

BETA

ZEN8
project 8
PROGRAM GUIDE

PHASE

2

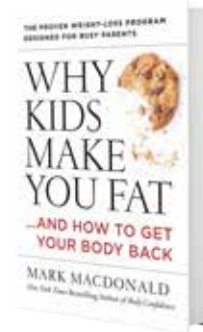
IGNITE
PROGRAM GUIDE

KICK YOUR BODY INTO HIGH GEAR!

Congratulations! You have taken an important step toward continuing the progress you made in the DETOX Phase. Now it's time to melt your belly fat with the help of ZEN products...

ZEN Shape acts as a catalyst to ignite your metabolism and burn extra calories. In the IGNITE Phase, you will continue to eat "PFC Every 3"—a balanced combination of proteins, fats, and carbs every 3 hours. Exercise will also play an important role. We recommend 2-3 days of strength training combined with 2 days of high intensity cardio. Here's to the next 7 weeks!

Mark Macdonald, co-creator of the ZEN 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

DOWNLOAD WORKOUT CALENDAR

Exercise plays an important role in the IGNITE Phase. To help track your progress, download the ZEN IGNITE Workout Calendar at jeunessehq.com/zen-downloads. Stay motivated by tracking your daily nutrition and workouts as well as your progress with a weekly weigh-in. Print the calendar out twice for the full 7 weeks in the IGNITE Phase.

STEP
2

SET REALISTIC GOALS

Think of 1 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 goal to the right.

GOAL FOR IGNITE WEEK:

STEP
3

JOIN THE FACEBOOK COMMUNITY

Studies show you have more success working out with a group. Use this ZEN Facebook community for advice, recipes, and more! Visit us at facebook.com/groups/ZENproject8

ZEN PROJECT 8 COMMUNITY



PHASE
2

IGNITE

Weeks 2-4 (21 days)

1

BURN

IGNITE YOUR METABOLISM WITH BURN

Ignite your metabolism by taking 1 capsule of the **ZEN Shape** with your morning and afternoon **ZEN Pro Shakes**.*

More Info:

- Repeat the DETOX Phase if you ever feel your body is in need of a cleanse or reset.*

* 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.

2

SCULPT

SCULPT YOUR BODY WITH EXERCISE

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

2 DAYS/WEEK



30 minutes of **Strength Training**

Examples: pilates, yoga, workout class, cross fit, weights

2 DAYS/WEEK



30 minutes of **High Intensity Cardio**

Examples: jumping rope, running, spinning, running stairs

PLUS



30+ minutes of **Fat Burning Cardio**
Examples: stair climbing, cycling, jogging, walking, elliptical, swimming

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

3

RESTORE

RESTORE LEAN MUSCLE WITH ZEN PROTEIN SHAKES

Restore your body's lean muscle with **ZEN protein shakes**.*

SAMPLE MEAL PLAN

Breakfast

Protein + Fat + Carb (Ex: Eggs + Almonds + Oatmeal)

Mid-Morning

ZEN Pro Shake + ZEN Shape

Lunch

Protein + Fat + Carb (Ex: Salmon + Avocado + Brown Rice)

Mid-Afternoon

ZEN Pro Shake + ZEN Shape

Dinner

Protein + Fat + Carb (Ex: Steak + Broccoli + Spinach + Salad Dressing)

Late Night

+ Optional ZEN Pro Shake

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

meal portions



FEMALE
1 palm or
3 oz.

MALE
1 1/2 palms
or 5 oz.

1 FAT



FEMALE
1 tip of the
thumb

MALE
1 thumb

1 CARB



FEMALE
1 fist or
3 oz.

MALE
2 fists or
5 oz.

FREE FOODS

Unlimited

PROTEIN

Lean Proteins:

- Bison (extra-lean)
- Chicken
- Egg Whites
- Hemp
- Lean Fish
- + Shellfish can be eaten in this phase
- Turkey
- Venison
- ZEN Pro Shakes

Non-Lean Proteins: (do not add a fat with these options)

- + Beef (filet)
- + Beef (ground)
- + Eggs (whole)
- + Non-lean fish
- + Lamb
- + Pork Tenderloin

FAT

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

CARB

Fruits:

- Apples
- Bananas
- Berries
- Grapefruit
- Mangos
- Oranges

Vegetables:

- Bell Peppers
- Broccoli
- Carrots
- Cucumber
- Green Beans
- Tomato

Grains/Calorie Dense Carbs:

- + Beans (fresh or dried)
- + Brown Rice
- + Potatoes (sweet potatoes are best)
- + Quinoa
- + Yams
- + Oatmeal
- + Millet

FREE FOODS

Herbs:

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

Spices:

- Cinnamon
- Garlic
- Ginger
- Nutmeg
- Peppercorns
- Saffron

Leafy Greens (fresh only)

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

Condiments:




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

+ NEW to IGNITE Phase

SUGGESTED MEAL PLAN

REPEAT THIS MEAL PLAN EACH DAY FOR **SEVEN WEEKS** (49 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	ZEN Pro Shake + ZEN Shape (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	ZEN Pro Shake + ZEN Shape (snack examples: protein bar, meal replacement bar)			
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	+ Optional ZEN Pro Shake (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
	 1½ 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	ZEN Pro Shake + ZEN Shape (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	ZEN Pro Shake + ZEN Shape (snack examples: protein bar, meal replacement bar)			
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	+ Optional ZEN Pro Shake (use only water; add ice for desired consistency)			

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

IGNITE PHASE SAMPLE BREAKFAST RECIPE

PUMPKIN WAFFLES



 PREP TIME: 5 min

 COOK TIME: 5 min

 TOTAL TIME: 10 min

SINGLE SERVING	FEMALE	MALE
EVERY PFC 3 PROTEIN:	14g	28g
FAT:	4g	8g
CARB:	21g	42g
CALORIES:	167	334

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.

- Egg Whites

FAT



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

- Chia Seeds

CARB



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

- 100% Pumpkin Puree

FREE FOODS

Unlimited

- Cinnamon

DIRECTIONS

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



IGNITE PHASE SAMPLE LUNCH RECIPE

MANGO CHICKEN OVER RICE



 PREP TIME: 10 min
 COOK TIME: 15 min
 TOTAL TIME: 25 min

SINGLE SERVING	FEMALE	MALE
PFC	PROTEIN:	10g 20g
EVERY	FAT:	15g 30g
3	CARB:	30g 60g
CALORIES:	288	576

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.

- Boneless, Skinless Chicken Breast

FAT



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

- Olive Oil

CARB



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

- Mango
- Scallions
- Steamed rice

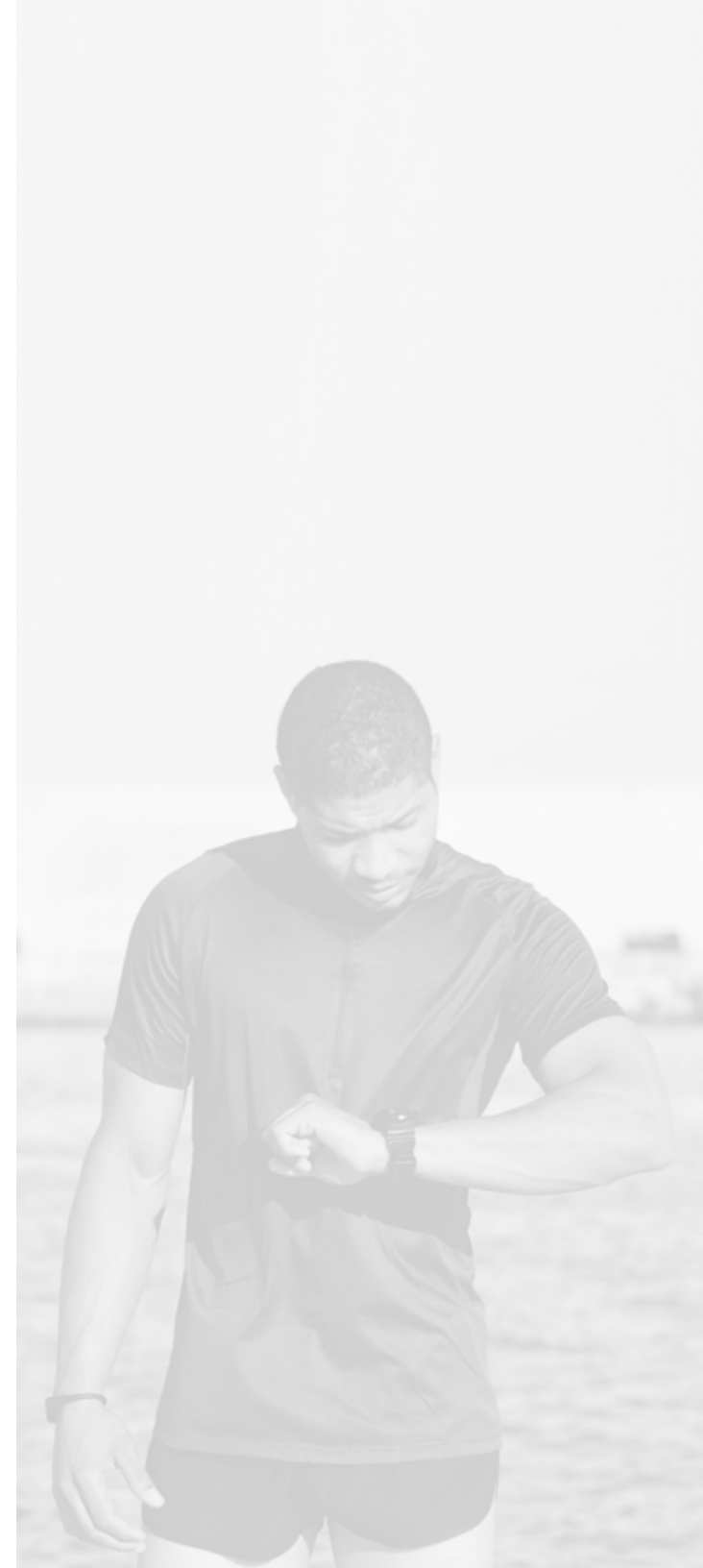
FREE FOODS

Unlimited

- 1 tbsp. Basil Leaves
- 1/4 tsp. White Pepper
- 1 1/2 tbsp. Lime Juice

DIRECTIONS

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.



IGNITE PHASE SAMPLE DINNER RECIPE

SHRIMP AND QUINOA SALAD



 PREP TIME: 5 min
 COOK TIME: 25 min
 TOTAL TIME: 30 min

SINGLE SERVING	FEMALE	MALE
EVERY PFC 3 PROTEIN:	23g	46g
FAT:	7g	14g
CARB:	25g	50g
CALORIES:	248	496

INGREDIENTS

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

PROTEIN



FEMALE	MALE
1 palm	1½ palms
3 oz.	5 oz.

- Shrimp

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.

- Quinoa
- Cherry Tomatoes

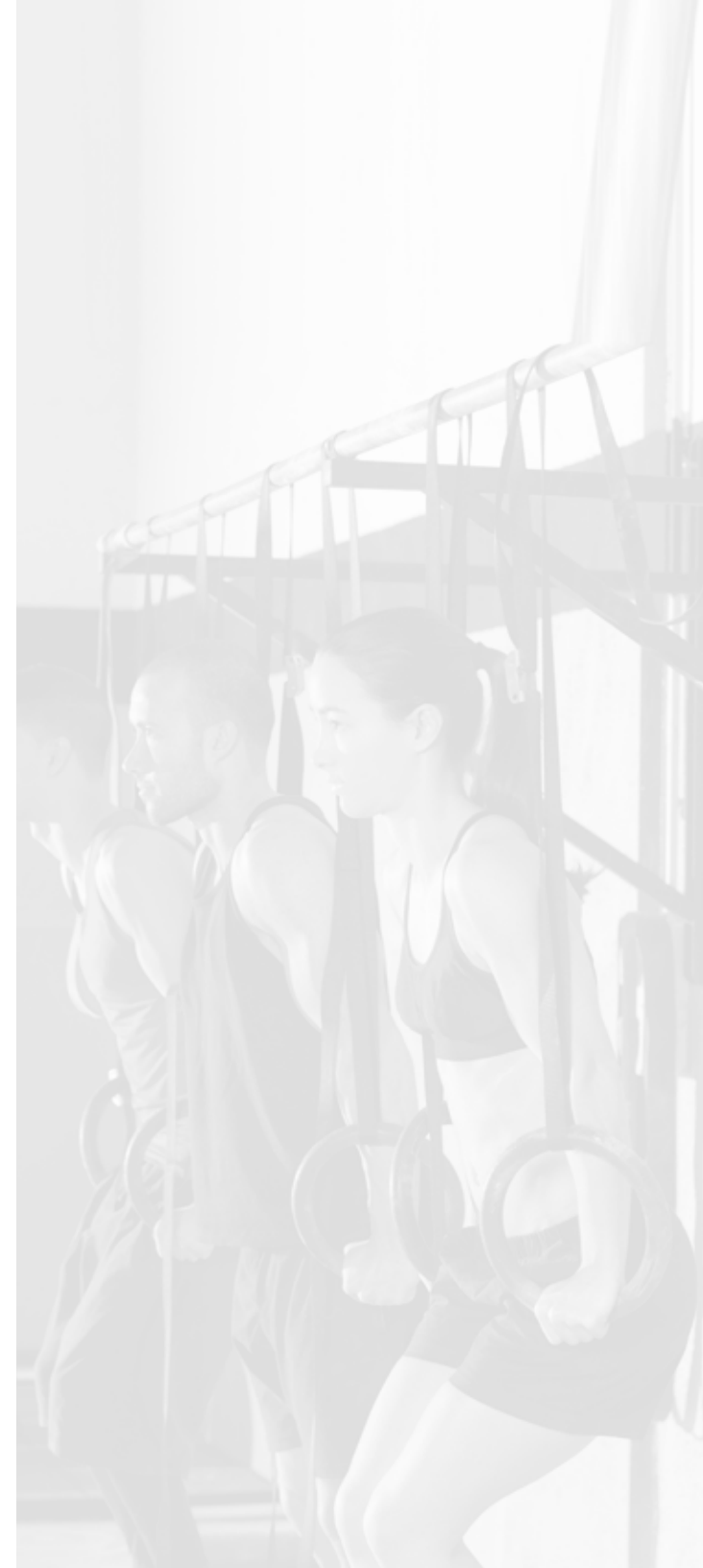
FREE FOODS

Unlimited

- Lettuce
- 3 tbsp. Lemon Juice

DIRECTIONS

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.





JEUNESSEGLOBA.COM/ZENPROJECT8