

ZEN⁸
twenty⁸



ZEN 28 MEAL PLAN & RECIPE BOOKLET

AMERICAN CUISINE

#ZEN28



HELLO!

I'm Mark Macdonald, co-creator of the ZEN BODI product line and ZEN 28 program.

Welcome to your 28-day nutrition revolution!

This simple-to-follow plan is designed to guide you every step of the way with your health, and most importantly, empower your food education so you start living your best health!

ZEN 28 has helped hundreds of thousands of people around the world transform their health, balance their bodies and live life to the fullest. Your time is now!

This booklet is presented in four sections:

Section 1: Track Your Progress with Your Goals, Energy and Measurements

Section 2: Eating PFC Every 3: Balancing Your Body by Balancing Your Food

Section 3: Your 28-Day Plan and 6 Power Products to Feeling Your Best Again

Section 4: Keeping Your Food Exciting with Clean, Delicious and PFC-Balanced Recipes

Ok, it's time to get started...

I'm excited to rock this journey together. Are you ready? Your 28-day experience begins now!

massive hugs,

MARK MACDONALD

MEET MARK

Co-creator of the ZEN 28 program and ZEN Brand Ambassador, Mark Macdonald is an international nutrition and fitness expert, TV personality and New York Times best-selling author.



SECTION

1

BEFORE YOU START, COMPLETE THESE 3 STEPS!

step 1

TAKE “BEFORE” PICTURES & MEASUREMENTS



GO DIGITAL

Use a digital camera or mobile phone, and be sure to send high-resolution photos. A plain background without any clutter is best.



SLIP INTO SKINNIES

Swimwear or form-fitting workout clothes will highlight your results. Be sure to include your face in every photo!

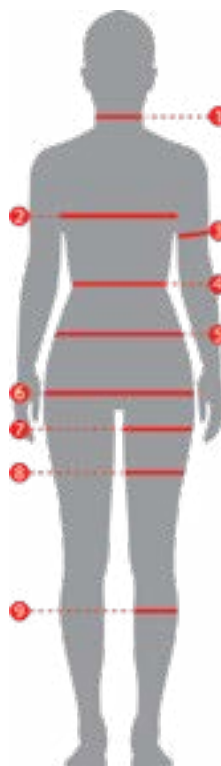


ALL THE ANGLES

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.



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. Be sure to wear 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 Joffice™ and click on the ZEN 28 tab to upload your pics and measurements.

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 a certain amount of water each day. Whatever it is, make a realistic goal and stick to it. Write your goals now.

GOALS FOR DETOX WEEK:

step 3

JOIN THE COMMUNITY

Studies show you have more success achieving your goals with a group cheering you on. We have some great options for you to win with your health and get support every step of the way. Whether it's Facebook or Instagram, inspiration, education and encouragement are always at your fingertips. To get started, simply connect with our global ZEN 28 group at www.facebook.com/groups/zenproject8. You'll also find language-specific groups, plus connections to WeChat groups.





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

SECTION

2

EATING PFC EVERY 3 BALANCING YOUR BODY BY BALANCING YOUR FOOD

Looking and feeling your best again is all about balancing your body and your food.

The foundation of your 28-day plan is centered on stabilizing your blood sugar levels by eating PFC Every 3.

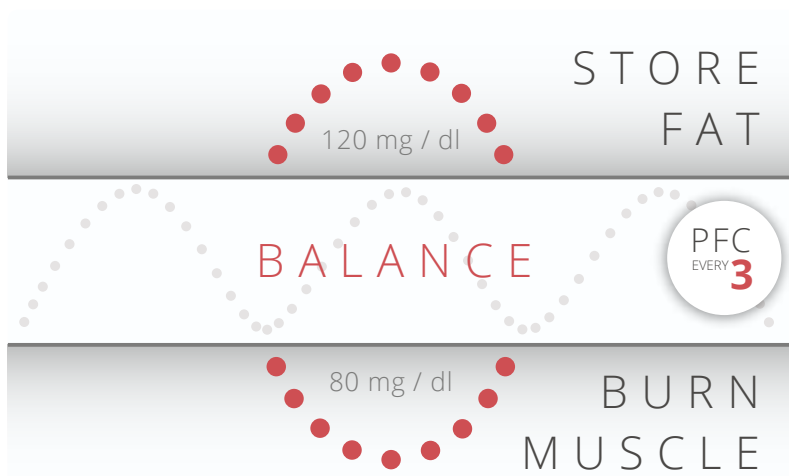
ZEN 28 was created as your nutrition solution. Along with cutting-edge products, this 28-day plan is centered on eating PFC Every 3 to optimally nourish your body.

What is PFC Every 3? Essentially, it's eating balanced portions of protein, fat and carbs every 3 hours. This keeps your blood sugar stabilized, your metabolism churning and triggers stored fat and toxins to be released.

When you eat six meals a day, remember three of your six meals are small meals – little boosts of fuel to keep your body's metabolism going. ZEN Fuze protein shakes are perfect for 2-3 small meals a day.

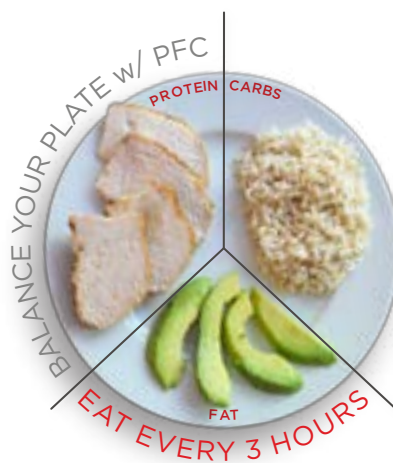
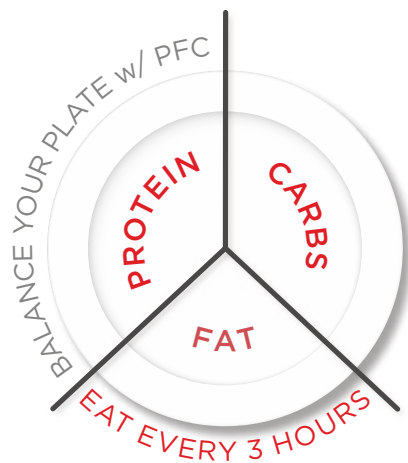
The most important thing is you should be ready to eat before a meal (never starving), satisfied after a meal (not full) and then ready to eat again approximately 3 hours later. This is a clear indicator that your blood sugar is stable and your body is in balance.

Here's a simple graphic demonstrating the benefits of eating PFC Every 3 and what happens when your blood sugar spikes and crashes:



The next obvious question is: What does eating PFC Every 3 actually look like? That's the great thing. Once you get it, it's simple, and most importantly, it's doable for busy people and families.

Here's a cool visual showing how to keep meals balanced on your plate:



PROTEIN:
GRILLED CHICKEN

FAT:
SLICED AVOCADO

CARB:
COOKED BROWN RICE

FREE FOODS:



GREENS (SPINACH, LETTUCE, ETC.)

PFC
EVERY **3**

SECTION

3

TIME TO CUT, CLEAN AND FLUSH

It's time to dive into your 28-day plan and our six power products.

You'll be focusing on three steps over the next 28 days: cut, clean and flush. You'll cut the processed foods, add cleansing foods and flush out all your toxins. This 3-step system will cleanse your body, and the best part ... you can keep living these 28 days every month!



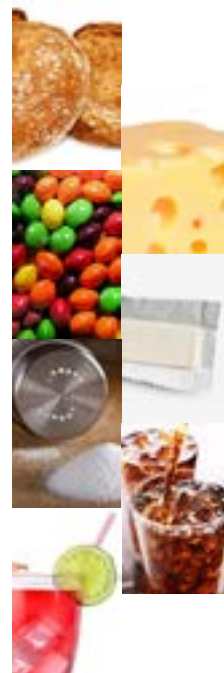
1 CUT

BEGIN CUTTING FOODS THAT CAUSE BLOATING

CUT THE BLOAT

Foods and drinks that cause water retention and bloating:

- Gluten
- Cheese and yogurt
- Refined sugar
- Sugar sweeteners (besides Stevia)
- Salt
- Soda (diet and regular)
- Alcohol¹



¹ If needed, you can drink one alcoholic drink per week in your 28-day plan.

2 CLEAN

CLEAN FOODS AND SUPPLEMENTS TO CLEANSE YOUR BODY

Choose clean foods as well as supplements such as **ZEN Fuze™**, **ZEN Prime™**, **ZEN Shape™**, **Reserve®**, **Naära®** and **AM & PM Essentials™** to cleanse and invigorate your body.*

SAMPLE MEAL PLAN

BREAKFAST

Protein + Fat + Carb

Example: Egg Whites + Peanut Butter + Banana

AM Essentials

- Take 2 tablets or 1 packet

Reserve

- Take 1 gel pack



MIDMORNING

ZEN Prime

- Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake

ZEN Shape

- Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake

ZEN Fuze protein shake

- Use only water; blend in ice for desired consistency.

Naära

- Mix 1 packet in Zen Fuze protein shake

LUNCH

Protein + Fat + Carb

Example: Chicken Breast + Extra Virgin Olive Oil + Strawberries

MIDAFTERNOON

ZEN Prime

- Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake

ZEN Shape

- Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake

ZEN Fuze protein shake

- Use only water; add ice for desired consistency.

DINNER

Protein + Fat + Carb

Example: Salmon (Counts for Protein + Fat) + Asparagus

PM Essentials

- Take 2 tablets or 1 packet

Reserve

- Take 1 gel pack

LATE NIGHT

+ Optional ZEN Fuze protein shake

3 FLUSH

"FLUSH" BODY WITH WATER

ZEN Prime and water recommendations.

FEMALES

2-3 Liters
8-12 glasses per day
(8 oz.)

MALES

3-4 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.



* This product is not intended to diagnose, treat, cure, or prevent any disease.

28 DAY PLAN 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.

GUIDELINES TO MAXIMIZE YOUR RESULTS

- You will be eating PFC Every 3, which is eating balanced portions of protein, fat and carbs every 3 hours.
- Eat your first meal within an hour of waking and your last meal within an hour of bedtime.
- If you prefer a ZEN Fuze protein shake for breakfast, simply switch your breakfast and midmorning meals.
- Add a sixth meal or a ZEN Fuze protein shake if you're still hungry after dinner.

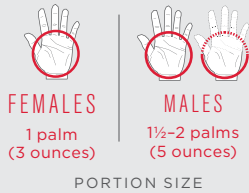
IF YOU WANT TO TURBO CHARGE FAT BURNING OR MUSCLE GAIN:

- If you want to help boost your metabolism, add ZEN Shape® to your 28-day plan. Take two ZEN Shape capsules 30 minutes before your ZEN Fuze protein shake, twice a day.
- If you want to build muscle, add ZEN Fit® to your 28-day plan. Take one ZEN Fit packet 30 minutes before and after a workout, twice a day. On the days you are not working out, take it 30 minutes before you drink your ZEN Fuze protein shake, twice a day.
- ZEN Prime, ZEN Shape and ZEN Fit can all be taken together, 30 minutes before you drink your ZEN Fuze shake.



CLEAN FOOD LIST AND PORTION SIZES

PROTEIN



Lean Protein

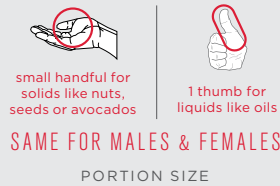
- Chicken
- Egg Whites
- Lean Fish (no shellfish)
- Shellfish
- Tofu
- Turkey
- Venison
- ZEN Fuze protein shakes

Non-Lean Proteins

Note: don't add a fat with these options

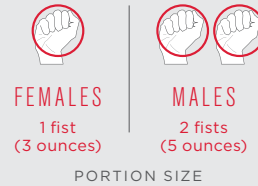
- Beef (filet)
- Beef (ground)
- Eggs (whole)
- Non-lean fish
- Lamb
- Pork (tenderloin, ham, pork chops, etc.)

FAT



- Avocado
- Oils
 - Avocado
 - Canola
 - Coconut
 - Macadamia
 - Olive
 - Peanut
 - Sesame
 - Vegetable
- Raw Nuts
 - Almonds
 - Candlenuts
 - Pecans
 - Peanuts
- Natural Nut Butter
 - Almond
 - Peanut
 - Cashew
- Olives
- Seeds
 - Chia
 - Flax
 - Pumpkin
 - Sesame
 - Sunflower

CARB



Fruits

- Apples
- Bananas
- Berries
 - Blackberries
 - Blueberries
 - Raspberries
- Strawberries
- Cherries
- Grapes
- Grapefruit
- Mangos
- Melon
 - Cantaloupe
 - Honeydew melon
- Watermelon
- Oranges
- Tropical Fruits
- 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
- Brown Rice Vermicelli

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
- Cucumber
- Kale
- Lettuce (all types)
- Spinach
- Tomato
- Chinese Broccoli (Gai lan)
- Water Spinach (Kangkong)
- Pea Shoots (Dou Miao)
- Sacred Lotus (Lotus Root)
- Etc.

Natural Sweetener

- Stevia

Condiments

- (balsamic, red wine, etc.)
- Extracts (almond, vanilla, etc.)

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. Not all varieties are listed.

Modest caloric intake, balanced diet, and regular physical activity should be part of a healthy weight-management program.

28 DAY PLAN





SUGGESTED MEALS

Repeat this meal plan each day for the length of the plan.

Modest caloric intake, balanced diet and regular physical activity should be part of a healthy nutrition program.

MEAL PLAN FOR FEMALES

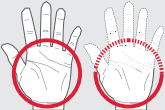



Drink water with each meal and between each meal. Recommended amount: 2-3 liters/8-12 glasses (8 oz.) per day.

	 <div>  FEMALES 1 palm (3 ounces) PORTION SIZE </div> <div>  SAME FOR FEMALES & MALES PORTION SIZE </div> <div>  FEMALES 1 fist (3 ounces) PORTION SIZE </div> <div> UNLIMITED PORTION SIZE </div>			
	PROTEIN	FAT	CARB	FREE
Breakfast	3 egg white scramble/omelet	1 tbsp. peanut butter	3 oz. banana	garlic, pepper, etc
	AM ESSENTIALS™ • Take 2 tablets or 1 packet RESERVE™ • Take 1 gel pack			
Midmorning	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Shape • Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; blend in ice for desired consistency. Naära • Mix 1 packet in Zen Fuze protein shake			
Lunch	3 oz. chicken breast	1 tbsp. extra virgin olive oil	1/4 cup cooked brown rice	garlic, pepper, etc
Midafternoon	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Shape • Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; blend in ice for desired consistency.			
Dinner	3 oz. salmon (Counts as protein and fat)		3 oz. asparagus	garlic, pepper, etc.
	PM ESSENTIALS™ • Take 2 tablets or 1 packet RESERVE™ • Take 1 gel pack			
Late Night	+ Optional ZEN Fuze protein shake • Use only water; blend in ice for desired consistency.			



MEAL PLAN FOR MALES

Drink water with each meal and between each meal. Recommended amount: 3–4 liters/12–16 glasses (8 oz.) per day.

<div>EVERY PFC 3</div>	<div><p>MALES 1½–2 palms (5 ounces) PORTION SIZE</p></div>	<div><p>small handful for solids like nuts, seeds or avocados</p><p>1 thumb for liquids like oils</p><p>SAME FOR FEMALES & MALES PORTION SIZE</p></div>	<div><p>MALES 2 fists (5 ounces) PORTION SIZE</p></div>	<div><p>UNLIMITED PORTION SIZE</p></div>
	PROTEIN	FAT	CARB	FREE
Breakfast	5 egg white scramble/omelet	1.5 tbsp. peanut butter	5 oz. banana	garlic, pepper, etc
	AM ESSENTIALS • Take 2 tablets or 1 packet RESERVE • Take 1 gel pack			
Midmorning	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Shape • Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; blend in ice for desired consistency. Naära • Mix 1 packet in Zen Fuze protein shake			
Lunch	5 oz. chicken breast	1.5 tbsp extra virgin olive oil	1/2 cup cooked brown rice	garlic, pepper, etc
Midafternoon	ZEN Prime • Take 1 tablet with water 15-30 minutes before ZEN Fuze protein shake. ZEN Shape • Take 2 capsules with water 15-30 minutes before ZEN Fuze protein shake. ZEN Fuze protein shake • Use only water; blend in ice for desired consistency.			
Dinner	5 oz. salmon (Counts as protein and fat)	1/4 cup ckd quinoa + 3 oz. asparagus	garlic, pepper, etc	
	PM ESSENTIALS • Take 2 tablets or 1 packet RESERVE • Take 1 gel pack			
Late Night	+ Optional ZEN Fuze protein shake • Use only water; blend in ice for desired consistency.			

SECTION

4



KEEPING YOUR FOOD EXCITING WITH CLEAN, DELICIOUS AND PFC-BALANCED RECIPES

You will create a positive momentum when you begin your 28-day plan. To continue this momentum, during and after your initial 28 days, it's important to keep your food exciting and tasty.

Of course, these are just a few of the recipes at your fingertips. More are available through our Facebook community.

Here are 28 of our most popular recipes from top nutritionists, fitness pros and Zen Members. We've divided them into five categories: breakfast, lunch, dinner, convenience store and ZEN Fuze protein shakes.

- 6 breakfast
- 6 lunch
- 6 dinner
- 10 ZEN Fuze protein shakes

ZEN28
AMERICAN CUISINE

BREAKFAST RECIPES



EGG WHITE BANANA PANCAKE

INGREDIENTS

3 egg whites
1 tablespoon almond butter or your favorite nut butter
½ banana
Pinch of cinnamon (optional)
Fat-free cooking spray

PREPARATION

1. Combine egg whites, nut butter, banana, and cinnamon in a blender until smooth.
2. Cook batter like you would pancakes, using fat-free cooking spray.



EGG WHITE SALAD WITH PESTO

INGREDIENTS

for the pesto:

1 bunch basil
4 tablespoons olive oil
1 tablespoon water
3 tablespoons pine nuts
4 large cloves garlic
Juice from 2 large lemons

for the egg salad:

3 hard-boiled egg whites cut
into bite-size pieces
1 ounce diced celery
1 ounce diced white onion
1 ounce diced tomato

PREPARATION

1. Combine all pesto ingredients in a food processor and pulse until creamy.
2. Combine all egg salad ingredients in a small bowl.
3. Add 1½ tablespoons of pesto to egg salad and toss gently.
4. Enjoy!



QUINOA BANANA PANCAKES WITH BERRY SYRUP

INGREDIENTS

for the pancakes:

- 1 ½ small, very ripe bananas
- 1 extra-large whole egg
- 2 extra-large egg whites
- ¾ cup cooked quinoa
- 1 tablespoon unsweetened almond milk
- 2 teaspoons unrefined coconut oil
- 1 ½ teaspoons pure vanilla extract

- ½ teaspoon baking powder
- ¼ heaping teaspoon cinnamon
- 3 good size dashes of nutmeg
- Fat-free cooking spray

for the syrup:

- 3 hard-boiled egg whites cut into bite-size pieces
- 1 ounce diced celery
- 1 ounce diced white onion
- 1 ounce diced tomato

PREPARATION

1. Puree all the pancake ingredients in a blender for 4 minutes.
2. In the meantime, heat a large, nonstick frying pan over medium heat for the quinoa cakes. Coat with fat-free cooking spray.
3. For the syrup, heat a separate small frying pan over low heat and add all ingredients except the stevia. Stir occasionally.
4. Once large frying pan is hot, add ¼ cup of pancake mix per cake (make 4 at a time) and cook for approximately 4-5 minutes for the first side, lowering the heat if necessary. The key is to cook low and slow! Once the pancake edges get firm, gently flip and cook for another 3-4 minutes, lowering the heat if necessary. Remove cooked pancakes and keep warm.
5. Right before serving, sweeten syrup with stevia.
6. Serve Banana Quinoa Pancakes with Berry Syrup.
7. Enjoy!



SPICY FIESTA EGG SCRAMBLE WITH AVOCADO AND CILANTRO

INGREDIENTS

Fat-free cooking spray

½ cup chopped bell pepper (red, yellow, orange, green, or combo)

¼ cup chopped red onion

⅓ small jalapeño, finely chopped (or more depending on desired heat)

½ cup grape tomatoes, sliced in half

Cayenne pepper

Black pepper

4 egg whites

1½ ounces avocado, chopped

Fresh cilantro, chopped for garnish

½ orange (for garnish)

PREPARATION

1. Heat a nonstick frying pan over medium-high heat. Coat pan with fat-free cooking spray.
2. Sauté bell peppers, onion, jalapeño, and half the tomatoes for 3 minutes. Season with desired amount of spices.
3. Push veggies to the side of the pan and add egg whites.
4. Cook until scrambled, about 3 to 4 minutes.
5. Top eggs and veggies with remaining tomatoes, avocado, and plenty of fresh cilantro. Add a squeeze of fresh orange juice over the top.
6. Enjoy!



PROTEIN POWER OATMEAL

INGREDIENTS

¾ ounce instant oatmeal, dry, unsweetened

1-2 scoops Zen Fuze vanilla or chocolate protein powder (or your favorite vanilla or chocolate protein powder; serving size depends on label; focus on 25 grams of protein scoop)

½ tablespoon natural almond butter or natural peanut butter

PREPARATION

1. Stir oats and water (for correct amount of water, see oatmeal package) in a bowl, and microwave on high according to package directions.
2. Very slowly, stir in desired amount of protein powder a little at a time until the mixture is smooth and creamy. Quick note: Because protein powders vary in sweetness, you may choose to only use half of your recommended protein powder in your oatmeal. If so, please mix your remaining protein powder with water and drink on the side to ensure you are getting your recommended intake of protein.
3. Add natural almond butter or peanut butter and mix well.
4. Enjoy.



WORLD FAMOUS MAGIC MUSHROOMS (PLANT BASED)

INGREDIENTS

8 large portobello mushroom caps	¼ cup raw cashews
12 cloves garlic, whole	¼ cup raw, shelled pistachios
Splash of red wine vinegar	¼ cup raw pumpkin seeds
Dried basil	2 limes
8 cups baby spinach	
2 cups cherry tomatoes, whole	
2 cups sliced baby peppers	
1 cup shredded carrots	
1 cup shredded beets	

PREPARATION

1. Sauté the mushroom caps and whole garlic cloves with a splash of red wine vinegar and basil to taste in a saucepan on low heat until soft, about 10 minutes.
2. Combine the spinach, tomatoes, and baby peppers into your favorite salad arrangement.
3. Place shredded carrots and beets on top of each salad.
4. Mix the cashews, pistachios, and pumpkin seeds together and serve on the side or add crunch to the salad by pouring them on top.
5. Cut each lime in half. Squeeze fresh lime over the salads right before serving.

LUNCH RECIPES



LETTUCE-WRAPPED TURKEY BURGER ON SWEET POTATO BUN

INGREDIENTS

for the burger:

1 pound ground turkey
(99% lean)
Mr.s Dash salt-free
seasoning
13 ounces cooked sweet
potatoes
Fat-free cooking spray

for the toppings:

Leaf Lettuce
5 tablespoons
5 ounces avocado, chopped
Onion slices (optional)
Tomato slices (optional)

PREPARATION

1. Mix turkey and salt-free seasoning until combined.
2. Shape into 5 patties and grill on medium heat until cooked throughout, about 7-10 minutes or until no longer pink.
3. In the meantime, mash sweet potatoes with same seasoning and shape into 5 patties (they will be sticky), Saute potato patties in a pan coated with fat-free cooking spray until browned on both sides.
4. Place 1-2 leaves of lettuce on a plate. Top with the sweet potato "bun."
5. Add the turkey burger, salsa, avocado, and desired toppings.
6. Wrap lettuce around burger, pick up, and enjoy!



CHICKEN NACHOS OVER HOMEMADE SWEET POTATO CHIPS

INGREDIENTS

1 c. roll oats

3 ounces cooked chicken breast, shredded

Favorite Mrs. Dash seasoning

Large handful homemade sweet potato chips (recipe above)

1 ounce chopped tomatoes

½ ounce sugar-free salsa

1 ounce avocado, chopped

PREPARATION

1. In a small bowl, toss chicken with desired amount of Mrs. Dash seasoning. Heat in microwave for 30 seconds.
2. Arrange sweet potato chips on a plate.
3. Place seasoned, shredded chicken on top. Add tomatoes, salsa, and chopped avocado. Add a sprinkle of Mrs. Dash seasoning on top if desired.
4. Heat entire plate in the microwave for about 45 seconds to warm it up. Enjoy!



TUNA WITH QUINOA, RED PEPPERS, AND BASIL

INGREDIENTS

for the quinoa:

1 cup cooked quinoa, cooled

½ cup roasted red peppers

¾ cup diced scallions

for the tuna:

4 cans tuna in water, drained well

Juice from 2 lemons

Zest from 1 lemon

¼ cup fresh basil

1 small clove garlic, minced

½ teaspoon ground pepper

2 tablespoons olive oil

1 teaspoon Mrs. Dash onion
and herb

1 teaspoon Mrs. Dash garlic
and herb

PREPARATION

1. Combine ingredients for the quinoa.
2. In a separate bowl, combine ingredients for the tuna.
3. Mix contents from both bowls together and toss well.
4. Divide onto 4 plates.
5. Enjoy!



TURKEY AVOCADO WRAP WITH A SIDE OF PINEAPPLE

INGREDIENTS

for the recipe:

5 oz Low Sodium Turkey Breast
(preferably Boars Head Brand)

1 Low Carb Wrap (preferable gluten
free ** Ignite Phase Approved if
Gluten Free)

½ Avocado (can substitute 1 slice of
cheese if do not like avocado)

1 Handful Pineapple Chunks (can
substitute another fruit if do not like
pineapple)

Romaine Lettuce (optional)

1 Tomato (optional)

optional ingredients for flavor:

Pink Himalayan Salt (use
sparingly)

PREPARATION

1. Lay out wrap
2. Put 5 oz of Turkey on the wrap on one side to make the wrap easy to fold
3. Cut the avocado in half, spoon out the avocado and put on top of turkey
4. Cut tomato slices and put on top of avocado and turkey
4. Add as much romaine lettuce as you prefer
5. Fold wrap
6. Cut wrap in half
7. Cut Pineapple in half, make chunks and add a handful to the side of the dish



CHICKEN SALAD WITH KALE, PEARS, AND CITRUS HERB VINAIGRETTE

INGREDIENTS

for the dressing:

1 shallot, finely chopped
Juice from 1 Small Lemon
Juice from 1 large orange
3 sprigs thyme, leaves removed and chopped
2 tablespoons olive oil
Black pepper
⅓ to ½ packet stevia (depending on desired sweetness)

for the salad:

3 ounces cooked chicken breast, chopped or shredded
1 large handful kale (chopped very small) or your favorite greens
½ pear, thinly sliced
½ carrot, grated (optional)

PREPARATION

1. Whisk together the first four ingredients for the salad dressing (shallots through thyme).
2. Slowly whisk in olive oil until a dressing forms.
3. Add freshly ground black pepper.
4. Taste and add as much stevia as desired.
5. Combine salad ingredients.
6. Pour salad dressing over salad ingredients.
7. Enjoy!



GARDEN BOWL DELIGHT (PLANT BASED)

INGREDIENTS

2 cups chopped broccoli
2 cups chopped tomatoes
2 cups chopped butternut squash
2 cups chopped peppers
12 cloves garlic, whole
4 cups baby spinach
No-salt grill seasoning
2 tablespoons olive oil
1 large head red cabbage

PREPARATION

1. Add all veggies except the cabbage to a saucepan.
2. Season to taste with no-salt grill seasoning.
3. Add olive oil and cook over medium heat until soft (the veggies should retain most of their bright color).
4. Separate the cabbage head into individual leaves.
5. Place one leaf inside another to make a two-layer bowl.
6. Pour cooked veggies into cabbage leaf bowls and serve.

DINNER RECIPES



BAKED LEMON-HERB SALMON

INGREDIENTS

Nonfat cooking spray
1-1½ pound salmon fillet
Freshly ground black pepper
10 fresh chives
4 thyme sprigs
4 oregano sprigs
4 rosemary sprigs
1 medium onion, sliced
½ lemon
Lemon slices for garnish

PREPARATION

1. Preheat oven to 450°F.
2. Line shallow roasting pan with foil; coat with cooking spray.
3. Place fish on prepared pan and sprinkle with pepper.
4. Arrange chives, thyme, oregano, and rosemary horizontally across fish. Arrange onion slices on top of herbs.
5. Squeeze fresh lemon juice on top.
6. Cover with foil; seal. Bake 20–25 minutes, or until fish flakes easily when tested with a fork.
7. Serve warm or at room temperature with lemon slices for garnish.



CILANTRO-RUBBED PORK TENDERLOIN WITH CITRUS SAUCE

INGREDIENTS

for the pork rub:

Small handful fresh cilantro, chopped

1 clove garlic, finely minced

Pinch of red pepper flakes

½ tablespoon extra virgin olive oil

1 to 1 ½ pounds pork tenderloin, brought to room temperature

Fat-free cooking spray

for the glaze:

1 tablespoon extra virgin olive oil

1 shallot, finely chopped

2 cups real orange juice
(We used 100 percent fresh-squeezed, all-natural bottled juice.)

Small handful fresh cilantro, including stems

2 sprigs of fresh thyme, including stems

2 cloves garlic, peeled and left whole but smashed

Pinch of red pepper flakes

PREPARATION

1. Preheat oven to 350°F.
2. Mix ingredients for pork rub in a small bowl and rub on all sides of pork tenderloin.
3. Heat a large frying pan over medium-high heat. Once hot, spray generously with fat-free cooking spray. Let pan heat up for another moment.
4. Add pork to pan and sear to a light golden-brown crust on all sides.
5. Place seared pork on a sheet pan covered in foil, and bake in oven for 18–25 minutes, or until cooked through (cooking time depends on the size of the pork). Let pork rest for at least 5 minutes before slicing.
6. While pork is in the oven, start on the sauce. In the same pan used to sear the pork, add olive oil and sauté shallots over medium-low heat for 2 minutes.
7. Add orange juice.
8. Scrape up brown bits on the bottom of the pan.



FILET, BROWN RICE & ASPARAGUS MEDLEY

INGREDIENTS

for the recipe:

6oz Filet Mignon

½ Cup Cooked Success Brown Rice –
Boil in the Bag

Asparagus

optional ingredients for flavor:

Mrs. Dash Salt Free Herb & Spice Mix
(choose the flavor you prefer)

Pink Himalayan Salt (use sparingly)

Add fresh lemon or lime for
additional flavoring once meal is
prepared

PREPARATION

for filet and asparagus:

1. Heat up grill
2. Put filet & asparagus on the grill (add any seasoning to the top of the filet)
3. Cook for 3-5 minutes one side
4. Flip filet & asparagus (add any seasoning/salt to the top of the filet)
5. Cook 3-5 minutes on the other side
6. Take off grill when cooked to your preference

for brown rice:

1. Boil pot of water with bag of rice in the pot
2. Cook for 8-10 minutes, depending on your rice preference
3. Drain the bag and serve ½ cup



GRILLED HALIBUT WITH AVOCADO BÉARNAISE SAUCE AND QUINOA

INGREDIENTS

for the fish marinade:

1 tablespoon fresh chives
1 tablespoon fresh dill
1 stalk fresh lemongrass,
grated
Juice from ½ orange
Juice from 1 lemon
1 clove garlic
2 6-ounce halibut fillets

for the avocado béarnaise sauce:

1 shallot, chopped
1 clove garlic, chopped
Fat-free cooking spray
Juice from ½ lemon
1 teaspoon white wine vinegar
2 ½ ounces avocado
1 tablespoon fresh tarragon

for the quinoa:

1 cup cooked quinoa

PREPARATION

1. Blend all marinade ingredients in a food processor and pour over fish.
2. Grill fish on low until flakey, about 4 minutes per side. Do not overcook.
3. While fish is cooking, make the béarnaise sauce. Coat a pan with fat-free cooking spray and sauté shallots and garlic for about 5-6 minutes, or until soft. Start with shallots, add garlic for the last 1-2 minutes. Garlic tends to overcook before shallots are to desired doneness if put in together.
4. In food processor, puree shallot mixture, lemon juice, vinegar, avocado, and tarragon until creamy. You may need to add a touch of water to thin the sauce out.
5. Serve fish and sauce over quinoa.
6. Enjoy!



WARM CHICKEN AND SHRIMP QUINOA SALAD WITH DRIED CRANBERRIES

INGREDIENTS

1 cup kale
Garlic powder
Cayenne pepper
(optional)
½ cup cooked quinoa
1 tablespoon dried
cranberries
¼ ounce sunflower seeds
2 ounces chicken breast,
cooked
1 ounce shrimp, cooked

PREPARATION

1. In a nonstick pan, sauté the kale until soft. Season with desired amount of garlic powder and cayenne pepper.
2. Add the quinoa, dried cranberries, and sunflower seeds and sauté for a minute or two or until the sunflower seeds are lightly toasted.
3. Add in the chicken and shrimp and sauté until warm.
4. Enjoy!



EGGPLANT WONDERLAND

INGREDIENTS

- | | |
|--------------------------------|--|
| 1 large eggplant | 2 cups cherry tomatoes |
| Splash of marsala cooking wine | 2 cups chopped baby peppers |
| Dried basil | 2 cups baby snow pea pods |
| Dried thyme | $\frac{3}{4}$ cup raw, shelled hemp seed |
| 4 cups baby spinach | 2 limes |
| 2 cups baby arugula | |

PREPARATION

1. Cut eggplant into 12 slices ($\frac{1}{4}$ "– $\frac{1}{2}$ " each).
2. Lay slices in a large saucepan and sprinkle with marsala cooking wine.
3. Sauté on medium-low heat until soft, approximately 10 minutes.
4. Season with basil and thyme to taste.
5. In a large bowl, toss spinach, arugula, tomatoes, peppers, pea pods, and hemp seed.
6. Plate the eggplant and salad. Just before serving, cut each lime in half and squeeze over salads.

ZEN FUZE RECIPES



BERRYLICIOUS SMOOTHIE

INGREDIENTS

½ cup unsweetened almond milk
2 tablespoons low-fat plain Greek yogurt

1 scoop Zen Fuze vanilla protein powder (or your favorite vanilla protein powder; serving size depends on label; focus on 25 grams of protein scoop)

¾ cup frozen mixed strawberries, blueberries, blackberries, and raspberries

½ teaspoon vanilla extract
Splash of water, as needed

PREPARATION

1. Place all ingredients except water in a blender and blend on high until smooth and creamy. If smoothie is too thick, add a splash of water and continue blending until you achieve your desired consistency.
2. Enjoy.



PEACHES AND CREAM SMOOTHIE

INGREDIENTS

1 scoop Zen Fuze vanilla protein powder (or your favorite vanilla protein powder)

½ cup unsweetened almond milk

1½ ounces frozen peaches

Dash of cinnamon

½ cup water

Ice

PREPARATION

1. Combine all ingredients in a blender until smooth.



MINT CHOCOLATE SMOOTHIE

INGREDIENTS

1 scoop Zen Fuze chocolate protein powder

7-8 fresh mint leaves

1 drop peppermint extract (optional and can only be used in Ignite and Thrive phase)

Water

Ice

Organic chocolate shavings as garnish (optional)

PREPARATION

1. Combine all ingredients in a blender until smooth.
2. Garnish with chocolate shavings (optional)
3. Enjoy!



PIÑA COLADA SMOOTHIE

INGREDIENTS

1 scoop Zen Fuze vanilla protein powder (or your favorite vanilla protein powder)

1 teaspoon coconut oil

½ ounce banana

1 ounce pineapple

Water

Ice

PREPARATION

1. Combine all ingredients in a blender until smooth.
2. Enjoy!



STRAWBERRY PROTEIN DAIQUIRI

INGREDIENTS

1 scoop Zen Fuze Vanilla Bliss
1 Tsp lemon juice
1 Tsp lime juice
50g (1/2 cup) Frozen

Strawberries
2 drops almond essence
1 Cup of ice
1 Cup of water

PREPARATION

1. Place all ingredients in a blender and mix to slushy.
2. Serve with pizzazz!



ZEN FUZE CREAMY HOT CHOCOLATE

INGREDIENTS

- 1 scoop Zen Fuze Chocolate Dream
- 8 oz. almond or coconut Milk (or water, if you prefer)

PREPARATION

1. Add 1 scoop of Zen Fuze Chocolate Dream to 8 oz. of almond/coconut milk.
2. Blend in blender, then pour in mug and microwave. *Tip: The blender is the key to making it creamier and thicker.*

3. To take your hot chocolate to the next level, top it off with whip cream.*

* The additional calories from a small shot of whip cream are insignificant.



CHOCOLATE & COCONUT PROTEIN BALLS

INGREDIENTS

5 scoops Zen Chocolate Dream Protein Powder

2 tbsp cocoa

1 cup pumpkin seeds

1/2 cup sunflower seeds

4 egg whites

1/4 cup oats (optional)

10 tbsp hemp hearts

5 tbsp chia seeds

1 cup almond butter

1/4 cup honey (or sub with a few pureed dates)

1/4 cup coconut oil, melted

1/2 cup unsweetened coconut (reserved for rolling)

PREPARATION

1. Whisk egg whites, coconut oil, Zen Fuze and cocoa together.
2. Stir in remaining ingredients and mix thoroughly with hands.
3. Roll mixture into 40 balls.
4. For cookies, line cookie sheet with tin foil, shiny side down, and place balls on top. *
5. Flatten balls and bake.
6. For coconut bites, roll in coconut and store in airtight container in fridge or freezer, no baking necessary!! (Even better in the freezer!)



GINGERBREAD PROTEIN COOKIES

INGREDIENTS

for the cookies:

2 scoops of Zen Fuze Vanilla Bliss Protein Powder

1/2 cup egg whites

1 whole egg

1/4 cup coconut flour

1 banana

1/2 tsp vanilla

1 tbsp melted butter flavored coconut oil

1/2 tsp baking powder

1/2 tsp baking soda

1 3/4 tsp cinnamon

1 tbsp ground ginger

2 tsp coconut sugar

1/4 tsp cloves

Zest 1/2 lemon, then juice 1 tsp lemon

for the icing:

1/2-1 scoop Zen Fuze Vanilla Bliss Protein Powder

A Few Drops of Water

Cinnamon to Taste

Nutmeg to Taste

Pumpkin Pie Spice to Taste

PREPARATION

for the cookies:

1. Blend banana in blender or bullet.
2. Combine banana mixture with all other ingredients. Mix up well.
3. Pre-heat oven to 350°
4. Scoop with spoon into 8 equal portions on sprayed baking sheet.
5. Bake for 13-15 min.

for the icing:

1. Add a few drops of water to the Vanilla Bliss Protein Powder get the right consistency.
2. Sprinkle in cinnamon, nutmeg, and pumpkin pie spice to taste.



TRIPLE CHOCOLATE PROTEIN MUFFINS

INGREDIENTS

part 1:

2.5 scoops Zen Fuze -
Chocolate
1/2 cup coconut flour
2 Tbsp cocoa powder
2 Tbsp hemp hearts
1 Tbsp each: ground flax,
chia, stevia, coconut sugar
1/8 tsp pink Himalayan sea
salt

part 2:

6 egg whites & 1 whole egg, beaten
2 oz. coconut milk
1 tsp vanilla extract
4oz applesauce
5 drops peppermint essential oil
1 Tbsp raw almond butter
1 Tbsp butter flavored coconut oil
(melted)
1 large zucchini finely shredded (incl
peel), drained

toppings:

7-8 tbsp. Enjoy Life Dark Chocolate
Morsels

PREPARATION

1. Mix all ingredients from Part 1 in a large bowl
2. Stir all ingredients from Part 2 into the large bowl
3. Fill each muffin cup 1/2 full with batter mixture
4. Add 1/2 Tbsp. Chocolate Morsels to each muffin cup
5. Fill each muffin cup to top with remaining batter mixture
6. Add a few Chocolate Morsels to the top of each cup
7. Bake at 350° for 35 min.
8. Cool on Rack
9. Store in fridge



CHOCOLATE COCONUT PROTEIN POWER PUDDING

INGREDIENTS

1 scoop Zen Fuze Protein Powder -
Chocolate (or Vanilla)
Water to Taste
1 oz. Banana (sliced)
1 Tbsp. Coconut Flakes

PREPARATION

1. Add 1 scoop of protein powder to a bowl
2. Mix in a few drops of water until consistency is like cake batter
3. Top with 1 oz. sliced banana
4. Sprinkle coconut flakes over the final product
5. Enjoy!

CONCLUSION

YOUR MOMENT IS NOW!

The next 28 days are yours! You now have the education, tools, support and a proven plan to win with your health.

This is truly just the beginning of our adventures together. Thank you for becoming a part of our amazing global ZEN 28 community.

As you rock your 28-day plan, I want to leave you with a message that I have taught over the last 25 years:

There are many things
you can't control in
life, the ONE thing
you can control, is
how you choose to
take care of your
health.

We all live busy lives and we know how easy it is to push our health to the backseat. This is your moment to draw a line in the sand and say, "Whatever life throws at me, my health is my priority!"

And always remember, what you get from your health is simply... everything.

ZEN twenty8



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