

ZEN⁸ project 8



phase
1

DETOX

ZEN8 project 8™



CONGRATULATIONS!

You have taken an important step to take control of your health and transform your body. You're going to begin with a 7-day detox.

Detoxing is like giving your body a proper oil change. Imagine getting an oil change for your car, but not changing the oil filter. So no matter what type of new oil you add, all of it will be processed through a dirty filter. It's the same with your body. Eating healthy foods without detoxing is like getting an oil change without changing your filter. By detoxing, you will clean your body's filters so it can become a well-oiled machine!

During this phase, you will also learn the importance of "Eating in 3's"—eating a combination of protein, fat and carbohydrates every 3 hours. We call it "PFC Every 3." This balanced approach to nutrition will be a key to your success.

**** Important 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.

It's time for you to rock it! In 7 days you will feel better and have more energy. And the progress you make during this phase will fuel the rest of your transformation!

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.

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DETOX
LOSE THE BLOAT

WEEK 1 • 7 days

- three steps ▶ CUT
▶ CLEAN
▶ FLUSH

PHASE 1 SUPPLEMENTS

ZEN Fuze™
ZEN Prime™

phase
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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

TAKE BEFORE PICTURES & MEASUREMENTS

Log in to your Joffice™ to upload your pictures and record your measurements.



GO DIGITAL

Use a digital camera or cell phone, and be sure to send high-resolution photos. A plain background without any clutter is best!



SLIP INTO SKINNIES

Swimwear or tightly fitting workout clothes will highlight your results. Be sure to include your face in every photo!

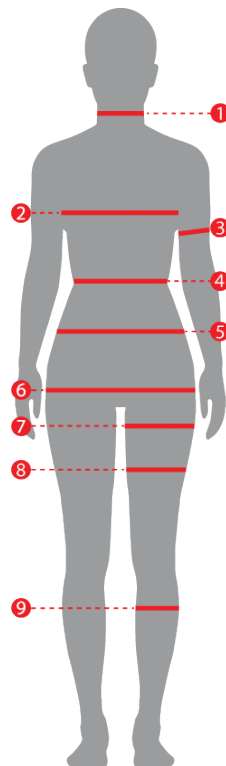


ALL THE ANGLES

Take a front view, side view and back view, then use the same poses every time, so it's easy to compare them.

DOCUMENT YOUR SUCCESS

Take progress photos in two-week intervals. Charting your success can be a powerful motivator as you start to notice subtle changes that soon turn into not-so-subtle changes, so don't forget to take progress pictures!



RECORD YOUR MEASUREMENTS

Measuring key areas of your body is the best way to track the fat you burn and the muscle mass you build. Measure these areas of your body at the same time each day, ideally when you wake in the morning, and wearing the same type of form-fitting clothing each time.

1. NECK _____
2. CHEST _____
3. UPPER ARM _____
4. WAIST _____
5. LOWER ABS _____
6. HIPS _____
7. UPPER THIGH _____
8. MID THIGH _____
9. CALF _____
10. WEIGHT _____



UPLOAD PICTURES & MEASUREMENTS

Log in to Joffice and click on the ZEN Project 8 tab to upload your pics and measurements.

step
2

SET REALISTIC GOALS

Think of one goal you want to accomplish over the next week. Maybe it's sticking to your meal plan. Maybe it's drinking a certain amount of water each day. Make a realistic goal and stick to it. Write your goals now.

GOALS FOR DETOX WEEK:

step
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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.



DETOX GUIDELINES

IMPORTANT NOTE

Your DETOX Phase is designed to cleanse your body and help you lose your bloat. Extend your DETOX Phase to 14 days (instead of 7) if one or more of these describes you:

- You have 22kg or more to lose.*
- You drink alcoholic beverages 3+ times per week.*
- You smoke traditional cigarettes, vape with electronic cigarettes or use tobacco products.*

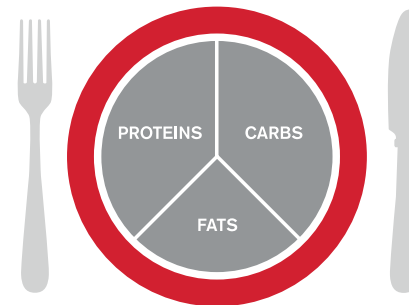
GUIDELINES TO OPTIMISE YOUR PORTION SIZES

- 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.

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 this 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.



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DETOX

LOSE THE BLOAT

WEEK 1 • 7 days

1 CUT

BEGIN CUTTING FOODS THAT CAUSE BLOATING

CUT THE BLOAT

Foods and drinks that cause water retention and bloating:

- Gluten
- Soy
- Cheese and Yoghurt
- Refined Sugar
- Sugar Sweeteners (besides Stevia)
- Also cut exercise (just for DETOX Phase)³
- Salt
- Grains (just for DETOX)
- Soft Drinks (diet and regular)
- Alcohol¹
- Coffee and Tea²

¹ Remove alcohol in DETOX and IGNITE Phases.

² If you experience headaches, you can have one cup of coffee or tea in the morning. Decaffeinated herbal tea is fine.

³ Exercise can cause inflammation. Your goal in Phase 1 (DETOX) is to clean your body and flush your system by removing as much inflammation as possible. This is best accomplished by NOT exercising in the 7-day DETOX Phase. Low impact cardio, like walking, is OK.



2 CLEAN

CLEAN FOODS TO CLEANSE YOUR BODY
Clean foods and supplements like **ZEN Fuze™** and **ZEN Prime™** to cleanse your body.*

SAMPLE MEAL PLAN

BREAKFAST

Protein + Fat + Carb

Ex: Egg Whites + Peanut Butter + Banana

MIDMORNING

ZEN Prime

- Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake

ZEN Fuze protein shake

- Use only water; add ice for desired consistency.

LUNCH

Protein + Fat + Carb

Ex: Chicken Breast + Extra Virgin Olive Oil + Strawberries

MIDAFTERNOON

ZEN Prime

- Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake

ZEN Fuze protein shake

- Use only water; add ice for desired consistency.

DINNER

Protein + Fat + Carb

Ex: Salmon (Counts for Protein + Fat) + Asparagus

LATE NIGHT

+ **Optional ZEN Fuze protein shake**

3 FLUSH

“FLUSH” EXCESS TOXINS WITH WATER
ZEN Prime and water recommendations.

FEMALES

2-4 Litres
8-12 glasses per day
(240ml)

MALES

3-5 Litres
12-16 glasses per day
(240ml)

- Drink plenty of water with each meal and between each meal.
- Drink as much water as you can within the recommended guidelines.
- Add fruit to your water for a refreshing twist on hydration.





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 to reach your fitness goals.

DAILY MEAL PLAN

BREAKFAST	1 Protein + 1 Fat + 1 Carb	
MIDMORNING	ZEN Prime + ZEN Fuze protein shake	
LUNCH	1 Protein + 1 Fat + 1 Carb	
MIDAFTERNOON	ZEN Prime + ZEN Fuze protein shake	
DINNER	1 Protein + 1 Fat + 1 Carb	
LATE NIGHT	Optional ZEN Fuze protein shake	



Balance your plate with PFC. Eat every three hours.



PROTEIN

FEMALES
1 palm
(85 grams)

MALES
1½-2 palms
(142 grams)

PORTION SIZE

- Lean Protein**
- Chicken
 - Egg Whites
 - Kangaroo
 - Lean Fish (no shellfish)
 - Salmon (no additional fat with this option)
 - Tofu
 - Turkey
 - ZEN Fuze protein shakes
- Only fresh, no processed meats and no beef, pork or lamb. Can add back in IGNITE Phase.
- Avoid all protein bars during DETOX Phase.

FAT

FEMALES
1 thumb

MALES
1 big thumb

PORTION SIZE

- Avocado
- Oils
 - Avocado
 - Canola
 - Coconut
 - Macadamia
 - Olive
 - Peanut
 - Vegetable
- Raw Nuts and Natural Nut Butters
- Seeds
 - Chia
 - Flax
 - Pumpkin
 - Sunflower

CARB

FEMALES
1 fist
(85 grams)

MALES
2 fists
(142 grams)

PORTION SIZE

- 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
 - Squash
 - Zucchini
- Avoid calorie-dense veggies in the DETOX Phase, like beans, corn, potatoes, etc.
- Avoid calorie-dense carbs and grains in the DETOX Phase, like quinoa, couscous, oatmeal, bread and 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

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.

DETOX PHASE SUGGESTED MEAL PLAN




Repeat this meal plan each day for **ONE WEEK (7 days)**.

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



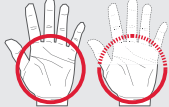

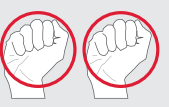
DETOX MEAL PLAN FOR FEMALES

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

PFC EVERY 3	 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	3 Egg Whites	1 tbsp. Peanut Butter	½ Banana	Cinnamon (to taste)
Midmorning	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; add ice for desired consistency.			
Lunch	85 grams Chicken Breast	1 tbsp. Extra Virgin Olive Oil	85 grams Strawberries	Ground Pepper (to taste)
Midafternoon	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; add ice for desired consistency.			
Dinner	85 grams Salmon	*Protein and Fat in this meal comes from the salmon	85 grams Asparagus	Garlic, Lemon Juice and Ground Pepper
Late Night	+ Optional ZEN Fuze protein shake • Use only water; add ice for desired consistency.			

DETOX MEAL PLAN FOR MALES

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

PFC EVERY 3	 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	5 Egg Whites	2 tbsp. Peanut Butter	1 Whole Banana	Cinnamon (to taste)
Midmorning	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; add ice for desired consistency.			
Lunch	142 grams Chicken	1 tbsp. Extra Virgin Olive Oil	142 grams Strawberries	Ground Pepper (to taste)
Midafternoon	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; add ice for desired consistency.			
Dinner	142 grams Salmon	*Protein and Fat in this meal comes from the salmon	142 grams Asparagus	Garlic, Lemon Juice and Ground Pepper
Late Night	+ Optional ZEN Fuze protein shake • Use only water; add ice for desired consistency.			



HEALTHY FLAT PANCAKES

 PREP TIME: 3 min

 COOK TIME: 2 min

 TOTAL TIME: 5 min

INGREDIENTS

Egg Whites
Peanut Butter
Banana
Cinnamon




PREPARATION

1. Mix all ingredients in a blender.
2. Pour desired amount in skillet.
3. Cook pancake entirely through.

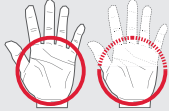

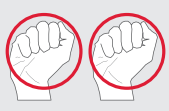
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DETOX
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DETOX PHASE SAMPLE BREAKFAST RECIPE

FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	3 Egg Whites	1 tbsp. Natural Peanut Butter	½ Banana	Cinnamon (to taste)
SINGLE SERVING	14g	8g	21g	215 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	5 Egg Whites	2 tbsp. Natural Peanut Butter	1 Whole Banana	Cinnamon (to taste)
SINGLE SERVING	22g	16g	34g	360 Calories



STRAWBERRY SPINACH SALAD

 PREP TIME: 5 min

 COOK TIME: 15 min

 TOTAL TIME: 20 min




INGREDIENTS

Boneless Skinless Chicken Breasts
 Extra Virgin Olive Oil
 Strawberries
 Spinach
 Ground Pepper

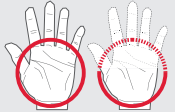

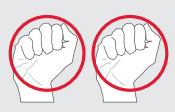
PREPARATION

1. Grill chicken for 12-15 minutes.
2. Slice strawberries.
3. Add strawberries and spinach to medium bowl. Toss with Extra Virgin Olive Oil and Ground Pepper.
4. Slice chicken and place in bowl.

DETOX PHASE SAMPLE LUNCH RECIPE

FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	85 grams Chicken	½ tbsp. Extra Virgin Olive Oil	85 grams Strawberries	1-1½ Cups Spinach Ground Pepper (to taste)
SINGLE SERVING	20g	8g	7g	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	142 grams Chicken	1 tbsp. Extra Virgin Olive Oil	142 grams Strawberries	2-3 Cups Spinach Ground Pepper (to taste)
SINGLE SERVING	33g	14g	10g	350 Calories

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GARLIC SALMON & ASPARAGUS

-  PREP TIME: 10 min
-  COOK TIME: 30 min
-  TOTAL TIME: 40 min

INGREDIENTS

- Salmon
- Asparagus
- Ground Pepper
- ½ Clove Garlic
- 1 tsp. Lemon Juice




PREPARATION

1. Preheat oven to 375 degrees.
2. Arrange asparagus spears on aluminum foil and top with salmon.
3. Mix the remaining ingredients in a bowl to make a paste.
4. Spread the paste on top of the salmon.
5. Cut another piece of foil to cover everything and fold up the sides.
6. Place on a cooking sheet and bake for 30 minutes.

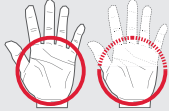

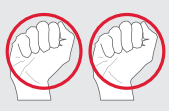
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DETOX PHASE SAMPLE DINNER RECIPE

FEMALES	 1 palm (85 grams)	 1 thumb	 1 fist (85 grams)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	85 grams Salmon	*Protein and Fat in this meal comes from the salmon	85 grams Asparagus	½ Clove Garlic 1 tsp. Lemon Juice Ground Pepper
SINGLE SERVING	19g	6g	3.5g	156 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 Salmon	*Protein and Fat in this meal comes from the salmon	142 grams Asparagus	½ Clove Garlic 1 tsp. Lemon Juice Ground Pepper
SINGLE SERVING	31g	10g	5.5g	300 Calories

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