DETTOX

phase
1

DETOX
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 3s”—eating a combination of protein, fat and carbs every 3 hours. We call it “PFC Every 3.” This balanced approach to nutrition will be a key to your success. Now 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.

**Phase 1: Detox**
- Cut
- Clean
- Flush

**Phase 2: Ignite**
- Burn
- Sculpt
- Restore

**Phase 3: Thrive**
- Reprogram
- Diversify
- Energize

**Phase 1 Supplements**
- ZEN Fuze™
- ZEN Prime™

**Phase 2 Supplements**
- ZEN Fuze
- ZEN Shape™

**Phase 3 Supplements**
- ZEN Fuze
- ZEN Fit™
BEFORE YOU START, COMPLETE THESE 3 STEPS!

step 1
TAKE BEFORE PICTURES & MEASUREMENTS
Go to your Joffice™ and log in to upload your picture 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 your account and click on the ZEN Project 8 tab to upload your pics and measurements.
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.
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 50 lbs. or more to lose.*
• You drink alcoholic beverages 3+ times per week.*
• You are a smoker.*

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.

• Make sure you’re hungry (ready to eat but never starving) before each meal and satisfied (never full) after. If you’re hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.

• If you measure food with a scale, always measure it precooked since weight will be lost during cooking. If you measure portion sizes with your hands, always measure after it’s cooked (only applies to cooked food).

EAT IN 3’s

Balance your plate with PFC. Eat every 3 hours.

GUIDELINES TO OPTIMIZE YOUR RESULTS

• You will be eating in threes: 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.
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or mitigate any disease.
BEGIN CUTTING FOODS THAT CAUSE BLOATING

CUT THE BLOAT

Foods and drinks that cause water retention and bloating:

- Gluten
- Soy
- Cheese & Yogurt
- Refined Sugar
- Sugar Sweeteners (besides Stevia)
- Salt
- Grains (just for DETOX)
- Soda (diet & regular)
- Alcohol
- Coffee & Tea

Also cut exercise (just for DETOX Phase)

1 Remove alcohol in DETOX & 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 okay.

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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 + Almonds + Berries

MID-MORNING
ZEN Fuze Shake
• Use only water; add ice for desired consistency.

ZEN Prime
• Take ZEN Prime 30 minutes prior to meal.

LUNCH
Protein + Fat + Carb
Ex: Chicken Breast + Avocado + Butternut Squash + Cauliflower

MID-AFTERNOON
ZEN Fuze Shake
• Use only water; add ice for desired consistency.

ZEN Prime
• Take ZEN Prime™ 30 minutes prior to meal.

DINNER
Protein + Fat + Carb
Ex: Grilled Halibut + Olive Oil + Zucchini + Medium Bowl of Spinach or Lettuce

LATE NIGHT
+ Optional ZEN Fuze Shake

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

FEMALES
2–4 Liters
8–12 glasses per day
(8 oz.)

MALES
3–5 Liters
12–16 glasses per day
(8 oz.)

• 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.
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

<table>
<thead>
<tr>
<th>MEAL</th>
<th>PORTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>1 Protein + 1 Fat + 1 Carb</td>
</tr>
<tr>
<td>MID-MORNING</td>
<td>1 Protein + 1 Fat + 1 Carb</td>
</tr>
<tr>
<td>LUNCH</td>
<td>1 Protein + 1 Fat + 1 Carb</td>
</tr>
<tr>
<td>MID-AFTERNOON</td>
<td>1 Protein + 1 Fat + 1 Carb</td>
</tr>
<tr>
<td>LATE NIGHT</td>
<td>1 Protein + 1 Fat + 1 Carb</td>
</tr>
</tbody>
</table>

**Balance your plate with PFC.**

Eat every three hours.
Any protein, carb or fat can be exchanged for a different protein, carb or fat; just swap from the list.

Lean Meat
- Bison (extra-lean)
- Chicken
- Egg Whites
- Hemp
- Lean Fish (no shellfish)
- Salmon (no fat with this option)
- Turkey
- Venison
- ZEN Fuze 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.

Fresh Fruits
- Apples
- Bananas
- Berries
- Cantaloupe
- Cherries
- Grapes
- Grapefruit
- Mangos
- Oranges
- Watermelon
- Etc.

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

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

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

Natural Sweetener
- Stevia

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 liters/8–12 glasses (8 oz.) a day.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Protein</th>
<th>Fat</th>
<th>Carb</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>3 oz. Egg Whites</td>
<td>.5 oz. Almonds</td>
<td>2 oz. Berries</td>
<td></td>
</tr>
<tr>
<td>Mid-Morning</td>
<td>ZEN Fuze Shake</td>
<td>• Use only water; add ice for desired consistency.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ZEN Prime</td>
<td>• Take ZEN Prime 30 minutes prior to meal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>3 oz. Chicken Breast</td>
<td>1 oz. Avocado</td>
<td>2 oz. Butternut Squash</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Mid-Afternoon</td>
<td>ZEN Fuze Shake</td>
<td>• Use only water; add ice for desired consistency.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ZEN Prime</td>
<td>• Take ZEN Prime 30 minutes prior to meal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>3 oz. Grilled Halibut</td>
<td>½ Tbsp. Olive Oil (for your salad)</td>
<td>2 oz. Zucchini</td>
<td>Medium Bowl Spinach or Lettuce</td>
</tr>
<tr>
<td>Late Night</td>
<td>+ Optional ZEN Fuze Shake</td>
<td>• Use only water; add ice for desired consistency.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Detox Meal Plan for Males

Drink water with each meal and between each meal. Recommended amount: 3–5 liters/12–16 glasses (8 oz.) a day.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Protein</th>
<th>Fat</th>
<th>Carb</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>5 oz. Egg Whites</td>
<td>1 oz. Almonds</td>
<td>5 oz. Berries</td>
<td></td>
</tr>
<tr>
<td><strong>Mid-Morning</strong></td>
<td>ZEN Fuze Shake</td>
<td>ZEN Prime</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>5 oz. Chicken Breast</td>
<td>2 oz. Avocado</td>
<td>5 oz. Green Beans</td>
<td>Cauliflower</td>
</tr>
<tr>
<td><strong>Mid-Afternoon</strong></td>
<td>ZEN Fuze Shake</td>
<td>ZEN Prime</td>
<td></td>
<td></td>
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<tr>
<td><strong>Dinner</strong></td>
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<td><strong>Late Night</strong></td>
<td>+ Optional ZEN Fuze Shake</td>
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<td></td>
</tr>
</tbody>
</table>
HEALTHY FLAT PANCAKES

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

INGREDIENTS
Egg Whites
Natural Peanut Butter
Banana
Cinnamon

PREPARATION
1. Mix all ingredients in a blender.
2. Pour desired amount in skillet.
3. Cook pancake entirely through.
### SAMPLE BREAKFAST 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>3 oz. Egg Whites</td>
<td>28g</td>
<td>7g</td>
<td>21g</td>
<td>261 Calories</td>
</tr>
<tr>
<td>1 Tbsp. Natural Peanut Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ Banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon (to taste)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### SINGLE SERVING

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 palm (3 ounces)</td>
<td>28g</td>
<td>7g</td>
<td>21g</td>
<td>261 Calories</td>
</tr>
<tr>
<td>1 thumb</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 fist (2 ounces)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

#### MALES

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 oz. Egg Whites</td>
<td>41g</td>
<td>12g</td>
<td>32g</td>
<td>405 Calories</td>
</tr>
<tr>
<td>2 Tbsp. Natural Peanut Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Whole Banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon (to taste)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### SINGLE SERVING

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½–2 palms (5 ounces)</td>
<td>41g</td>
<td>12g</td>
<td>32g</td>
<td>405 Calories</td>
</tr>
<tr>
<td>1 big thumb</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 fists (5 ounces)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**STRAWBERRY SPINACH SALAD**

**INGREDIENTS**
- Boneless, Skinless Chicken
- Extra Virgin Olive Oil
- Strawberries
- Spinach
- Ground Pepper

**PREPARATION**
2. Slice strawberries to desired size.
3. Add strawberries and spinach to medium bowl.
4. Place chicken on top.
## Detox Phase
### Sample Lunch Recipe

#### Females

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carb</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. Chicken</td>
<td>1 Tbsp. Extra Virgin Olive Oil</td>
<td>2 oz. Strawberries</td>
<td>1-1½ Cups Spinach Ground Pepper (to taste)</td>
</tr>
</tbody>
</table>

**Single Serving**
- **Protein**: 26g
- **Fat**: 20g
- **Carb**: 5g
- **Calories**: 312

#### Males

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carb</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 oz. Chicken</td>
<td>2 Tbsp. Extra Virgin Olive Oil</td>
<td>5 oz. Strawberries</td>
<td>1-1½ Cups Spinach Ground Pepper (to taste)</td>
</tr>
</tbody>
</table>

**Single Serving**
- **Protein**: 52g
- **Fat**: 40g
- **Carb**: 10g
- **Calories**: 624

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**Use the hand diagrams and ingredient measurements listed as guides.**
GARLIC SALMON & ASPARAGUS

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

**INGREDIENTS**  
- Ground Pepper  
- ½ Clove Garlic  
- Lemon Juice  
- Salt  
- Ground Pepper

**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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>3 oz. Wild Atlantic Salmon</td>
<td>1 Tbsp. Avocado</td>
<td>2 oz. Asparagus</td>
<td>½ Clove Garlic 1 tsp. Lemon Juice Ground Pepper</td>
</tr>
<tr>
<td>Single Serving</td>
<td>19g</td>
<td>6g</td>
<td>5g</td>
<td>156 Calories</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>5 oz. Wild Atlantic Salmon</td>
<td>2 Tbsp. Avocado</td>
<td>5 oz. Asparagus</td>
<td>½ Clove Garlic 1 tsp. Lemon Juice Ground Pepper</td>
</tr>
<tr>
<td>Single Serving</td>
<td>38g</td>
<td>14g</td>
<td>11g</td>
<td>312 Calories</td>
</tr>
</tbody>
</table>