

ZEN8[®] project 8



phase
2

IGNITE

ZEN[®] project 8

KICK YOUR BODY INTO HIGH GEAR!

Congratulations! You have taken an important step toward continuing the progress you made in the DETOX Phase.

ZEN Shape[®] can help you jump-start this phase. In the IGNITE Phase, you will continue to eat “**PFC Every 3**”—a balanced combination of proteins, fats and carbs every 3 hours.

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

Exercise will also play an important role. We recommend 2-3 days of strength training combined with 2 days of high intensity cardio, plus 3-5 days of fat burning cardio every week. Here's to the next 3 weeks!

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
2

IGNITE
MELT YOUR BELLY

WEEKS 2-4 • 21 days

three steps ▶ BURN
▶ SCULPT
▶ RESTORE

phase
3

THRIVE
LIVE YOUR LIFE

WEEKS 5-8 • recurring 28 days

three steps ▶ REPROGRAM
▶ DIVERSIFY
▶ ENERGIZE

PHASE 1 SUPPLEMENTS

ZEN Fuze®
ZEN Prime™

PHASE 2 SUPPLEMENTS

ZEN Fuze
ZEN Shape

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 IGNITE Phase. To help track your progress, download the ZEN IGNITE 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

step
2

SET REALISTIC GOALS

Think of one goal you want to accomplish over the next seven weeks. Maybe it's trying a new cardio workout. Maybe it's learning a new recipe each week. Make a realistic goal and stick to it. Write your goals now.

GOALS FOR IGNITE WEEK:

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.



IGNITE GUIDELINES

GUIDELINES TO OPTIMIZE 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.

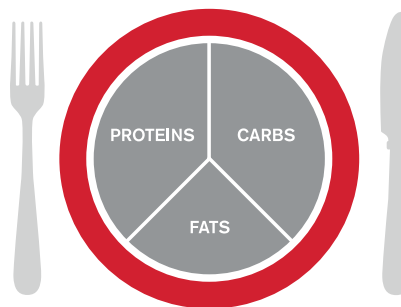
ADDITIONAL INFORMATION

- Repeat the DETOX Phase if you ever feel your body is in need of a cleanse or reset.*
- If you want to burn more fat at the end of the IGNITE Phase, continue the IGNITE Phase for another 4 weeks.*

GUIDELINES TO OPTIMIZE 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.



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

phase
2

IGNITE

MELT YOUR BELLY

WEEKS 2-4 • 21 days

1 BURN

JUMP-START WITH ZEN SHAPE®

Jump-start this phase by taking 2 capsules of **ZEN Shape** 30 minutes before your midmorning and midafternoon **ZEN Fuze** protein shakes.*



2 SCULPT

SCULPT YOUR BODY WITH EXERCISE

Start sculpting your body with suggested calorie-burning exercises listed below.*



STRENGTH TRAINING

30 MINUTES/2X WEEK

Ex: pilates, yoga, workout class, CrossFit, weightlifting



HIGH INTENSITY CARDIO

30 MINUTES/2X WEEK

Ex: jumping rope, running, spinning, running stairs



FAT BURNING CARDIO

30-60 MINUTES/3-5X WEEK

Ex: stair-climbing, cycling, jogging, walking, elliptical, swimming

*Perform all strength training and high intensity cardio first, then do fat burning cardio.

*For faster fat burning results, do more fat burning cardio

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

3 RESTORE

WITH ZEN FUZE PROTEIN SHAKES

Restore with **ZEN Fuze** protein shakes.*

SAMPLE MEAL PLAN

BREAKFAST

Protein + Fat + Carb

Ex: Egg Whites + Chia Seeds + Pumpkin Puree

MIDMORNING

ZEN Shape

- Take 2 capsules of ZEN Shape 30 minutes before drinking shake.

ZEN Fuze protein shake

- Use only water; add ice for desired consistency.

LUNCH

Protein + Fat + Carb

Ex: Chicken Breast + Extra Virgin Olive Oil + Mango, Scallions, Steamed Rice.

MIDAFTERNOON

ZEN Shape

- Take 2 capsules of ZEN Shape 30 minutes before drinking shake.

ZEN Fuze protein shake

- Use only water; add ice for desired consistency.

DINNER

Protein + Fat + Carb

Ex: Shrimp + Avocado + Quinoa

LATE NIGHT

+ Optional ZEN Fuze protein shake

- Use only water; add ice for desired consistency.



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.

DAILY MEAL PLAN

**BREAKFAST
MIDMORNING**

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

**LUNCH
MIDAFTERNOON**

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

**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



FEMALES

1 palm
(3 ounces)



MALES

1½–2 palms
(5 ounces)

PORTION SIZE

Lean Protein

- Bison (extra-lean)
- Chicken
- Egg Whites
- Hemp
- Lean Fish
- + Shellfish
- Tofu
- Turkey
- Venison
- ZEN Fuze™ protein shakes

Non-Lean Proteins

(don't add a fat with these options)

- + Beef (filet)
- + Beef (ground)
- + Eggs (whole)
- + Non-lean fish
- + Lamb
- + Pork (tenderloin, ham, pork chops, etc.)

+ New to IGNITE 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.

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
- + Olives

CARB



FEMALES

1 fist
(3 ounces)



MALES

2 fists
(5 ounces)

PORTION SIZE

Fruits

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

Dense-Carb Vegetables

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

Grains/Dense Carbs

- + Beans (fresh or dried)
- + Brown Rice
- + Quinoa
- + Oatmeal
- + Millet

FREE

UNLIMITED
PORTION SIZE

Herbs

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

Spices

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

Low-Carb Vegetables

- Asparagus
- Bell Peppers
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Green Beans
- Kale
- Lettuce (all types)
- Spinach
- Tomato
- Etc.

Natural Sweetener

- Stevia

Condiments

- + Vinegars
(Balsamic, Red Wine, etc.)
- + Extracts
(Almond, Vanilla, etc.)





IGNITE 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.

IGNITE MEAL PLAN FOR FEMALES


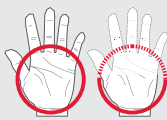

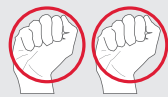
Drink water with each meal and between each meal. Recommended amount: 2-4 liters/8-12 glasses (8 oz.) per day.

	 FEMALES 1 palm (3 ounces) PORTION SIZE	 FEMALES 1 thumb PORTION SIZE	 FEMALES 1 fist (3 ounces) PORTION SIZE	UNLIMITED PORTION SIZE
	PROTEIN	FAT	CARB	FREE
Breakfast	3 Egg Whites	1 tbsp. Chia Seeds	3 oz. Pumpkin Puree	Cinnamon (to taste)
Midmorning	ZEN Shape® • Take ZEN Shape 30 minutes prior to drinking shake. ZEN Fuze™ protein shake • Use only water; add ice for desired consistency.			
Lunch	3 oz. Chicken Breast	½ tbsp. Extra Virgin Olive Oil	3 oz. Steamed Rice, Mango and Scallions	Basil, White Pepper, Lime Juice
Midafternoon	ZEN Shape • Take ZEN Shape 30 minutes prior to drinking shake. ZEN Fuze protein shake • Use only water; add ice for desired consistency.			
Dinner	3 oz. Shrimp	1 tbsp. Avocado	3 oz. Quinoa	Lettuce and Cherry Tomatoes
Late Night	+ Optional ZEN Fuze protein shake • If hungry. Use only water; add ice for desired consistency.			



IGNITE MEAL PLAN FOR MALES

Drink water with each meal and between each meal. Recommended amount: 3–5 liters/2–16 glasses (8 oz.) per day.

	 MALES 1½–2 palms (5 ounces) PORTION SIZE	 MALES 1 big thumb PORTION SIZE	 MALES 2 fists (5 ounces) PORTION SIZE	UNLIMITED PORTION SIZE
	PROTEIN	FAT	CARB	FREE
Breakfast	5 Egg Whites	2 tbsp. Chia Seeds	5 oz. Pumpkin Puree	Cinnamon (to taste)
Midmorning	ZEN Shape ZEN Fuze protein shake <ul style="list-style-type: none"> • Take ZEN Shape 30 minutes prior to drinking shake. • Use only water; add ice for desired consistency. 			
Lunch	5 oz. Chicken Breast	½ tbsp. Extra Virgin Olive Oil	5 oz. Steamed Rice, Mango and Scallions	Basil, White Pepper, Lime Juice
Midafternoon	ZEN Shape ZEN Fuze protein shake <ul style="list-style-type: none"> • Take ZEN Shape 30 minutes prior to drinking shake. • Use only water; add ice for desired consistency. 			
Dinner	5 oz. Shrimp	2 tbsp. Avocado	5 oz. Quinoa	Lettuce and Cherry Tomatoes
Late Night	+ Optional ZEN Fuze protein shake <ul style="list-style-type: none"> • If hungry. Use only water; add ice for desired consistency. 			



PUMPKIN WAFFLES



PREP TIME: 5 min



COOK TIME: 5 min



TOTAL TIME: 10 min

INGREDIENTS

Egg Whites
Chia Seeds
Pumpkin Puree
Cinnamon




PREPARATION

1. Mix all ingredients in a large blender.
2. Pour desired amount in waffle iron.
3. Cook waffle entirely through.

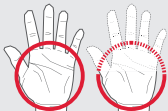


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IGNITE
APPROVED

IGNITE PHASE SAMPLE BREAKFAST RECIPE

FEMALES	 1 palm (3 ounces)	 1 thumb	 1 fist (3 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	3 Egg Whites	1 tbsp. Chia Seeds	3 oz. Pumpkin Puree	Cinnamon (to taste)
SINGLE SERVING	12g	4g	21g	170 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½-2 palms (5 ounces)	 1 big thumb	 2 fists (5 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	5 Egg Whites	2 tbsp. Chia Seeds	5 oz. Pumpkin Puree	Cinnamon (to taste)
SINGLE SERVING	20g	8g	35g	300 Calories



MANGO CHICKEN OVER RICE



PREP TIME: 10 min



COOK TIME: 15 min



TOTAL TIME: 25 min

INGREDIENTS

Boneless Skinless
Chicken Breast

Extra Virgin
Olive Oil

Mango

Scallions

Steamed Rice

1 tbsp. Basil Leaves

¼ tsp. White Pepper

1 ½ tbsp. Lime Juice

PREPARATION




1. Cube chicken and mango and slice scallions; set aside.
2. Heat a large frying pan over high heat. Add oil and swirl to coat pan. Cook chicken with spices until browned.
3. Add mango, lime juice and half the onions.
4. Cook, stirring often until mango starts to soften and releases juices.
5. Serve over rice with remaining onions and basil sprinkled on top.

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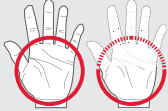


IGNITE
APPROVED

IGNITE PHASE

SAMPLE LUNCH RECIPE

FEMALES	 1 palm (3 ounces)	 1 thumb	 1 fist (3 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	3 oz. Boneless Skinless Chicken Breast	½ tbsp. Extra Virgin Olive Oil	3 oz. Mango, Scallions, Steamed Rice	1 tbsp. Basil Leaves ¼ tsp. White Pepper 1 ½ tbsp. Lime Juice
SINGLE SERVING	20g	8g	25g	250 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½-2 palms (5 ounces)	 1 big thumb	 2 fists (5 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	5 oz. Boneless Skinless Chicken Breast	1 tbsp. Extra Virgin Olive Oil	5 oz. Mango, Scallions, Steamed Rice	1 tbsp. Basil Leaves ¼ tsp. White Pepper 1 ½ tbsp. Lime Juice
SINGLE SERVING	31g	14g	40g	410 Calories



SHRIMP & QUINOA SALAD



PREP TIME: 5 min



COOK TIME: 25 min



TOTAL TIME: 30 min

INGREDIENTS

Shrimp
Avocado
Quinoa
Cherry Tomatoes
Lettuce
3 tsp. Lemon Juice




PREPARATION

1. Cook shrimp in desired method.
2. Cook quinoa.
3. Toss cooked quinoa and shrimp together in a large bowl.
4. Add lettuce and slice avocado.
5. Top with sliced cherry tomatoes and lemon juice, if desired.

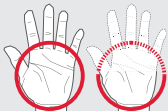

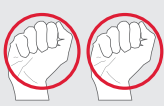
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IGNITE
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IGNITE PHASE SAMPLE DINNER RECIPE

FEMALES	 1 palm (3 ounces)	 1 thumb	 1 fist (3 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	3 oz. Shrimp	1 tbsp. Avocado	3 oz. Quinoa	Lettuce 3 tsp. Lemon Juice, Cherry Tomatoes
SINGLE SERVING	20g	5g	25g	240 Calories

USE THE HAND DIAGRAMS AND INGREDIENT MEASUREMENTS LISTED AS GUIDES.

MALES	 1½-2 palms (5 ounces)	 1 big thumb	 2 fists (5 ounces)	UNLIMITED
	PROTEIN	FAT	CARB	FREE
INGREDIENTS	5 oz. Shrimp	2 tbsp. Avocado	5 oz. Quinoa, Cherry Tomatoes	Lettuce 3 tsp. Lemon Juice, Cherry Tomatoes
SINGLE SERVING	32g	10g	40g	415 Calories



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