM PLANT-BASED



20g PROTEIN • 180 CALORIES • 4g SUGAR

BEST PLANT-BASED / VEGAN

Complete plant protein from pea, organic pumpkin seed and flax. 4g sugar, 5g fiber and no artificial sweeteners or sugar alcohols. All essential amino acids for full nutrition and recovery.

Why it made the list: high-quality plant protein, great taste, clean ingredients and very popular.

RZONE RECOMMENDATION: Look for approximately 20–30 grams of high-quality protein per serving with minimal added sugar. Ready-to-drink shakes are a convenient option when a whole-food protein meal isn't practical.

Selection sources: 2026 dietitian/expert reviews, current product nutrition and consumer feedback.
Product formulas can change—always check the current label.

RZONE NUTRITION GUIDE

TOP PROTEIN BAR PICKS [BACK TO CONTENTS](#)

Selected for protein quality, nutrition profile, dietitian review, taste, customer feedback and popularity.

#1 BAREBELLS Salty Peanut Protein Bar  20g PROTEIN • 200 CALORIES • 1g SUGAR BEST FOR TASTE + TEXTURE A standout for women who want a high-protein bar that tastes more like a treat. Registered dietitians have highlighted Barebells for its taste, texture, 20g of protein and no added sugar. <i>Why it made the list: excellent taste scores, strong consumer popularity and a full 20g of protein.</i>	#2 QUEST Chocolate Chip Cookie Dough  21g PROTEIN • 190 CALORIES • 1g SUGAR BEST HIGH-PROTEIN / HIGH-FIBER PICK One of the most recognizable protein bars on the market. It combines 21g of protein with very low sugar and high fiber. A registered dietitian review from UC San Diego included Quest among top-selling bars evaluated for nutrition, taste and value. <i>Why it made the list: strong macros, huge flavor selection, convenience and long-standing popularity.</i>	#3 PURE PROTEIN Chocolate Peanut Caramel  20g PROTEIN • 190 CALORIES • 2g SUGAR BEST VALUE + EVERYDAY OPTION A practical, widely available option with 20g of protein and low sugar. Pure Protein earned the top score in Forbes Health's 2026 expert protein-bar ranking and was recommended by multiple nutrition and sports-nutrition experts. <i>Why it made the list: solid protein-to-calorie ratio, affordability, availability and consistently good taste.</i>
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RZONE RECOMMENDATION: When using a protein bar as a mini meal or convenient protein option, look for approximately 20–30 grams of protein and choose a bar you enjoy enough to use consistently.

Selection sources: 2026 dietitian/expert reviews from UC San Diego Recreation, Forbes Health and Verywell Health, plus current product nutrition and consumer feedback. Product formulas can change—always check the current label.

Check the great snack ideas guidebook by [clicking here](#)

RZONE NUTRITION GUIDE

PROTEIN REMINDERS [BACK TO CONTENTS](#)*Build. Recover. Stay satisfied.***YOUR DAILY PROTEIN GOAL**

Your recommended daily protein amount is based on your **Lean Body Mass**, as displayed on your **InBody Results Sheet**.

For many Rzone members, this will average approximately 90–120 grams of protein per day, based on individual results and goals.

KEEP IT SIMPLE**20–30 GRAMS OF PROTEIN × 3–4 MEALS PER DAY**

Aim to include a quality lean protein source with every meal. Spreading your protein throughout the day makes it easier to consistently reach your individual daily goal.

SPACE YOUR MEALS

Aim to space your meals approximately **3–4 hours apart** throughout the day. This creates a simple, consistent eating schedule and gives you multiple opportunities to meet your protein goal.

WHEN A SOLID MEAL ISN'T POSSIBLE

Life gets busy. If you cannot get to a regular solid meal, a **protein shake or protein bar** can be a convenient option to help you stay on track with your protein intake.

*Refer to the **Recommended Protein Powders, Ready-to-Drink Protein Shakes and Protein Bars** sections of this guide for convenient options.*

RZONE REMINDER**MAKE PROTEIN A PRIORITY AT EVERY MEAL.**

Start by choosing your lean protein, then build the rest of your meal around it.

LEAN BODY MASS**DAILY PROTEIN GOAL****20–30g PER MEAL****EVERY 3–4 HOURS**

QUALITY CARBOHYDRATES

Carbohydrates are an important source of fuel for training, recovery and daily activity. The key is choosing quality sources, using the right portion and placing them where they best support your workouts and goals.

CARBOHYDRATES - 1 CUPPED HAND

RZONE TARGET: 30-40 GRAMS AT 2 MEALS.

ONE OF THE OPTIONS, AFTER A RZONE WORKOUT.

BEST FAVORABLE COMPLEX CARB CHOICES [BACK TO CONTENTS](#)

QUALITY CARB	RZONE PORTION	QUALITY CARB	RZONE PORTION
Old-fashioned / steel-cut oats	1/2 to 3/4 cup dry (measure before cooking)	Black / pinto / kidney beans	3/4 cup cooked
Sweet potato / yam	1 fist-size potato	Lentils	3/4 cup cooked
White potato	1 fist-size potato	Chickpeas	3/4 cup cooked
Brown rice	3/4 cup cooked	Corn	3/4 cup cooked
Basmati rice	3/4 cup cooked	Sprouted / whole-grain bread	2 slices; check label
Jasmine rice	3/4 cup cooked	Whole-grain pasta	3/4 cup cooked
Wild rice	3/4 cup cooked	Chickpea / lentil pasta	3/4 cup cooked; check label
Quinoa	3/4 cup cooked	Barley / farro / couscous	3/4 cup cooked

WHEN TO EAT THEM

Rzone starting strategy:

Aim for about 2 favorable complex-carb servings per day for many members.

1. Include one with your first meal when practical.
2. Include one after your Rzone workout - regardless of workout time.
3. If you train very early, your first carb can be your post-workout meal.
4. Higher training volume or intensity may require another serving.

★ RZONE COACH TIP

WHY THEY MATTER

Fuel training
Support workout performance
Replenish energy after exercise
Support recovery
Help maintain consistent daily energy

Remember: White rice and potatoes can fit. What matters most is portion, total intake and how the food fits your training day.

Do not fear carbohydrates. Use them strategically. Pair your favorable complex carb with lean protein and vegetables, especially after training. Your activity level, hunger, body-composition goals and progress determine whether your portions need to be adjusted.

QUALITY CARB FAVORITES [BACK TO CONTENTS](#)

Seven practical Rzone favorites. Use the portion that brings your meal to approximately **30–40 grams of carbohydrate**.

**POTATO**

Simple, versatile training fuel. Portion the amount to land near your 30–40g carbohydrate target.

**SPROUTED-GRAIN BREAD**

A convenient whole-grain option. Check the label because carbohydrate amounts vary by slice.

**RICE**

Brown, wild, basmati and jasmine rice can all fit. Measure the portion that gives you approximately 30–40g carbohydrate.

**BEANS + LENTILS**

Provide carbohydrate, fiber and plant protein. Great in bowls, salads and soups.

QUALITY CARB FAVORITES — CONTINUED**QUINOA**

A versatile grain-like seed that provides carbohydrate, fiber and some protein.

**OATS**

An easy breakfast or post-workout carbohydrate. Old-fashioned and steel-cut oats are simple staples.

**SWEET POTATO**

A nutrient-rich carbohydrate that works well with lean protein and vegetables.

WHEN TO EAT QUALITY CARBOHYDRATES

[BACK TO CONTENTS](#)

Keep carbohydrate timing practical. Your workout schedule helps guide the plan.

A simple Rzone starting strategy is to place quality carbohydrates where they best support energy and recovery. Carbohydrates do not automatically become body fat because you eat them later in the day; your overall intake, activity, and goals matter.

SITUATION	SIMPLE STRATEGY	EXAMPLE
Workout day	Include a quality carb <u>after training</u> . Add another serving earlier or later based on your schedule and needs.	Chicken + rice + vegetables after class.
Early-morning workout	If a full meal does not sit well, use a lighter pre-workout option and eat a balanced meal afterward.	Greek yogurt + fruit before; eggs + oats after.
Evening workout	Do not skip post-workout carbs simply because it is nighttime. Recovery still matters.	Fish + potato + vegetables after class.

ADJUST, DON'T GUESS

If energy, hunger, workout performance or body-composition progress changes, your carbohydrate intake may need to change too. Use your progress measurements and coaching feedback.

TIMING YOUR COMPLEX CARBS IS CRUCIAL FOR OPTIONAL ENERGY AND WEIGHT LOSS

The recommended amount of **quality complex carbohydrates** will vary from person to person. Your individual needs depend on factors such as your **metabolism, fitness goals, workout intensity, workout duration, and exercise frequency**.

For most women following the Rzone Nutrition Guide, we recommend **two servings of quality complex carbohydrates per day**, with each serving providing approximately **30–40 grams of carbohydrates**.

When should you have them?

Your first quality complex carbohydrate should ideally be included with your **first meal of the day or your post-workout meal**. Your second can be included with **lunch or dinner**, depending on your workout schedule and daily routine.

Good choices include **oatmeal, brown rice, sweet potato, baked potato**, and other options listed in the Quality Complex Carbohydrate section of this guide.

Early-Morning Workouts

If you work out early in the morning—such as **5:30 AM, 6:30 AM, or 7:30 AM**—we understand that eating a quality complex carbohydrate before your workout may not be practical.

Keep it simple. Try a small **protein + fruit** combination, such as:

- Greek yogurt + fruit or Protein shake + fruit

This can provide convenient pre-workout nutrition without requiring a full meal. Your first quality complex carbohydrate can then be included in your **post-workout meal**.

Do some women need more carbohydrates?

Yes. In some cases, **a third serving of quality complex carbohydrates may be appropriate**. This will depend on the individual's metabolism, goals, and overall activity level—especially for women who train frequently or participate in additional activities such as **spinning, jogging, cycling, or other endurance-based exercise**.

RZONE NUTRITION GUIDE

COMPLEX CARB REMINDERS [BACK TO CONTENTS](#)*Fuel your workouts. Support recovery. Keep your energy strong.*

YOUR DAILY GOAL

On average, aim for 2 servings of quality complex carbohydrates per day.

Each serving should provide approximately 30–40 grams of carbohydrates — generally about a fist-sized portion or approximately $\frac{1}{2}$ –1 cup, depending on the food.

BEST TIMES FOR YOUR COMPLEX CARBS

1. With your first meal of the day**2. After your Rzone workout**

Pair your complex carbohydrate with a lean protein to create a balanced meal that supports energy, recovery and your fitness goals.

MORE ACTIVE? YOU MAY NEED MORE FUEL.

Your carbohydrate needs are not one-size-fits-all. If you increase the frequency, intensity or duration of your Rzone Fitness classes—or add activities such as strength training, cycling, jogging or other exercise—you may be burning significantly more energy. In these situations, your body may benefit from a **3rd serving of quality complex carbohydrates**. Your individual needs will depend on your metabolism, goals, workout intensity, duration and overall activity level.

EARLY-MORNING RZONE WORKOUT?

We understand that eating a full meal with a complex carbohydrate before an early-morning workout isn't always practical.

Before your workout: Choose a light protein + fruit option. Check the Great Snack Ideas Guides 1 & 2 for easy choices.

Can't eat before a morning workout? No problem. Keep yourself hydrated for the workout and then start your post meals.

After your workout: Include Lean Protein + Quality Complex Carb. Later in the day, include your 2nd quality complex carbohydrate with another lean-protein meal.

EVENING RZONE WORKOUT?

Don't automatically skip your complex carbohydrate because it's nighttime.

After your workout: Include Lean Protein + Quality Complex Carb.

Your body still needs nutrients after an evening workout to help replenish energy and support recovery.

RZONE REMINDER

Complex carbohydrates aren't something to fear—they're fuel.

Focus on the quality, portion and timing of your carbohydrates, and adjust your intake as your training and energy needs change.

MEASURING CUP PORTION GUIDE

Measuring cups provide accuracy and consistency, especially for carbohydrate foods like grains, oats, beans, and starchy vegetables. Use this guide to help build balanced meals and stay within your portion goals.



CARB TARGET: 30–40 GRAMS PER SERVING

Most items below in the “½ CUP” column provide approximately 30–40g of carbs.

FOOD	½ CUP (30–40g CARBS)	¾ CUP (45–60g CARBS)	1 CUP (60–80g CARBS)	NOTES
OATMEAL (rolled oats)	 30g carbs	 45g carbs	 60g carbs	Use dry oats. Cook with water or milk.
COOKED RICE (white or brown)	 35g carbs	 52g carbs	 70g carbs	Cooked weight. Fluffs up after cooking.
QUINOA (cooked)	 32g carbs	 48g carbs	 64g carbs	Cooked weight.
SWEET POTATO (cooked)	 30g carbs	 45g carbs	 60g carbs	Baked or boiled.
POTATO (white, cooked)	 30g carbs	 45g carbs	 60g carbs	Baked or boiled.
BLACK BEANS (cooked)	 30g carbs	 45g carbs	 60g carbs	Rinsed and drained.
LENTILS (cooked)	 30g carbs	 45g carbs	 60g carbs	Cooked weight.
GREEK YOGURT (plain, non-fat)	 10g carbs	 15g carbs	 20g carbs	Great source of protein. Pair with fruit for carbs.
COTTAGE CHEESE (low fat)	 6g carbs	 8g carbs	 12g carbs	Great source of protein.



TIPS:

- ½ cup of most carbs = approximately 30–40 grams of carbohydrates.
- Adjust portions based on your goals, activity level, and your coach's guidance.
- Pair carbs with a lean protein and vegetables for a balanced meal.
- Weighing your food can provide even greater accuracy if needed.

REMEMBER:

Quality over quantity.
Choose whole, minimally
processed foods
whenever possible.

VEGETABLES: ADD VOLUME, FIBER + NUTRIENTS

Vegetables help make meals more filling while providing fiber, vitamins, minerals and a wide range of plant compounds. *Aim for variety across the week.*

DARK + LEAFY

- Spinach
- Romaine
- Kale
- Broccoli
- Bok choy
- Collard greens
- Watercress
- Brussels sprouts



COLOR + VARIETY

- Asparagus
- Cauliflower
- Peppers
- Zucchini
- Mushrooms
- Cucumber
- Tomatoes
- Green beans
- Eggplant
- Cabbage



BROCCOLI



BRUSSELS SPROUTS



ASPARAGUS



CAULIFLOWER



PEPPERS



ZUCCHINI



MUSHROOMS



GREEN BEANS



CUCUMBER



TOMATOES



KALE



ROMAINE



BOK CHOY



CABBAGE



VEGETABLE BLEND



RZONE TIP: Build the meal around protein first, then add vegetables, and then add the carbohydrate and healthy-fat portions that fit your plan.



FRUIT: KEEP IT SIMPLE [BACK TO CONTENTS](#)**RZONE NUTRITION GUIDE**

Fruit can absolutely be part of a successful body-composition plan. For most members, we recommend 1–3 servings of whole fruit per day. The key is choosing the right portions and being smart about how you pair fruit with the rest of your meal.

HOW TO BUILD YOUR FRUIT MEALS

When body composition is the goal, ideally have fruit with a meal that does not also contain a complex carbohydrate. Think of the fruit as your carbohydrate source for that meal.

Whenever possible, pair fruit with: lean protein, vegetables, and an essential fat.

Fruit and complex carbohydrates can still be eaten together. Berries with oatmeal is a great example. Simply be mindful of your total carbohydrate intake and practice portion control.

FRUIT FOR ENERGY & PRE-WORKOUT

Fruit provides carbohydrates that can be used as a readily available source of energy, making it a useful option around your workouts.

For members who train very early in the morning, a small pre-workout meal can be especially helpful. Pair a serving of fruit with lean protein and, when appropriate, a small amount of essential fat for more sustained energy.

EASY EARLY-MORNING PRE-WORKOUT IDEAS

- Banana + protein shake + chia or flax seeds
- Berries + Greek yogurt + a few nuts
- Apple + lean protein + natural nut butter
- Berries + cottage cheese + a small serving of nuts

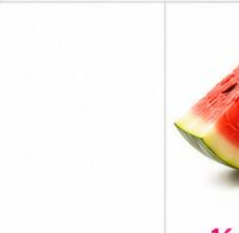
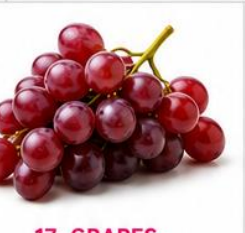
THE RZONE APPROACH**DON'T FEAR FRUIT — LEARN HOW TO USE IT.**

Aim for 1–3 servings per day, choose whole fruit instead of juice whenever possible, control your portions, and build your meals around lean protein, vegetables, quality carbohydrates and essential fats.

Consistency and portion control matter far more than trying to make every meal perfect.

FAVORABLE FRUIT PORTION GUIDE

18 whole-fruit choices • Approximately 20g of carbohydrates per serving

 1. STRAWBERRIES ≈20g CARBS 2½ cups sliced	 2. BLUEBERRIES ≈20g CARBS 1¼ cups	 3. RASPBERRIES ≈20g CARBS 1¾ cups	 4. BLACKBERRIES ≈20g CARBS 2 cups	 5. CHERRIES ≈20g CARBS 1 cup
 6. APPLE ≈20g CARBS 1 small	 7. PEAR ≈20g CARBS 1 small	 8. ORANGE ≈20g CARBS 1 large	 9. KIWI ≈20g CARBS 2 medium	 10. PEACH ≈20g CARBS 1½ medium
 11. PLUMS ≈20g CARBS 2 medium	 12. NECTARINE ≈20g CARBS 1 medium-large	 13. GRAPEFRUIT ≈20g CARBS 1¼ cups sections	 14. CANTALOUPE ≈20g CARBS 2 cups cubed	 15. HONEYDEW ≈20g CARBS 1¾ cups cubed
 16. WATERMELON ≈20g CARBS 1½ cups cubed	 17. GRAPES ≈20g CARBS ¾ cup	 18. PINEAPPLE ≈20g CARBS 1 cup chunks		

RZONE REMINDER: Aim for 1–3 fruit servings per day. Ideally pair fruit with lean protein, vegetables and, when appropriate, an essential fat.

Choose whole fruit instead of juice whenever possible. Portions are practical approximations and can vary by fruit size, variety and ripeness.

QUICK PROTEIN + FRUIT COMBINATIONS

GREAT FOR AN EARLY-MORNING PRE-WORKOUT OR A CONVENIENT MINI MEAL



GREEK YOGURT
+ BERRIES



PROTEIN SHAKE
+ BANANA



COTTAGE CHEESE
+ BLUEBERRIES



GRILLED CHICKEN
+ APPLE SLICES



GREEK YOGURT
+ PEACHES



PROTEIN SHAKE
+ STRAWBERRIES



TURKEY SLICES
+ PEAR



COTTAGE CHEESE
+ PINEAPPLE



HARD-BOILED EGGS
+ ORANGE



RZONE REMINDER:

Use the Favorable Fruit Portion Guide to help determine your fruit serving and choose a protein portion that supports your individual daily protein goal.

It is our recommendation to enjoy **1-3 servings of fruit** per day.

RZONE NUTRITION GUIDE

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COTTAGE CHEESE
+ **STRAWBERRIES**



CHICKEN SLICES
+ **MANDARIN ORANGES**



GREEK YOGURT
+ **BLUEBERRIES + ALMONDS**



TURKEY SLICES
+ **GRAPES**



PROTEIN SHAKE
+ **BLUEBERRIES**



GREEK YOGURT
+ **KIWI**



EARLY-MORNING PRE-WORKOUT

Keep it light and simple: choose one protein + one fruit. This is a convenient option when you don't have enough time or appetite for a full meal before training.



PROTEIN + FRUIT

→ **WORKOUT** →
**LEAN PROTEIN +
QUALITY COMPLEX CARB**



USING IT AS A MINI MEAL?

Later in the day, you can make the combination more complete by adding essential fat when appropriate.

Examples:

- Greek yogurt + berries + walnuts
- Cottage cheese + apple + almonds
- Protein shake + banana + natural peanut butter

Ideally, pair your fruit with a mini meal—similar to your regular meals, but without a quality complex carbohydrate. A balanced mini meal can include:



**LEAN
PROTEIN**



FRUIT



**VEGETABLES
(OPTIONAL)**



**ESSENTIAL
FATS**



Pairing fruit with protein and healthy fats can help create a more balanced, satisfying mini meal. For simple combinations and additional options, reference the [Great Snack Ideas Guide](#).

RZONE NUTRITION GUIDE

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HEALTHY FATS

QUALITY SOURCES • SMART PORTIONS • SIMPLE WAYS TO USE THEM

Healthy fats provide essential fatty acids and help your body absorb fat-soluble vitamins.

Because fats are calorie-dense, portions matter.

Choose quality sources and include them in reasonable amounts.

**AVOCADO**

¼–½ avocado

- Monounsaturated fats
- Add to salads, bowls or meals

**EXTRA-VIRGIN OLIVE OIL**

1 Tbsp

- Monounsaturated fats
- Drizzle over vegetables or salads

**ALMONDS**

~1 oz / small handful

- Vitamin E + healthy fats
- Pair with fruit

**WALNUTS**

~1 oz / small handful

- Plant omega-3 (ALA)
- Pair with fruit or yogurt

**MACADAMIA NUTS**

~1 oz

- Rich in monounsaturated fats
- Use as a portioned snack

**BRAZIL NUTS**

1–2 nuts

- Very high in selenium
- Small portion is enough

**PISTACHIOS**

~1 oz

- Healthy fats + fiber
- Portion into a small bowl

**PECANS**

~1 oz

- Monounsaturated fats
- Add to yogurt or fruit

**SPECIAL NOTE — BRAZIL NUTS**

Brazil nuts are exceptionally high in selenium. A small serving is plenty; they should not be treated like an unlimited handful of nuts.

PORTION GUIDE

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.

PROTEIN = 1 PALM



A serving of protein

20–30 grams

Examples:

- Chicken
- Fish
- Lean beef
- Turkey
- Tofu
- Eggs

VEGETABLES = 1 FIST



A serving of vegetables

= 1 fist

Examples:

- Broccoli
- Spinach
- Peppers
- Green beans
- Asparagus
- Salad

CARBS = 1 CUPPED HAND



A serving of carbs

30–40 grams

Examples:

- Rice
- Quinoa
- Oats
- Pasta
- Potatoes
- Beans
- Whole-grain bread

FATS = 1 THUMB



A serving of fats

= 1/2 avocado

Examples:

- 1/2 avocado
- Nuts
- Seeds
- Olive oil
- Cheese

RZONE NUTRITION GUIDE

HYDRATION [BACK TO CONTENTS](#)

START WITH A DAILY GOAL • THEN ADJUST FOR TRAINING, SWEAT & HEAT

A SIMPLE STARTING POINT

BODY WEIGHT (LB) ÷ 2 = APPROXIMATE OUNCES OF WATER PER DAY**Example: 160 lb ÷ 2 = approximately 80 oz per day**

Use this as a practical starting point—not an exact prescription. Individual needs vary.

YOUR WORKOUT HYDRATION PLAN

1	2	3
BEFORE YOUR WORKOUT	DURING YOUR WORKOUT	AFTER YOUR WORKOUT
ARRIVE HYDRATED	SIP AS NEEDED	REHYDRATE
Drink water consistently during the hours leading up to class. Don't wait until class starts to think about hydration.	Keep water nearby and drink during class based on thirst, workout intensity and how much you are sweating.	Continue drinking fluids after class. Heavier sweating, longer workouts and hot or humid conditions may increase your needs.

YOU MAY NEED MORE FLUID WHEN YOU:

TRAIN HARDER • EXERCISE LONGER • SWEAT MORE • TRAIN IN HOT OR HUMID WEATHER

RZONE TIP

DON'T START YOUR WORKOUT PLAYING CATCH-UP.**HYDRATE BEFORE → SIP DURING → REHYDRATE AFTER**

Note: The body-weight formula is a practical rule of thumb rather than an official scientific requirement. Fluid needs vary, and some medical conditions or medications may require individualized guidance.

RZONE NUTRITION GUIDE

PLAN YOUR NUTRITION AROUND YOUR DAY

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YOUR SCHEDULE IS UNIQUE. YOUR NUTRITION PLAN SHOULD WORK WITH IT.

Look at your day ahead of time. Aim to create supportive meal opportunities approximately every 3–4 hours, then plan around your busiest times and your Rzone workout.

A SIMPLE DAILY TIMELINE

6:30 AM		10:00 AM		1:00 PM		4:00 PM		7:00 PM
MEAL 1	→	MEAL 2	→	MEAL 3	→	MEAL 4	→	MEAL 5

This is only an example. Your times should fit YOUR lifestyle.

1 FIND YOUR BUSIEST TIME What time is hardest to sit down and eat? Plan that meal FIRST. Protein Shake + Fruit Greek Yogurt + Fruit Protein Bar + Fruit Cottage Cheese + Fruit	2 PLAN YOUR PRE-WORKOUT What time are you going to work out? If you know you need energy before training, plan a pre-workout meal or mini meal. For early mornings or when a full meal isn't practical: PROTEIN + FRUIT	3 PRIORITIZE POST-WORKOUT Make your post-Rzone workout meal a priority. Build a balanced meal with: LEAN PROTEIN + QUALITY COMPLEX CARB + VEGETABLES
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PLAN YOUR DAY BEFORE YOUR DAY PLANS YOU

BUSIEST TIME	BACKUP MEAL	RZONE WORKOUT	POST-WORKOUT MEAL
_____	_____	_____	_____

YOUR SIMPLE STRATEGY

LOOK AT YOUR DAY → PLAN THE BUSY TIME → PLAN YOUR WORKOUT → FUEL + RECOVER

RZONE REMINDER

You don't need a perfect eating schedule. You need a plan you can consistently follow.

Build your nutrition around your life — and plan ahead for the moments when staying consistent is hardest.

BUILD A SUPPORTIVE MEAL IN 4 STEPS

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Use this simple sequence instead of overthinking every meal.

1. START WITH PROTEIN

Choose a lean protein source and use your personalized daily target. Protein amounts/meal and per the day are based on your Inbody Results Sheet and specifically to your Lean Body Mass.

2. ADD VEGETABLES

Add 1–2 fists when practical. Most of the times we eat vegetables is lunch time and dinner time.

3. ADD A QUALITY CARB

When the meal calls for it, aim for approximately 30–40g carbohydrate. Most importantly one of the choices after your Rzone workout. The 2nd favorable carbohydrate can be placed at first meal, lunch or dinner. This all depends on your timeline.

4. ADD A HEALTHY FAT

Use a modest portion that fits the meal and your overall plan.

Sample meals

- Eggs/egg whites + oats + berries
- Chicken breast + rice + vegetables + avocado
- Salmon + sweet potato + asparagus
- Greek yogurt + berries + a small portion of nuts
- Turkey + whole-grain wrap + vegetables

Refer to your sample template based on your workout time for more examples of meals. [CLICK HERE.](#)

YOUR RZONE ACTION PLAN

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Great nutrition is a repeatable process - not a perfect day.

PLAN

Know when you are training and where your meals will fit.

PREPARE

Keep protein, quality carbs, produce and convenient backup options available.

PERFORM

Fuel enough to train with effort and recover.

MEASURE

Use body-composition trends, energy, hunger and workout performance as feedback.

ADJUST

Make changes with your coach when the data shows you need them.

Remember: The goal is not to eat as little as possible. The goal is to give your body enough quality nutrition to perform, recover and move toward your body-composition goals.

RZONE NUTRITION GUIDE

WHEN YOUR BODY NEEDS MORE FUEL

[BACK TO CONTENTS](#)*Learn to recognize the signals. Adjust your nutrition. Keep progressing.***IMPORTANT: LISTEN TO YOUR BODY**

If you consistently feel unusually tired, unfocused, very hungry, lightheaded or notice strong food cravings, you may not be eating enough to support your activity level.

These symptoms are not something to push through. They are a reason to review your food intake, hydration, recovery and overall training demands.

WHY YOUR NEEDS CAN CHANGE

As you become more consistent with Rzone workouts and increase your activity, your body's energy needs may change. **The goal is not to eat as little as possible.** The goal is to provide your body with enough quality nutrition to support training, recovery, energy and your individual goals.

Build your meals around the fundamentals: lean proteins • quality complex carbohydrates • fibrous vegetables • fruits • essential fats • water — combined with consistent, results-oriented exercise.

YOUR BODY ADAPTS

Just as your body adapts to exercise, it also adapts to changes in your nutrition and activity level. As your training volume increases, there may be times when **slightly increasing your calories—often by adding an appropriate serving of quality complex carbohydrates**—better supports your workouts and recovery than continuing to restrict your intake.

WHEN SHOULD YOU REASSESS YOUR INTAKE?**1****INCREASED HUNGER OR LIGHTEADEDNESS**

You are becoming noticeably hungrier than usual, or you feel weak or lightheaded.

2**LOW ENERGY + POOR WORKOUT PERFORMANCE**

You are eating regularly, but your energy remains low. Workouts feel unusually exhausting or you are struggling to complete them.

3**TRAINING HARD WITHOUT ADEQUATE RECOVERY**

Your activity level has increased significantly, but your nutrition has not changed to match it. You feel depleted and your workout performance or recovery is suffering.

RZONE REMINDER**MORE TRAINING MAY REQUIRE MORE FUEL.**

If your activity increases, don't be afraid to adjust your nutrition. Quality food, appropriate portions and consistency work together.

Persistent dizziness, unusual fatigue or other concerning symptoms should not automatically be attributed to diet or exercise. Stop exercising if needed and speak with an appropriate healthcare professional.

A FINAL WORD

Progress is built through consistent actions repeated over time. Keep the plan simple, follow it consistently and use your results as feedback.

Use this guide as your framework. Your plan can be adjusted based on your training schedule, preferences, hunger, performance and body-composition progress.

If you have a medical condition, take medications, are pregnant or nursing, have a history of disordered eating, or have been given specific nutrition instructions by a healthcare professional, follow the guidance of your qualified healthcare provider.

RZONE FITNESS

Fuel your body. Train with purpose. Measure your progress. Keep showing up.



RZONE FITNESS

Nutrition + Body Composition Guide | 2026

[For Resources like sample templates, great snack ideas and more, CLICK HERE.](#)

FREQUENTLY ASKED NUTRITION QUESTIONS

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Simple answers to help you plan meals around training, recovery and your body-composition goals.

Q: I train very early in the morning and it's hard for me to eat. What should I do?

If a full meal does not feel comfortable before a 5:30 or 6:30 AM workout, keep it small and easy to digest. Try a mini meal such as 1/2 of a protein shake with a piece of fruit, Greek yogurt with berries, or another light protein + carbohydrate combination that works for you.

If you prefer training without food and you feel good doing so, focus on your first meal after training. Aim for a high-quality protein source plus a favorable complex carbohydrate to support recovery and replenish energy.

Q: Should I eat a complex carbohydrate after an evening workout?

Yes. The time of day does not automatically make a quality carbohydrate a poor choice. After a challenging strength/cardio workout, a balanced meal containing protein and a favorable complex carbohydrate can support recovery and help replenish the energy used during training.

Keep the portion consistent with your plan. For many members, approximately 20–30 grams of protein and 30–40 grams of a quality complex carbohydrate is a practical starting point.

Q: Do I have to eat every 3–4 hours?

Think of the 3–4 hour guideline as a planning tool, not a rule you must follow perfectly. Spacing meals can make it easier to distribute your protein throughout the day, manage hunger and avoid reaching the end of the day with most of your nutrition still left to eat.

Build a schedule you can consistently follow. Your total daily intake and food quality matter more than hitting an exact minute on the clock.

Q: What if I'm not hungry when it's time to eat?

You do not need to force a large meal. Choose a smaller, protein-focused option when needed: a high-quality ready-to-drink protein shake, Greek yogurt with berries, cottage cheese with fruit, or another mini meal from the guide.

Pay attention to patterns. If you are repeatedly too full to eat, your previous meals may simply be larger than necessary or your meal spacing may need to be adjusted.

Q: Do I always need two favorable complex-carbohydrate servings each day?

For the Rzone nutrition strategy, two quality complex-carbohydrate servings per day can be a useful starting foundation, especially when you are training consistently. One can be placed around your workout when practical.

Your needs are individual. Training frequency, workout intensity, hunger, energy, recovery and changes in body composition can all influence whether you perform better with more or less carbohydrate.

Q: What should I do with carbohydrates on a rest day?

A rest day may require less carbohydrate than a hard training day because your energy demand is lower. Some members may do well reducing one complex-carbohydrate serving and emphasizing lean protein, vegetables, fruit and healthy fats.

This is not mandatory. If reducing carbohydrates leaves you unusually tired, hungry or craving sweets, your normal two-serving strategy may work better for you even on a rest day.

Q: Can I use a ready-to-drink protein shake instead of a meal?

A ready-to-drink shake is a convenient protein option when a whole-food meal is not practical. Look for approximately 20–30 grams of high-quality protein with minimal added sugar.

Whenever possible, build most of your day around whole foods. If the shake is serving as a mini meal, pair it with an appropriate fruit, quality carbohydrate or healthy fat based on your meal plan and training needs.

Q: How do I know if I may need more carbohydrates or overall food?

Your nutrition plan should support your training—not leave you constantly depleted. Persistent low energy, unusual hunger, poor workout performance, difficulty recovering or frequent cravings can be signs that your current intake deserves another look.

Make adjustments gradually and use your progress, training performance and regular body-composition check-ins to help guide the decision rather than reacting to a single day.

RZONE REMINDER

Consistency matters more than perfection. Use these guidelines as a starting point, then adjust portions and meal timing based on your goals, training schedule, progress and how you feel.

This guide provides general nutrition education and is not individualized medical nutrition advice.