

# ZEN8<sup>TM</sup> project 8



phase  
3

THRIVE





## KEEP IT GOING!

In my years of coaching and training thousands of people, I've learned and seen firsthand that it's the moment after your big push when you either thrive and continue making yourself a priority, or you begin to lose ground and fall back into bad habits. Make the decision now to THRIVE. The definition of thrive is to progress toward or realise a goal, despite or because of circumstances. Now is the time to keep progressing, no matter how hard life pushes back, by diversifying your food and exercise and evolving your plan into a way of life with your family and friends.

In the THRIVE Phase, continue to eat clean and supplement with the ZEN Fuze™ protein shakes and ZEN Fit™. Also, try introducing new recipes, adding an off-plan meal once per week, and switching up your exercise routine. It's time to own your health. It's time to live your life energised. It's time to THRIVE!

### MARK MACDONALD

Co-creator of the ZEN Project 8™ program and ZEN BODI™ Brand Ambassador, is an international nutrition and fitness expert, TV personality and *New York Times* bestselling author.

## A POWERFUL SYSTEM THAT TARGETS THE THREE STAGES OF FAT LOSS.

phase  
1

DETOX  
LOSE THE BLOAT

WEEK 1 • 7 days

three steps ▶ CUT  
▶ CLEAN  
▶ FLUSH

### PHASE 1 SUPPLEMENTS

ZEN Fuze  
ZEN Prime™

phase  
2

IGNITE  
MELT YOUR BELLY

WEEKS 2-4 • 21 days

three steps ▶ BURN  
▶ SCULPT  
▶ RESTORE

### PHASE 2 SUPPLEMENTS

ZEN Fuze  
ZEN Shape™

phase  
3

THRIVE  
LIVE YOUR LIFE

WEEKS 5-8 • recurring 28 days

three steps ▶ REPROGRAM  
▶ DIVERSIFY  
▶ ENERGISE

### PHASE 3 SUPPLEMENTS

ZEN Fuze  
ZEN Shape (if goal is to burn fat)  
ZEN Fit



## BEFORE YOU START, COMPLETE THESE 3 STEPS!

step  
1

### DOWNLOAD WORKOUT CALENDAR

Exercise plays an important role in the THRIVE Phase. To help track your progress, download the ZEN THRIVE Workout Calendar. Stay motivated by tracking your daily nutrition and workouts, as well as your progress with a weekly weigh-in.



**WORKOUT CALENDAR NOW**

[facebook.com/groups/ZENproject8](https://facebook.com/groups/ZENproject8)



step  
2

### SET REALISTIC GOALS

Think of one goal you want to accomplish over the next seven weeks. Maybe it's to share your success with your friends and family or invite someone to participate with you. Make a realistic goal and stick to it. Write your goals now.

#### GOALS FOR THRIVE WEEK:

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step  
3

### JOIN THE FACEBOOK COMMUNITY

Studies show you have more success working out with a group. Use the ZEN Project 8 group for advice, recipes and more! Visit us at [facebook.com/groups/ZENproject8](https://facebook.com/groups/ZENproject8).

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# THRIVE GUIDELINES

## GUIDELINES TO OPTIMISE YOUR PORTION SIZES

- Let go of the calorie mindset. Simply follow the portion sizes and meal plan designed for your gender.
- You can measure your portion sizes by weight or with your hands (palm, fist and thumb). Do whatever is easiest and most convenient.
- If you measure food with a scale, always measure it precooked, because weight will be lost during cooking. If you measure portion sizes with your hands, always measure after it's cooked.
- Make sure you're hungry (ready to eat but never starving) before each meal and satisfied (but never full) after. If you're hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.

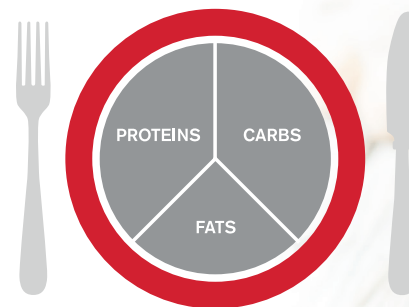
## ADDITIONAL INFORMATION

- Repeat the DETOX Phase if you ever feel your body is in need of a cleanse or reset.\*
- Repeat the IGNITE Phase if you feel the need to jump-start your program or continue the IGNITE phase for up to 7 weeks to maximise results.\*

## GUIDELINES TO OPTIMISE YOUR RESULTS

- You will be eating in 3's: eating every 3 hours with a balance of protein, fat and carbs.
- Eat your first meal within an hour of waking and your last meal within an hour of bedtime.
- If you fall off your IGNITE or THRIVE plan for more than 3 days, you can reboot your plan by simply repeating the 7-day DETOX Phase.
- If you prefer a shake for breakfast, simply switch your breakfast and midmorning meals.
- Add a sixth meal if you're still hungry after dinner. Have a shake or a meal with protein + carb + fat.

## EAT IN 3's



Balance your plate with PFC.  
Eat every 3 hours.





# phase 3

# THRIVE

LIVE YOUR LIFE

WEEKS 5-8 • 28 days/recurring

## 1 REPROGRAM

REPROGRAM YOUR MIND TO EAT CLEAN

Maintain your achieved results by reprogramming your mind to continue to eat clean. Supplement with **ZEN Fuze™** protein shakes + **ZEN Shape™** and **ZEN Fit™\***.

### SAMPLE MEAL PLAN

#### BREAKFAST

Protein + Fat + Carb

Ex: Greek Yoghurt + Chia Seeds + Berries

#### MIDMORNING

+ **Optional ZEN Shape**

- Take 2 capsules of Zen Shape and 1 packet of Zen Fit 30 minutes before drinking shake.

**ZEN Fuze protein shake**

- Use only water; add ice for desired consistency.

#### LUNCH

Protein + Fat + Carb

Ex: Fresh Tuna + Low-Fat Mayo + Whole Wheat Bread

#### MIDAFTERNOON

+ **Optional ZEN Shape**

- Take 2 capsules of Zen Shape and 1 packet of Zen Fit 30 minutes before drinking shake.

Protein Snack + Carb + **ZEN Fit**

- Drink ZEN Fit 30 minutes before meals.

#### DINNER

Protein + Fat + Carb

Ex: Lean Ground Turkey + Avocado + Zucchini and Onion

#### LATE NIGHT

+ **Optional ZEN Fuze protein shake**

- Use only water; add ice for desired consistency.

## 2 DIVERSIFY

DIVERSIFY YOUR EATING HABITS

Diversify your eating habits by trying other clean-eating recipes, or **ZEN Fuze** protein shake recipes.

### OFF-PLAN MEAL

- Diversify your food by adding an Off-Plan Meal, a.k.a. "cheat meal," once per week.

### ZEN RECIPES

- Diversify by trying recipes made with ZEN Fuze protein shakes.

**ZEN Fuze** protein shakes are a fusion of exclusive TruCELLE™ and whey proteins. This ultra-premium protein matrix helps you stay on plan and meet your weight-loss goals. Featuring **21 grams of protein, 5 grams of fibre and 5 strains of probiotics**, ZEN Fuze is the foundation of the **ZEN Project 8™ program**.

## 3 ENERGISE

LIVE AND ENJOY YOUR NEW HEALTHY LIFESTYLE

It's time to live invigorated in your new healthy, fit lifestyle.

### ADDITIONAL INFORMATION

- Repeat the DETOX Phase if you ever feel your body is in need of a cleanse or reset.
- Repeat the IGNITE Phase if you feel the need to jump-start your program.





## MEAL PORTIONS & CLEAN FOODS

The **ZEN Project 8™ program** uses a simple measuring system (**1 protein, 1 fat, 1 carb**) for each meal. This gender-specific guide will assure that you're eating the right food portions in order to reach your fitness goals.

\*\* Note: ZEN Fuze was designed with a balance of protein, fat and carbohydrates. Whenever you drink a ZEN Fuze protein shake, you'll naturally be eating PFC Every 3.

## DAILY MEAL PLAN

### BREAKFAST MIDMORNING

1 Protein + 1 Fat + 1 Carb  
Optional ZEN Shape +  
ZEN Fuze protein shake

### LUNCH MIDAFTERNOON

1 Protein + 1 Fat + 1 Carb  
Protein snack + Optional  
ZEN Fuze protein shake

### DINNER LATE NIGHT

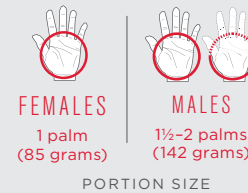
1 Protein + 1 Fat + 1 Carb  
Optional ZEN Fuze  
protein shake

**PFC**  
**EVERY 3**



Balance your plate with PFC.  
Eat every three hours.

### PROTEIN



#### Lean Protein

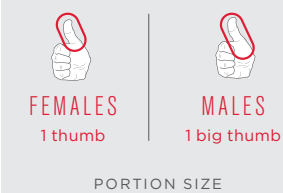
- Chicken
- Egg Whites
- Kangaroo
- Lean Fish and Shellfish
- Tofu
- Turkey
- ZEN Fuze protein shakes
- + Greek Yoghurt (fat free)

#### Non-Lean Proteins

(don't add a fat with these options)

- Beef (filet)
- Beef (ground)
- Eggs (whole)
- Non-lean fish (salmon)
- Lamb
- Pork (tenderloin, ham, pork chops, etc.)
- + Cheese (sparingly)
- + Cottage Cheese
- + Greek Yoghurt (low fat)

### FAT



#### Lean Protein

- Avocado
- Oils
  - Avocado
  - Canola
  - Coconut
  - Macadamia
  - Olive
  - Peanut
  - Vegetable
- Raw Nuts and Natural Nut Butters
- Olives
- Seeds
  - Chia
  - Flax
  - Pumpkin
  - Sunflower
- + Butter (moderate)
- + Guacamole (moderate)
- + Mayonnaise (moderate)
- + Salad Dressing (moderate)
- + Sour Cream (moderate)

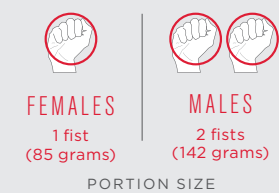
#### + New to THRIVE Phase

Choose fresh, organic fruits and vegetables as often as possible. Any protein, carb or fat can be exchanged for a different protein, carb or fat; just swap from the list.

Modest caloric intake, balanced diet, and regular physical activity should be part of a healthy weight-management program.

Be careful not to add much processed food to your THRIVE meal plan. Processed foods can hinder your results.

### CARB



#### Fruits

- Apples
- Bananas
- Berries
  - Blackberries
  - Blueberries
  - Raspberries
  - Strawberries
- Cherries
- Grapes
- Grapefruit
- Mangos
- Melon
  - Honeydew melon
  - Rockmelon
  - Watermelon
- Oranges
- Etc.

#### Vegetables

- Beets
- Brussels Sprouts
- Carrots
- Eggplant
- Onions
- Peas
- Potatoes
- Squash
- Yams and Sweet Potatoes
- Zucchini

#### Grains/Dense Carbs

- Beans (fresh or dried)
- Brown Rice
- Potatoes (Russet potatoes, Sweet Potatoes, etc.)
- Quinoa
- + Couscous
- Sweet Corn
- Oatmeal
- + Hot Cereal
- Millet
- + Whole Wheat (or gluten-free) Bread
- + Pasta

### FREE

UNLIMITED  
PORTION SIZE

#### Herbs

- Basil
- Bay Leaves
- Coriander
- Parsley
- Rosemary
- Thyme
- Etc.

#### Spices

- Cinnamon
- Garlic
- Ginger
- Nutmeg
- Peppercorns
- Saffron
- Etc.

#### Low-Carb Vegetables

- Asparagus
- Bok Choy
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Kale
- Lettuce (all types)
- Mushrooms
- Spinach
- Tomato
- Etc.

#### Natural Sweetener

- Stevia

#### Condiments

- Vinegars (Balsamic, Red Wine, etc.)
- Extracts (Almond, Vanilla, etc.)
- + Barbecue Sauce, Tomato Sauce, Mustard, Himalayan Pink Salt (use sparingly)







THRIVE PHASE  
SUGGESTED MEAL PLAN

Repeat this meal plan each day for **THREE WEEKS** (21 days).

Modest caloric intake, balanced diet, and regular physical activity should be part of a healthy weight-management program.

THRIVE MEAL PLAN FOR FEMALES


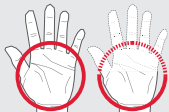

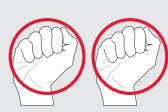
Drink water with each meal and between each meal. Recommended amount: 2–4 litres/8–12 glasses (240ml) per day.

	 FEMALES 1 palm (85 grams) PORTION SIZE	 FEMALES 1 thumb PORTION SIZE	 FEMALES 1 fist (85 grams) PORTION SIZE	UNLIMITED PORTION SIZE
	PROTEIN	FAT	CARB	FREE
Breakfast	227 grams (1 cup) Greek Yoghurt	1 tbsp. Chia Seeds	85 grams Mixed Berries and Granola	
MidMorning	<b>ZEN Fuze™ protein shake</b> • Use only water; add ice for desired consistency. <b>+ Optional ZEN Shape™</b> • Take ZEN Shape and Zen Fit 30 minutes prior to drinking shake.			
Lunch	85 grams Fresh Tuna	28 grams Low-Fat Mayonnaise	1 Slice of Whole Wheat Bread	Dill Relish, Salt and Pepper
MidAfternoon	<b>ZEN Fit™</b> • Drink ZEN Fit 30 minutes before meals. Protein Snack + Fat + Carb or <b>ZEN Fuze protein shake</b>			
Dinner	85 grams Ground Turkey	1 tbsp. Avocado	85 grams Red Capsicum, Zucchini, Onion and Tomatoes	
Late Night	<b>+ Optional ZEN Fuze protein shake</b> • If hungry. Use only water; add ice for desired consistency.			



THRIVE MEAL PLAN FOR MALES

Drink water with each meal and between each meal. Recommended amount: 3–5 litres/12–16 glasses (240ml) per day.

	 MALES 1½–2 palms (142 grams) PORTION SIZE	 MALES 1 big thumb PORTION SIZE	 MALES 2 fists (142 grams) PORTION SIZE	UNLIMITED PORTION SIZE
	PROTEIN	FAT	CARB	FREE
Breakfast	340 grams (1½ cup) Greek Yoghurt	1 tbsp. Chia Seeds	142 grams Mixed Berries and Granola	
MidMorning	<b>ZEN Fuze™ protein shake</b> • Use only water; add ice for desired consistency. <b>+ Optional ZEN Shape™</b> • Take ZEN Shape and Zen Fit 30 minutes prior to drinking shake.			
Lunch	142 grams Fresh Tuna	56 grams Low-Fat Mayonnaise	2 Slices Whole Wheat Bread	Dill Relish, Salt and Pepper
MidAfternoon	<b>ZEN Fit™</b> • Drink ZEN Fit 30 minutes before meals. Protein Snack + Fat + Carb or <b>ZEN Fuze protein shake</b>			
Dinner	142 grams Ground Turkey	2 tbsp. Avocado	142 grams Red Capsicum, Zucchini, Onion and Tomatoes	
Late Night	<b>+ Optional ZEN Fuze protein shake</b> • If hungry. Use only water; add ice for desired consistency.			








GREEK YOGHURT PARFAIT

- PREP TIME: 5 min
- COOK TIME: 0 min
- TOTAL TIME: 5 min

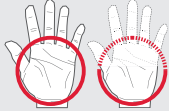

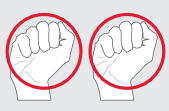
**INGREDIENTS**  
Greek Yoghurt  
Chia Seeds  
Granola  
Mixed Berries of Choice

- PREPARATION**
1. Fill 1/4 glass with mixed berries.
  2. Layer with Greek yoghurt.
  3. Add another layer of mixed berries. Cover with yoghurt.
  4. Top with granola and chia seeds.

THRIVE PHASE  
SAMPLE BREAKFAST RECIPE

FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	227 grams (1 cup) Greek Yoghurt	1 tbsp. Chia Seeds	85 grams Granola, Mixed Berries of Choice	
SINGLE SERVING	24g	4g	19g	220 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½–2 palms (142 grams)	 1 big thumb	 2 fists (142 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	340 grams (1½ cup) Greek Yoghurt	2 tbsp. Chia Seeds	142 grams Granola, Mixed Berries of Choice	
SINGLE SERVING	36g	8g	26g	370 Calories








FRESH TUNA SANDWICH

-  PREP TIME: 5 min
-  COOK TIME: 4 min
-  TOTAL TIME: 9 min

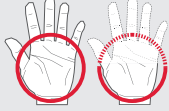

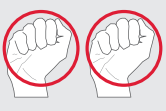
- INGREDIENTS**
- Fresh Tuna
  - Low-Fat Mayonnaise
  - Whole Wheat (or gluten-free) Bread
  - Kosher Salt and Black Pepper
  - Dill Relish

- PREPARATION**
- Poach tuna in salted water for 3-4 minutes until cooked through.
  - Flake and pull apart. Place in large bowl. Combine with mayonnaise, dill relish, salt and pepper
  - Serve on whole wheat (or gluten-free) bread.

THRIVE PHASE  
SAMPLE LUNCH RECIPE




FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	85 grams Fresh Tuna	1 tbsp. Low-Fat Mayonnaise	1 Slice of Whole Wheat Bread	Kosher Salt and Black Pepper, Dill Relish
SINGLE SERVING	21g	5g	12g	230 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½–2 palms (142 grams)	 1 big thumb	 2 fists (142 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	142 grams Fresh Tuna	2 tbsp. Low-Fat Mayonnaise	2 Slices Whole Wheat Bread	Kosher Salt and Black Pepper, Dill Relish
SINGLE SERVING	35g	10g	24g	375 Calories



SLOW COOKER TURKEY CHILLI

-  PREP TIME: 10 min
-  COOK TIME: 7h 10 min
-  TOTAL TIME: 7h 20 min

INGREDIENTS

- Lean Ground Turkey

Avocado

Red Capsicum

Zucchini

Onion

Tomatoes
- ½ Garlic Clove, diced

1 tsp. Dried Oregano




1 tsp. Ground Cumin

½ tsp. Chilli Powder

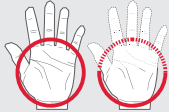

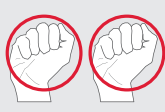
PREPARATION

1. Chop peppers, zucchini and onion; dice tomatoes.
2. In medium pan, cook lean ground turkey until brown.
3. Place remaining ingredients and turkey into slow cooker.
4. Cook on high for two hours, then reduce heat to low. Cook for 4-5 hours.
5. Top with diced avocado.

THRIVE PHASE  
SAMPLE DINNER RECIPE

FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	85 grams Lean Ground Turkey	1 tbsp. Avocado	85 grams Red Capsicum, Zucchini, Onion and Tomatoes	½ Garlic Clove, diced 1 tsp. dried Oregano 1 tsp. ground Cumin ½ tsp. Chilli Powder
SINGLE SERVING	21g	5g	15g	210 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½-2 palms (142 grams)	 1 big thumb	 2 fists (142 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	142 grams Lean Ground Turkey	2 tbsp. Avocado	142 grams Red Capsicum, Zucchini, Onion and Tomatoes	½ Garlic Clove, diced 1 tsp. dried Oregano 1 tsp. ground Cumin ½ tsp. Chilli Powder
SINGLE SERVING	35g	10g	25g	380 Calories





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