

GOOD
FOOD
FUELS
A STRONGER
YOU

RZONE
FITNESS

REAL
WOMEN
REAL
RESULTS

GREAT CARB FINDS

Easy Finds at Publix • Costco • Sprouts • Amazon



RIGHT CARB
Choose quality
carbohydrates



RIGHT PORTION
Aim for
30–40 grams
of carbohydrates



RIGHT TIME
Fuel your health,
energy and
performance

The **right** favorable carb
in the **right** portion at the **right** times
can make a significant difference
in your health, energy and
body composition.

A PRACTICAL GUIDE
TO HELP YOU SHOP SMARTER
AND MAKE BETTER CHOICES—
SO YOU CAN FUEL YOUR LIFESTYLE
AND REACH YOUR GOALS.

Publix.

COSTCO
WHOLESALE

SPROUTS
FARMERS MARKET

NUTRITION | STRENGTH | COMMUNITY | A STRONGER YOU

GREAT CARB FINDS

THE RIGHT CARBS MAKE A DIFFERENCE

Use this guide to shop smarter, choose favorable carbs and keep portions intentional.

Carbohydrates provide the energy that helps fuel your workouts and support performance. The key is not to neglect favorable carbohydrates - it is to choose the right carbs, in the right portion, at the right time. Pair quality carbohydrate choices with protein, vegetables and your overall nutrition plan.

1

MORE ENERGY

Fuel training and your day.

2

BETTER PERFORMANCE

Support stronger workouts.

3

BODY COMPOSITION

Keep portions measurable.

4

SIMPLE SHOPPING

Know what to look for.

SHOP THESE FAVORITES AT:

AMAZON

Convenient online finds

COSTCO

Value + larger sizes

SPROUTS

Health-focused grocery

Recommended reading: use the Rzone Nutrition Guide and your class nutrition templates for additional favorable carb choices, portions and timing.

THE RIGHT CARB. THE RIGHT PORTION. THE RIGHT TIME.

GREAT CARB FINDS

EZEKIEL BREAD + ENGLISH MUFFINS

Four different Food for Life choices - no repeated product pictures.



EZEKIEL 4:9 ORIGINAL SPROUTED GRAIN BREAD

FOOD FOR LIFE

WHY IT FITS

The classic flourless sprouted-grain bread for toast, sandwiches and meals.

RZONE PORTION

2 slices = ~30g carbs



EZEKIEL 4:9 SESAME SPROUTED GRAIN BREAD

FOOD FOR LIFE

WHY IT FITS

A sesame variety with the same sprouted-grain approach and a different flavor profile.

RZONE PORTION

2 slices = ~30g carbs



EZEKIEL 4:9 ORIGINAL ENGLISH MUFFINS

FOOD FOR LIFE

WHY IT FITS

A convenient sprouted-grain breakfast or post-workout choice.

RZONE PORTION

1 muffin - check current label



EZEKIEL 4:9 CINNAMON RAISIN ENGLISH MUFFINS

FOOD FOR LIFE

WHY IT FITS

A cinnamon-raisin variety for breakfast or a measured snack.

RZONE PORTION

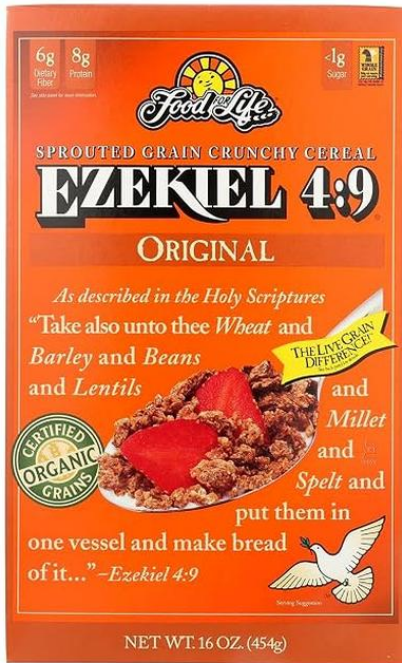
1 muffin - check current label

THE RIGHT CARB. THE RIGHT PORTION. THE RIGHT TIME.

GREAT CARB FINDS

EZEKIEL SPROUTED GRAIN CEREAL

Two distinct cereal choices - large, clean product images with no repeats.



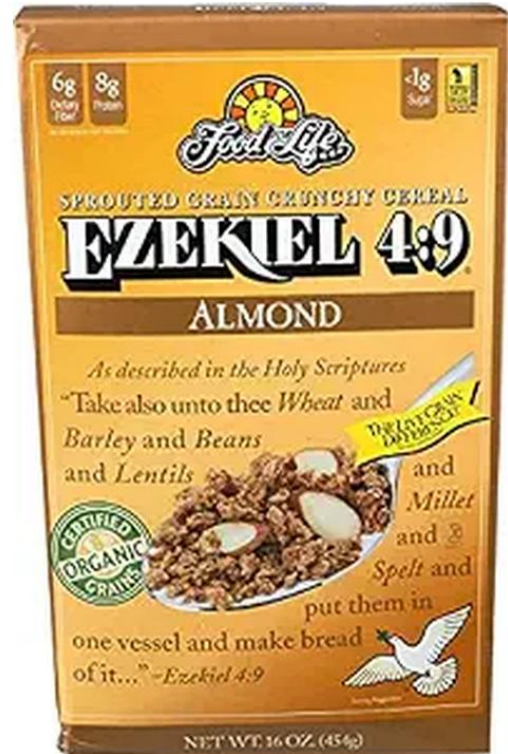
EZEKIEL 4:9 ORIGINAL SPROUTED GRAIN CRUNCHY CEREAL

WHY IT FITS

A sprouted-grain cereal option with a crunchy texture and simple ingredients.

RZONE PORTION

Use label serving • target ~30-40g carbs



EZEKIEL 4:9 ALMOND SPROUTED GRAIN CRUNCHY CEREAL

WHY IT FITS

The almond variety adds a different flavor while keeping the same sprouted-grain concept.

RZONE PORTION

Use label serving • target ~30-40g carbs

GREAT CARB FINDS

PASTA + OATMEAL

Higher-fiber swaps and convenient favorites - clean images, consistent presentation.



CHICKPEA PENNE

BANZA

WHY IT FITS

Chickpea-based pasta with more fiber and protein than traditional pasta.

RZONE PORTION

2 oz dry = ~31g carbs



ORGANIC EDAMAME SPAGHETTI

THE ONLY BEAN

WHY IT FITS

Bean-based pasta with a strong fiber and protein profile for an upgraded pasta night.

RZONE PORTION

Portion to ~30-40g carbs



SUPERSEEDS & GRAINS OATMEAL

NATURE'S PATH

WHY IT FITS

Oats with chia, buckwheat, hemp and quinoa for added texture and fiber.

RZONE PORTION

1.5 packets = ~37.5g carbs



CREAMY COCONUT SUPERFOOD OATS

NATURE'S PATH

WHY IT FITS

Oats with coconut, chia, hemp and buckwheat in a convenient packet.

RZONE PORTION

1.5 packets = ~34.5g carbs

THE RIGHT CARB. THE RIGHT PORTION. THE RIGHT TIME.

GREAT CARB FINDS

RICE & QUINOA OPTIONS

Convenient, nutritious and great tasting options to add to your meals.

FUEL
YOUR
STRONGER
SELF



MINSLEY 100% ORGANIC COOKED BROWN RICE

Ready in 90 seconds. 100% whole grain, organic and a convenient single serving.

36g
CARBS

2g
FIBER

4g
PROTEIN

3.7 oz
(105g)
SERVING



MINUTE ORGANIC WHITE & RED QUINOA

Fully cooked and ready in just 1 minute.
A delicious blend of organic white and red quinoa.

34g
CARBS

4g
FIBER

6g
PROTEIN

1 cup
(125g)
SERVING



SEEDS OF CHANGE QUINOA, BROWN & RED RICE WITH FLAXSEED

A savory blend of organic quinoa, brown and red rice with flaxseed. Ready in 90 seconds.

35g
CARBS

5g
FIBER

6g
PROTEIN

1 pouch
(240g)
SERVING



GREENWISE ORGANIC QUINOA & KALE

A flavorful blend of organic quinoa, kale and vegetables with olive oil and garlic. Convenient and satisfying.

31g
CARBS

4g
FIBER

6g
PROTEIN

1 cup
(140g)
SERVING

THE RIGHT CARBS. THE RIGHT PORTION. THE RIGHT TIME. **A STRONGER YOU.**