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!
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.

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:

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.
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.
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)

- Salt
- Grains (just for DETOX)
- Soft Drinks (diet and regular)
- Alcohol
- Coffee and Tea

- Also cut exercise (just for DETOX Phase)

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

“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.

FLUSH EXCESS TOXINS WITH WATER

WEEK 1 • 7 days

LOSE THE BLOAT

1 DETOX
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.**

### Daily Meal Plan

**Breakfast**
- 1 Protein + 1 Fat + 1 Carb
  - ZEN Prime + ZEN Fuze protein shake

**Midmorning**
- 1 Protein + 1 Fat + 1 Carb
  - ZEN Prime + ZEN Fuze protein shake

**Lunch**
- 1 Protein + 1 Fat + 1 Carb
  - Optional ZEN Fuze protein shake

**Midafternoon**
- Optional ZEN Fuze protein shake

**Dinner**
- Optional ZEN Fuze protein shake

**Late Night**
- Optional ZEN Fuze protein shake

Balance your plate with PFC. Eat every three hours.

### 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.

#### Protein

<table>
<thead>
<tr>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 palm</td>
<td>1$rac{1}{2}$–2 palms</td>
</tr>
</tbody>
</table>

**LEAN PROTEIN**
- Chicken
- Egg Whites
- Kangaroo
- Lean Fish (no shellfish)
- Salmon (no additional fat with this option)
- Tofu
- Turkey
- ZEN Fuze protein shakes

**FEMALES**
- 1 thumb (45 grams)

**MALES**
- 1 big thumb (45 grams)

#### Fat

<table>
<thead>
<tr>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 fist</td>
<td>2 fists</td>
</tr>
</tbody>
</table>

**FRUITS**
- Apples
- Bananas
- Berries
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Cherries
- Grapes
- Mangoes
- Melon
- Watermelon
- Oranges
- etc.

**HERBS**
- Basil
- Bay Leaves
- Coriander
- Parsley
- Rosemary
- Thyme
- etc.

**SPICES**
- Cinnamon
- Garlic
- Ginger
- Nutmeg
- Peppercorns
- Saffron
- etc.

**LOW-CARB VEGETABLES**
- Asparagus
- Bok Choy
- Broccoli
- Brussel Sprouts
- Carrots
- Eggplant
- Onions
- Peas
- Squash
- Zucchini

**FREE**
- Avocados
- Nuts
- Seeds
- Oil (avocado, canola, coconut, flax, pumpkin, sunflower

**FIRST NIGHT**
- PFC

**Every 3**

**Balance your plate with PFC.**

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
</table>
| Lean Protein | • Avocado
  - • Olive
  - • Avocado
  - • Canola
  - • Coconut
  - • Macadamia
  - • Olive
  - • Peanut
  - • Vegetable
  - • Raw Nuts and Natural Nut Butters
  - • Seeds
  - • Chia
  - • Flax
  - • Pumpkin
  - • Sunflower

**FEMALES**
- 1 thumb (45 grams)

**MALES**
- 1 big thumb (45 grams)

**PORTION SIZE**

<table>
<thead>
<tr>
<th>Females</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 fist</td>
<td>2 fists</td>
</tr>
</tbody>
</table>

- Avocado
- Bananas
- Berries
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Cherries
- Grapes
- Mangoes
- Melon
- Watermelon
- Oranges
- etc.

**EVERY MEAL PLAN**

**Balance your plate with PFC.**

- Eat every three hours.

**Low-Carb Vegetables**
- Asparagus
- Bok Choy
- Broccoli
- Brussel 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.**
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.

**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.

---

**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.

---

**ENSURE MODERATE CALORIC INTAKE, BALANCED DIET, AND REGULAR PHYSICAL ACTIVITY SHOULD BE PART OF A HEALTHY WEIGHT-MANAGEMENT PROGRAM.**
## HEALTHY FLAT PANCAKES

**PREP TIME:** 3 min  
**COOK TIME:** 2 min  
**TOTAL TIME:** 5 min

### INGREDIENTS
- 5 Egg Whites  
- 2 tbsp. Natural Peanut Butter  
- 1 Whole Banana  
- Cinnamon (to taste)

### SINGLE SERVING
- **22g** Protein  
- **16g** Fat  
- **34g** Carbs  
- **360** Calories

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

---

## DETOX PHASE

### SAMPLE BREAKFAST RECIPE

### FEMALES

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Egg Whites</td>
<td>1 tbsp. Natural Peanut Butter</td>
<td>½ Banana</td>
<td>Cinnamon (to taste)</td>
</tr>
</tbody>
</table>

### SINGLE SERVING
- **14g** Protein  
- **8g** Fat  
- **21g** Carbs  
- **215** Calories

### USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

### MALES

<table>
<thead>
<tr>
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<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Egg Whites</td>
<td>2 tbsp. Natural Peanut Butter</td>
<td>1 Whole Banana</td>
<td>Cinnamon (to taste)</td>
</tr>
</tbody>
</table>

### SINGLE SERVING
- **22g** Protein  
- **16g** Fat  
- **34g** Carbs  
- **360** Calories
STRAWBERRY SPINACH SALAD

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

PREPARATION
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.

SINGLE SERVING
20g
8g
7g
220 Calories

DETOX PHASE
SAMPLE LUNCH RECIPE

FEMALES

PROTEIN
85 grams Chicken

FAT
½ tsp. Extra Virgin Olive Oil

CARB
85 grams Strawberries

FREE
1-1½ Cups Spinach Ground Pepper (to taste)

SINGLE SERVING
20g
8g
7g
220 Calories

MALES

PROTEIN
142 grams Chicken

FAT
1 tbsp. Extra Virgin Olive Oil

CARB
142 grams Strawberries

FREE
2-3 Cups Spinach Ground Pepper (to taste)

SINGLE SERVING
33g
14g
10g
350 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.
GARLIC SALMON & ASPARAGUS

INGREDIENTS
- 142 grams Salmon
- 142 grams Asparagus
- 1/2 Clove Garlic
- 1 tsp. Lemon Juice
- Ground Pepper

SINGLE SERVING
- 31g Protein
- 10g Fat
- 5.5g Carbohydrates
- 300 Calories

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.

DETOX PHASE
SAMPLE DINNER RECIPE

FEMALES

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 grams Salmon</td>
<td>19g</td>
<td>6g</td>
<td>3.5g</td>
<td>156 Calories</td>
</tr>
</tbody>
</table>

SINGLE SERVING

<table>
<thead>
<tr>
<th>MALES</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>142 grams Salmon</td>
<td>31g</td>
<td>10g</td>
<td>5.5g</td>
<td>300 Calories</td>
</tr>
</tbody>
</table>

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.