

BETA

ZEN8  
project 8  
PROGRAM GUIDE

PHASE  
**1**

**DETOX**

# CONGRATULATIONS!

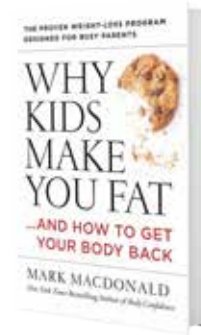
You have taken an important step to take back control of your health and transform your body. You're going to begin with a 7-day detox, where you will lose your bloat.

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 our 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, is an international nutrition and fitness expert, TV personality and author of the New York Times' bestselling book, "Body Confidence". The ZEN Program is featured throughout Mark's latest bestselling book, "Why Kids Make You Fat... And How To Get Your Body Back".

Mark Macdonald



PHASE  
**1**

## DETOX

Week 1 (7 days)

**3 STEPS**

- 1 CUT
- 2 CLEAN
- 3 FLUSH

PHASE  
**2**

## IGNITE

Weeks 2-8 (49 days)

**3 STEPS**

- 1 BURN
- 2 SCULPT
- 3 RESTORE

PHASE  
**3**

## THRIVE

Week 9+ (recurring 28 days)

**3 STEPS**

- 1 REPROGRAM
- 2 DIVERSIFY
- 3 ENERGIZE



## BEFORE YOU START, COMPLETE THESE 3 STEPS!

STEP  
**1**

### TAKE BEFORE PICTURES

Make sure you are wearing form-fitting clothing. Wear the same clothes in your before and after pictures. Take pictures on a clean, white background with a good camera. Take a front and back image to track your progress.

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 X amount of water a day? Make a realistic goal and stick to it. Write your goal to the right.

#### GOAL FOR DETOX 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](https://facebook.com/groups/ZENproject8).

ZEN PROJECT 8 COMMUNITY



# PHASE 1 DETOX

Week 1 (7 days)

## 1 CUT

BEGIN CUTTING FOODS THAT CAUSE BLOATING.

Below is a list of 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<sup>1</sup>
- Coffee & Tea<sup>2</sup>

Also cut exercise (just for DETOX Phase)<sup>3</sup>

- 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.

#### 4 SUGGESTED DETOX SUPPLEMENTS

- Milk Thistle\*\* 500 mg (100 mg of Silybum Marianum)
- Cranberry Extract\*\* 500 mg
- Senna Extract\*\* 400 mg (20 mg of Sennosides)
- Dandelion Root Extract\*\* 400 mg

\*\*May be purchased online or at many nutrition stores.

## 2 CLEAN

CLEAN OUT YOUR DIGESTIVE SYSTEM

Clean out your digestive system with **ZEN Pro Shakes**, **detox supplement**, and clean foods.\*

SAMPLE MEAL PLAN	
<b>Breakfast</b>	Protein + Fat + Carb (Ex: Egg Whites + Almonds + Berries)
<b>Mid-Morning</b>	<b>ZEN Pro Shake</b>
<b>Lunch</b>	Protein + Fat + Carb (Ex: Chicken Breast + Avocado + Green Beans)
<b>Mid-Afternoon</b>	<b>ZEN Pro Shake + Detox Supplement<sup>4</sup></b> (See suggested supplements below)
<b>Dinner</b>	Protein + Fat + Carb (Ex: Grilled Halibut + Olive Oil + Asparagus + Medium Bowl of Spinach or Lettuce)
<b>Late Night</b>	<b>+ Optional ZEN Pro Shake</b>

## 3 FLUSH

"FLUSH" EXCESS TOXINS WITH WATER.

Water Recommendations

FEMALES	MALES
8-12 glasses per day	12-16 glasses per day
 8 ounce glass	

- Drink plenty of water with each meal and between each meal.
- Drink as much water as you can within the recommended guidelines.

\*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.



# 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	PFC Every 3
Mid-Morning	PFC Every 3
Lunch	PFC Every 3
Mid-Afternoon	PFC Every 3
Dinner	PFC Every 3
Late Night	PFC Every 3

## Guidelines to Optimizing Your Portion Sizes:


- Let go of the calorie mindset. Simply follow your portion sizes each meal.
- You can measure your portion sizes by weight or with your hands (palm, fist and thumb).
- Make sure you are hungry (never starving) before each meal and satisfied (never full) after. If you are hungry before 3 hours, eat a balanced meal before the 3-hour mark.
- If you measure food with a scale, always measure it pre-cooked since weight will be lost during cooking. If you measure portion sizes with your hands, pre-cooked weight does not matter.

## 1 PROTEIN      1 FAT      1 CARB      FREE FOODS


meal portions

 FEMALE  
**1 palm or 3 oz.**

MALE  
**1 1/2 palms or 5 oz.**

 FEMALE  
**1 tip of the thumb**

MALE  
**1 thumb**

 FEMALE  
**1 fist or 3 oz.**

MALE  
**2 fists or 5 oz.**

**Unlimited**

### PROTEIN

Lean Proteins:

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

- Avocado
- Chia Seeds
- Flax Seeds
- Oils
  - Olive
  - Coconut
  - Macadamia
- Raw Nuts & Natural Nut Butters

### CARB

Fruits:	Vegetables:
• Apples	• Bell Peppers
• Bananas	• Broccoli
• Berries	• Carrots
• Grapefruit	• Cucumber
• Mangos	• Green Beans
• Oranges	• Tomato

Avoid calorie dense veggies in the DETOX Phase, like beans, corn, peas, potatoes, etc.

### FREE FOODS

Herbs:	Spices:
• Basil	• Cinnamon
• Bay Leaves	• Garlic
• Cilantro	• Ginger
• Parsley	• Nutmeg
• Rosemary	• Peppercorns
• Thyme	• Saffron




Leafy Greens (fresh only)

• Collard Greens	• Lettuce (all types)
• Kale	• Spinach

# SUGGESTED MEAL PLAN

REPEAT THIS MEAL PLAN EACH DAY FOR **ONE WEEK** (7 DAYS).

## DETOX MEAL PLAN FOR FEMALES




PFC EVERY 3	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 palm or 3 oz.	 1 tip of thumb	 1 fist or 3 oz.	Unlimited
Breakfast	3 Egg Whites	.5 oz. of Almonds	3 oz. of Berries	
Mid-Morning	<b>ZEN Pro Shake</b> (use only water; add ice for desired consistency)			
Lunch	3 oz. of Chicken Breast	1 oz. of Avocado	3 oz. of Green Beans	
Mid-Afternoon	<b>ZEN Pro Shake + Detox Supplement</b> (use only water; add ice for desired consistency)			
Dinner	3 oz. of Grilled Halibut	.5 tbsp. of Olive Oil (for your salad)	3 oz. of Asparagus	Medium Bowl of Spinach or Lettuce
Late Night	<b>+ Optional ZEN Pro Shake</b> (use only water; add ice for desired consistency)			

Any protein, fat, or carb can be evenly exchanged; simply swap from the food exchange list.

### Guidelines to Optimizing Results:

- You will be “Eating in 3’s” – eating a combination of protein, fat, and carbs every 3 hours.
- Eat your first meal within an hour of waking and your last meal within an hour upon bedtime.
- Add a 6th meal. If still hungry after dinner, have a shake.
- If you fall off your plan for more than 2-3 days, you can “reboot” your plan by simply repeating this 7-day DETOX Phase.

## DETOX MEAL PLAN FOR MALES

PFC EVERY 3	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 1/2 palms or 5 oz.	 1 thumb	 2 fists or 5 oz.	Unlimited
Breakfast	5 Egg Whites	1 oz. of Almonds	5 oz. of Berries	
Mid-Morning	<b>ZEN Pro Shake</b> (use only water; add ice for desired consistency)			
Lunch	5 oz. of Chicken Breast	2 oz. of Avocado	5 oz. of Green Beans	
Mid-Afternoon	<b>ZEN Pro Shake + Detox Supplement</b> (use only water; add ice for desired consistency)			
Dinner	5 oz. of Grilled Halibut	1 tbsp. of Olive Oil (for your salad)	5 oz. of Asparagus	Medium Bowl of Spinach or Lettuce
Late Night	<b>+ Optional ZEN Pro Shake</b> (use only water; add ice for desired consistency)			

Any protein, fat, or carb can be evenly exchanged; simply swap from the food exchange list.

# DETOX PHASE SAMPLE BREAKFAST RECIPE

## HEALTHY FLAT PANCAKES



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

SINGLE SERVING		FEMALE	MALE
<b>EVERY PFC 3</b>	PROTEIN	28g	41g
	FAT	7g	12g
	CARB	21g	32g
CALORIES		261	405

### INGREDIENTS

Use the hand diagrams and ingredient measurements listed below as guides.

#### PROTEIN



FEMALE  
1 palm  
MALE  
1 1/2 palms  
3 Egg Whites  
5 Egg Whites

• Egg Whites

#### FAT



FEMALE  
1 tip of the thumb  
MALE  
1 whole thumb  
1 tbsp.  
2 tbsp.

• Natural Peanut Butter

#### CARB



FEMALE  
1 fist  
MALE  
2 fists  
1/2  
Whole

• Banana

#### FREE FOODS

Unlimited

• Cinnamon (to taste)

### DIRECTIONS

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



# DETOX PHASE SAMPLE LUNCH RECIPE

## STRAWBERRY SPINACH SALAD



 PREP TIME: 5 min  
 COOK TIME: 15 min  
 TOTAL TIME: 20 min

SINGLE SERVING		FEMALE	MALE
<b>EVERY 3 PFC</b>	<b>PROTEIN</b>	26g	52g
	<b>FAT</b>	20g	40g
	<b>CARB</b>	5g	10g
CALORIES		312	624

### INGREDIENTS

Use the hand diagrams and ingredient measurements listed below as guides.

#### PROTEIN



FEMALE	MALE
1 palm	1 1/2 palms
3 oz.	5 oz.

- Chicken

#### FAT



FEMALE	MALE
1 tip of the thumb	1 whole thumb
1 tbsp.	2 tbsp.

- Extra Virgin Olive Oil

#### CARB



FEMALE	MALE
1 fist	2 fists
3 oz.	6 oz.

- Strawberries

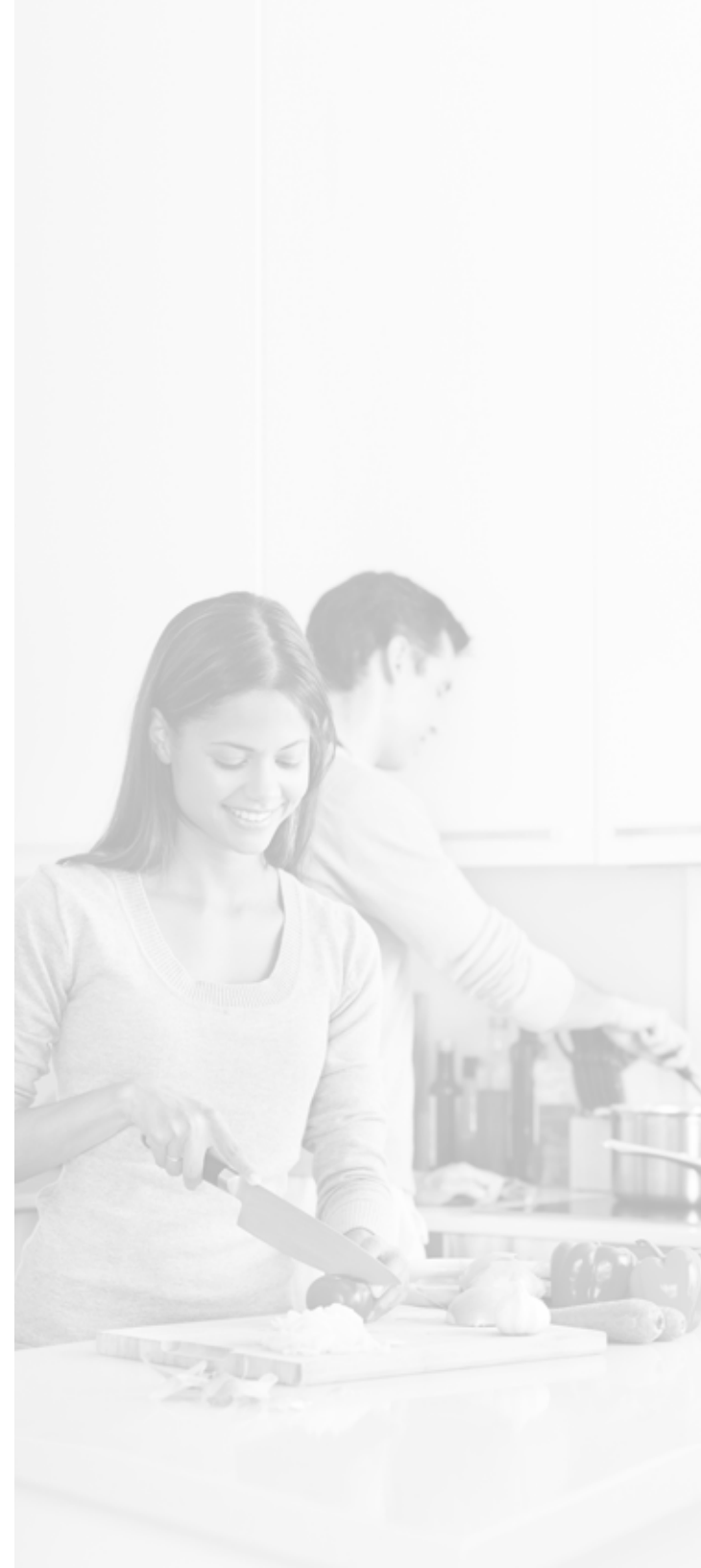
#### FREE FOODS

Unlimited

- 1-1/2 Cups Spinach
- Ground Pepper (to taste)

### DIRECTIONS

1. Grill chicken for 12-15 minutes.
2. Slice strawberries to desired size.
3. Add strawberries and spinach to medium bowl.
4. Place chicken on top.





# DETOX PHASE SAMPLE DINNER RECIPE

## GARLIC SALMON & ASPARAGUS



 PREP TIME: 10 min

 COOK TIME: 30 min

 TOTAL TIME: 40 min

SINGLE SERVING		FEMALE	MALE
<b>EVERY 3</b>	<b>PROTEIN</b>	19g	38g
	<b>FAT</b>	6g	14g
	<b>CARB</b>	5g	11g
CALORIES		156	312

### INGREDIENTS

Use the hand diagrams and ingredient measurements listed below as guides.

#### PROTEIN



FEMALE	MALE
1 palm	1 1/2 palms
3 oz.	5 oz.

- Wild Atlantic Salmon

#### FAT



FEMALE	MALE
1 tip of the thumb	1 whole thumb
1 tbsp.	2 tbsp.

- Avocado

#### CARB



FEMALE	MALE
1 fist	2 fists
3 oz.	6 oz.

- Asparagus

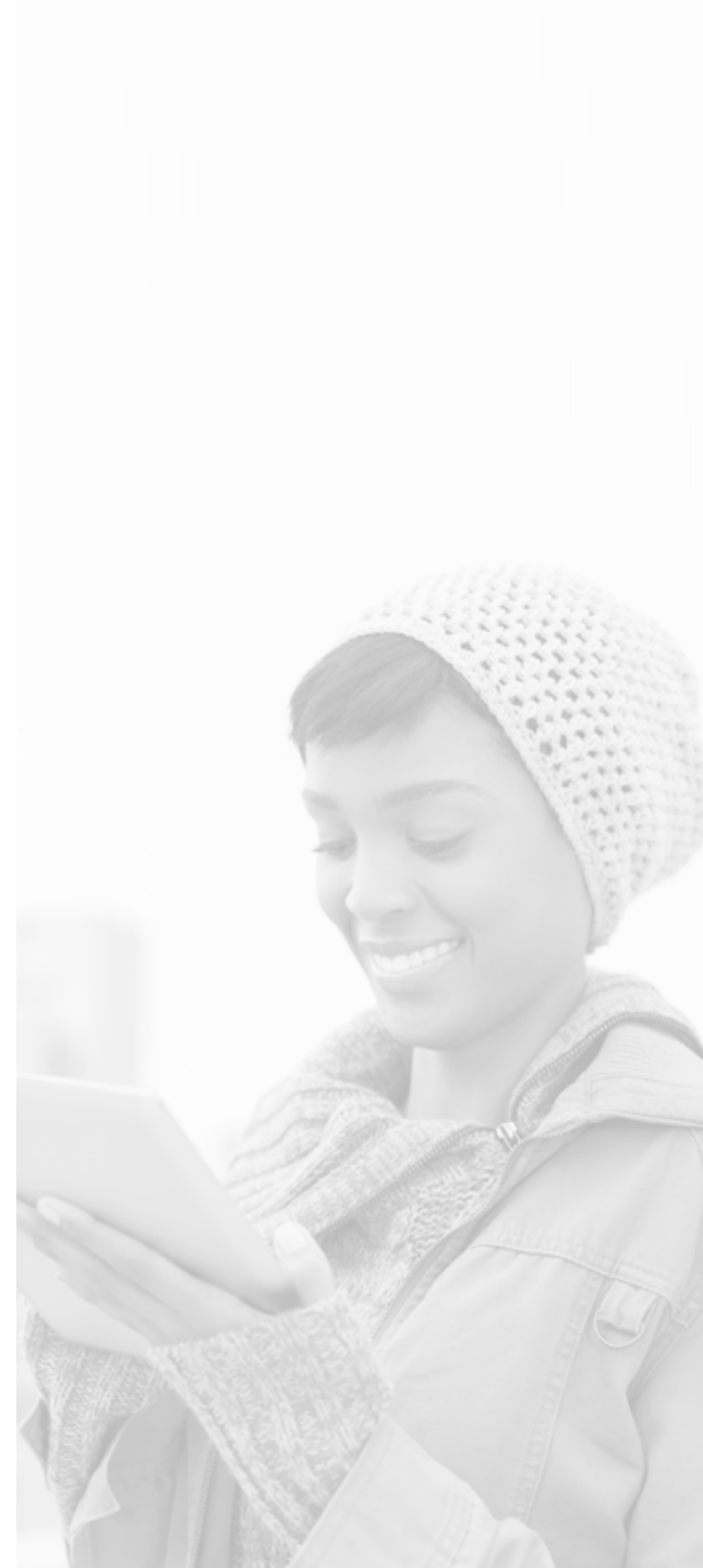
#### FREE FOODS

Unlimited

- 1/2 Garlic Cloves
- 1 tsp. Lemon Juice
- Ground Pepper (to taste)

### DIRECTIONS

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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