

BETA

ZEN8  
project 8  
PROGRAM GUIDE

PHASE  
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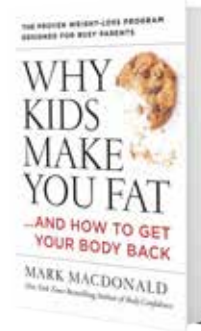
THRIVE  
PROGRAM GUIDE

# KEEP IT GOING!

**Congratulations!** You've completed your 8-week run! Now it's time to make a decision. In my years of coaching and training thousands of people, I've learned and seen firsthand that it's the moment after your big push when you either thrive and continue making yourself a priority or you begin to lose ground and fall back into bad habits. Make the decision now to THRIVE. The definition of thrive is to progress toward or realize a goal despite or because of circumstances. Now is the time to keep progressing no matter how hard life pushes back by diversifying your food and exercise and evolving your plan into a way of life with your family and friends.

In the THRIVE Phase, continue to eat clean and supplement with the ZEN Protein Shakes and ZEN Fit. Also, try introducing new recipes, adding a cheat meal once a week, and switching up your exercise routine. It's time to own your health. It's time to live your life energized. It's time to THRIVE!

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 Project 8 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 will continue to play a key role in your new healthy lifestyle. To help track your progress, download the ZEN THRIVE Workout Calendar at [jeunessehq.com/zen-downloads](http://jeunessehq.com/zen-downloads). Stay motivated by tracking your daily nutrition and workouts as well as your progress with a weekly weigh-in.

STEP  
**2**

### SET REALISTIC GOALS

Think of 1 goal you want to accomplish over the next four weeks. Maybe it's trying a new type of exercise? Maybe it's sticking to your nutrition plan? Make a realistic goal and stick to it. Write your goal below.

#### GOAL FOR THRIVE 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](http://facebook.com/groups/ZENproject8).

ZEN PROJECT 8 COMMUNITY



PHASE

3

# THRIVE

LIVE YOUR LIFE

Weeks 5-8 (reoccurring 28 days)

1

## REPROGRAM

REPROGRAM YOUR MIND  
TO EAT CLEAN

Maintain your achieved results by reprogramming your mind to continue to eat clean. Supplement with **ZEN Protein Shakes** and **ZEN Fit**.\*

### SAMPLE MEAL PLAN

**Breakfast** Protein + Fat + Carb (Ex: Greek Yogurt + Almonds + Berries)

**Mid-Morning** **ZEN Pro Shake**

**Lunch** Protein + Fat + Carb (Ex: Blackened Tilapia + Seasoned Mayo + Whole Wheat Tortilla)

**Mid-Afternoon** Protein Snack + Carb + **ZEN Fit**

**Dinner** Protein + Fat + Carb (Ex: Grilled Halibut + Sweet Potatoes + Butter/Cinnamon)

**Late Night** + **Optional ZEN Pro Shake** (if hungry)

2

## DIVERSIFY

DIVERSIFY YOUR EATING  
HABITS

Diversify your eating habits by trying other clean-eating recipes, or **ZEN Protein Shake** recipes.

- Diversify your food by adding an Off-Plan Meal a.k.a. “cheat meal” once per week.
- Diversify by trying **ZEN** recipes.



3

## ENERGIZE

LIVE AND ENJOY YOUR  
NEW HEALTHY LIFESTYLE

It's time to live invigorated in your new healthy and fit lifestyle.

More Info:

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

\* 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**)

**PFC EVERY 3**

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
- Turkey
- Venison
- CORE Protein Shakes
- + Greek Yogurt (fat free)

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

- Beef (filet)
- Beef (ground)
- Eggs (whole)
- + Cheese sparingly (unprocessed)
- Non-lean fish
- Lamb
- Pork Tenderloin
- + Cottage Cheese
- + Greek Yogurt (low fat)

## FAT

- Avocado
- Chia Seeds
- Flax Seeds
- Oils
  - Olive
  - Coconut
  - Macadamia
- Raw Nuts & Natural Nut Butters
- Olives
- + Butter (moderate)
- + Guacamole (moderate)
- + Mayonnaise (moderate)
- + Salad Dressing (moderate)
- + Sour Cream (moderate)

## 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
- Oatmeal + Hot Cereals
- Potatoes & Yams
- Quinoa + Couscous
- Millet
- + Bread
- + Pasta

## 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.)
- + Barbecue Sauce, Ketchup, Mustard, Himalayan Pink Salt (use sparingly)

+ NEW to THRIVE Phase




# SUGGESTED MEAL PLAN

MAINTAIN YOUR ACHIEVED RESULTS BY CONTINUING TO EAT CLEAN.

## 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 the 7-day DETOX Phase.

## THRIVE 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
<b>Breakfast</b>	3 Egg Whites	.5 oz. of Almonds	3 oz. of Berries	
<b>Mid-Morning</b>	<b>ZEN Pro Shake</b> (use only water; add ice for desired consistency)			
<b>Lunch</b>	3 oz. of Chicken Breast	1 oz. of Avocado	3 oz. of Green Beans	
<b>Mid-Afternoon</b>	Protein Snack + Carb + <b>ZEN Fit</b>			
<b>Dinner</b>	3 oz. of Grilled Halibut	.5 tbsp. of Olive Oil (for your salad)	3 oz. of Asparagus	Medium Bowl of Spinach or Lettuce
<b>Late Night</b>	<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.

## THRIVE 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
<b>Breakfast</b>	5 Egg Whites	1 oz. of Almonds	5 oz. of Berries	
<b>Mid-Morning</b>	<b>ZEN Pro Shake</b> (use only water; add ice for desired consistency)			
<b>Lunch</b>	5 oz. of Chicken Breast	2 oz. of Avocado	5 oz. of Green Beans	
<b>Mid-Afternoon</b>	Protein Snack + Carb + <b>ZEN Fit</b>			
<b>Dinner</b>	5 oz. of Grilled Halibut	1 tbsp. of Olive Oil (for your salad)	5 oz. of Asparagus	Medium Bowl of Spinach or Lettuce
<b>Late Night</b>	<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.

# THRIVE PHASE SAMPLE BREAKFAST RECIPE

## GREEK YOGURT PARFAIT



 PREP TIME: 5 min  
 COOK TIME: 0 min  
 TOTAL TIME: 5 min

SINGLE SERVING	FEMALE	MALE
<b>EVERY PFC 3</b>	<b>PROTEIN:</b>	13g 26g
	<b>FAT:</b>	7g 14g
	<b>CARB:</b>	16g 32g
<b>CALORIES:</b>	177	354

## 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.

- Greek Yogurt

### 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.

- Granola
- Mixed Berries of choice

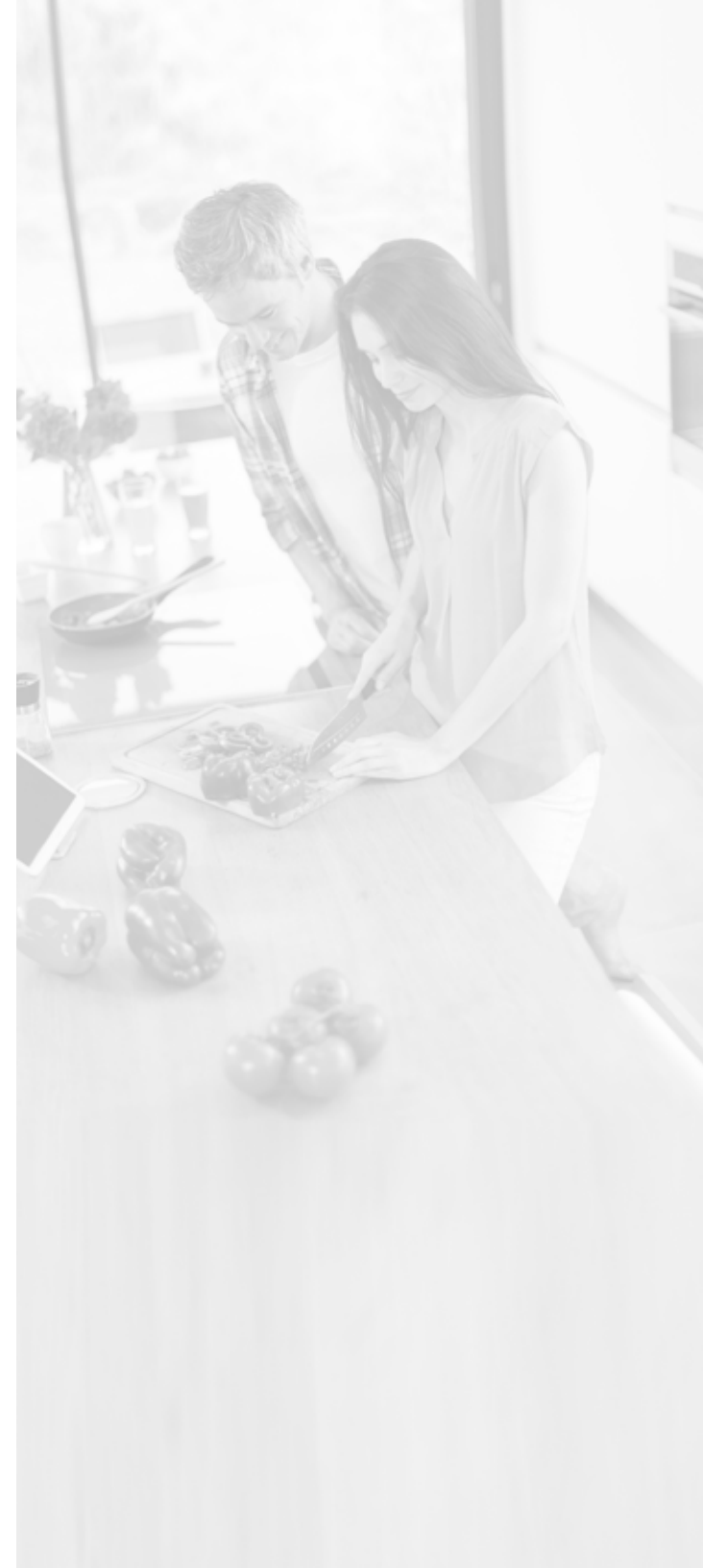
### FREE FOODS

Unlimited

- Your choice

## DIRECTIONS

1. Fill 1/4 glass with mixed berries.
2. Layer with greek yogurt.
3. Add another layer of mixed berries. Cover with yogurt.
4. Top with granola and chia seeds.



# THRIVE PHASE SAMPLE LUNCH RECIPE

## FRESH TUNA SANDWICH



 PREP TIME: 5 min

 COOK TIME: 4 min

 TOTAL TIME: 9 min

SINGLE SERVING	FEMALE	MALE
<b>PFC EVERY 3</b> PROTEIN:	25g	50g
FAT:	13g	26g
CARB:	27g	54g
CALORIES:	321	642

### INGREDIENTS

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

#### PROTEIN



FEMALE  
1 palm

MALE  
1 1/2 palms

3 oz.

5 oz.

- Fresh Tuna

#### FAT



FEMALE  
1 tip of the  
thumb

MALE  
1 whole  
thumb

1 tbsp.

2 tbsp.

- Low-Fat Mayonnaise

#### CARB



FEMALE  
1 fist

MALE  
2 fists

3 oz.

6 oz.

- Whole Wheat Bread

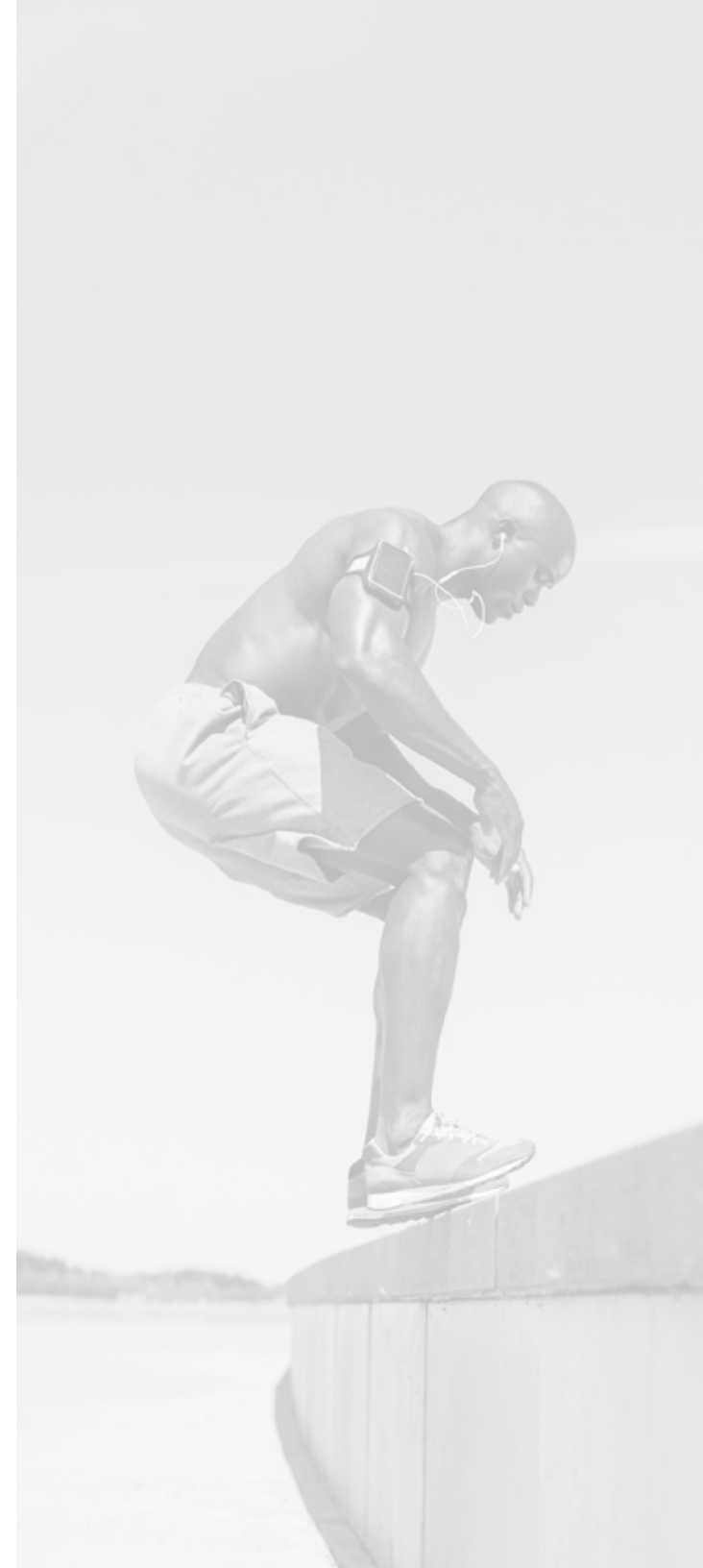
#### FREE FOODS

Unlimited

- Kosher Salt & Black Pepper
- Dill Relish

### DIRECTIONS

1. Poach tuna in salted water for 3-4 minutes until cooked through.
2. Flake and pull apart and place in large bowl. Combine with mayonnaise, dill relish, salt, and pepper
3. Spread on whole wheat bread. Add lettuce if desired.








# THRIVE PHASE SAMPLE DINNER RECIPE

## CROCK-POT TURKEY CHILI



 PREP TIME: 10 min  
 COOK TIME: 7h 10 m  
 TOTAL TIME: 7h 20 m

SINGLE SERVING	FEMALE	MALE
<b>EVERY 3 PFC</b> PROTEIN:	15g	30g
FAT:	8g	16g
CARB:	10g	20g
CALORIES:	184	368

### INGREDIENTS

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

#### PROTEIN



FEMALE  
1 palm  
3 oz.

MALE  
1 1/2 palms  
5 oz.

- Ground Turkey

#### FAT



FEMALE  
1 tip of the thumb  
1 tbsp.

MALE  
1 whole thumb  
2 tbsp.

- Avocado

#### CARB



FEMALE  
1 fist  
3 oz.

MALE  
2 fists  
6 oz.

- Red Bell Peppers
- Zucchini
- Onion
- Organic tomatoes

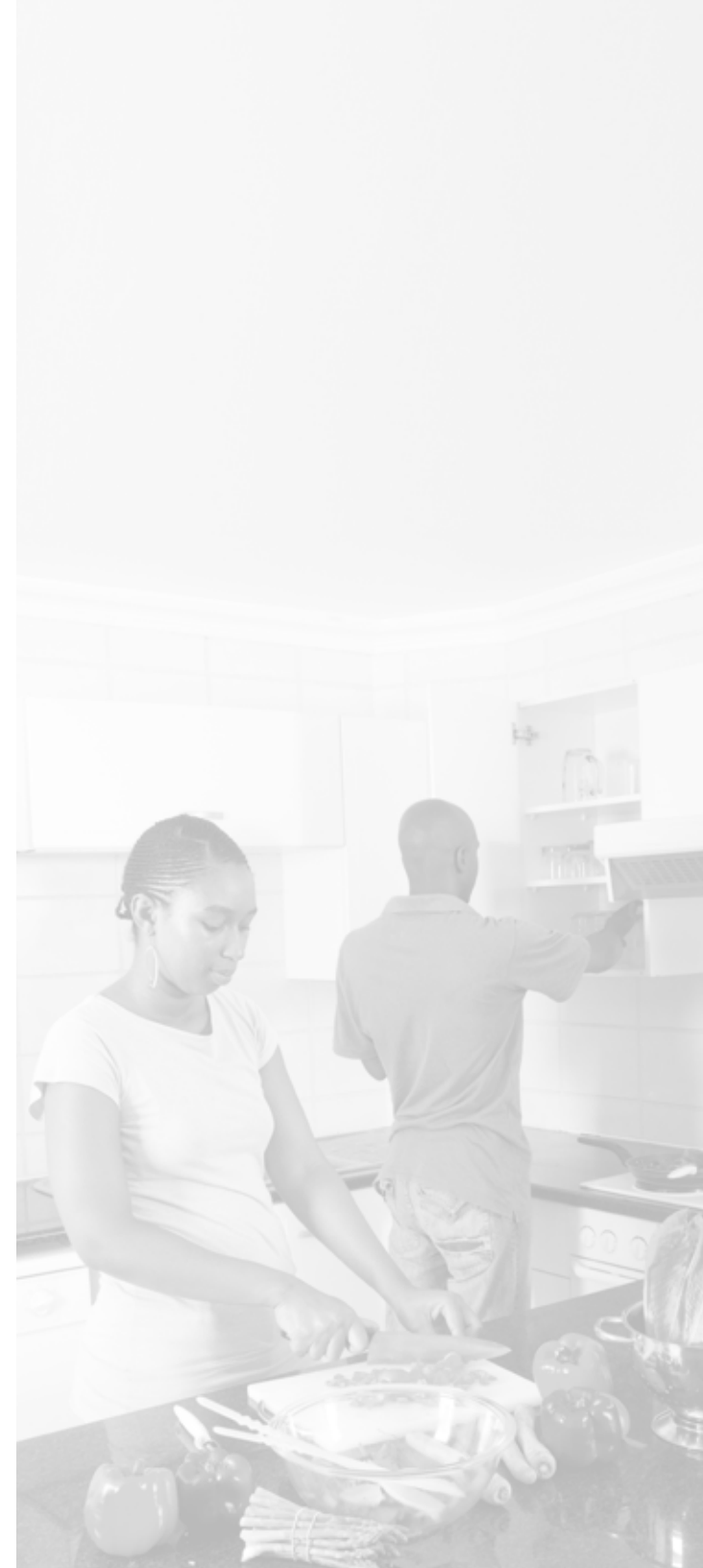
#### FREE FOODS

Unlimited

- 1/2 Garlic Clove, diced
- 1 tsp. Dried Oregano
- 1 tsp. Ground Cumin
- 1/2 tsp. Chili Powder

### DIRECTIONS

1. Chop peppers, zucchini, and onion; dice tomatoes.
2. In medium pan, cook ground turkey until brown.
3. Place remaining ingredients and turkey into crock-pot.
4. Cook on high for two hours, then reduce heat to low. Cook for 4-5 hours.
5. Top with diced avocado.





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