

Title:

What to Drink on the Zone Diet?

Word Count:

678

Summary:

The Zone Diet is a popular diet program based on eating the right balance of carbohydrate, fat,

Keywords:

zone diet, the zone diet plan, zone diet menu

Article Body:

The **Zone Diet** is founded on the idea of eating a balanced ratio of carbohydrate, protein,

You can still drink **juice** and either **low fat or skim milk**, as long as you count

You can add a **squeeze of lemon**, lime or orange to your water to give it a little bit of

If you are a **coffee** or **tea** drinker, you will need to make some changes as well.

Alcohol is one other beverage that will have to be limited or eliminated. There have be

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