

Z.E.N.

ZERO EFFORT NUTRITION

Eat Clean. Live Lean.

Health Conscious Meals Delivered to Your Home Daily

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MISSION INTRODUCTION

Z.E.N., which stands for Zero Effort Nutrition, is not just another Diet Delivery Service. We are here to share our experience and knowledge in guiding you to a healthier life.

The Z.E.N. Team is comprised of like-minded people, including our experienced staff who have worked with the founder of Z.E.N. in this industry

for over 20 years, as well as a network of doctors, dietitians, nutritionists, pro athletes, business execs, gym owners, trainers and many others. We all share a common goal of promoting clean and healthy eating as one of the most important steps towards a better lifestyle. It is our pleasure to have you join us on an amazing journey to a healthier mind and body!

From all of us at Z.E.N., we welcome you!

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AVAILABLE PROGRAMS

MEAL PLANS

Z.E.N. Weight Loss:

Z.E.N. weight loss is a program guided by portion size and caloric count, carefully selected protein sources, vegetables, fruits & seasonings to keep you on a straight path to optimum health. Your meals will be balanced, nutritious, & delicious that you don't feel like you're on a diet. Program is available in 7, 20 and 31 days.

Calories and Macro Guidelines*

Gender	Meal	Approx Calories	Carbs	Protein	Fat
 FEMALE	Breakfast	250-300	20-45	10-20	10-20
	Lunch	300-350	20-40	10-20	15-28
	Dinner	400-450	30-45	20-30	15-25
	Snack	125-150	10-20	5-15	5-10
	Dessert	125-150	15-20	1-5	5-15
	TOTAL	1200-1400	95-170	46-90	50-98
 MALE	Breakfast	400-450	35-65	10-25	10-25
	Lunch	500-550	25-45	15-30	20-30
	Dinner	500-600	35-55	25-35	20-30
	Snack	175-200	10-20	5-15	5-10
	Dessert	175-200	15-20	1-5	5-15
	TOTAL	1800-2000	120-205	56-110	60-110

Z.E.N. Healthy Lifestyle:

Z.E.N. Healthy Lifestyle program provides nutritiously balanced meals designed to help you maintain your current healthy lifestyle - it's as if you have your own private chef and nutritionist. If you want to continue living and eating healthy, be free of the time and effort needed for food preparation, this is the plan for you. Program is available in 7, 20 and 31 days.



Calories and Macro Guidelines*

Z.E.N. Healthy Lifestyle meal plan follows the same Calories and Macro Guidelines as the Weight Loss meal plan. Unlike the Weight Loss meal plan, Healthy Lifestyle meal plan is more flexible for calorie intake and delivery schedule. Many Healthy Lifestyle clients opt for receiving meals on the weekdays or only on their busiest day(s) of the week. If you need additional calories, simply request it with your consultant, and your meal plan will be adjusted accordingly.

Z.E.N. Vegetarian Select:

Z.E.N. Vegetarian Select program offers plant-based menus that are chock full of fiber, protective phytonutrients, and anti-inflammatory ingredients. You also have the freedom to design your own menu with Z.E.N. Select and choose your favorite meals from a wide range of selections that include Pescatarian (fish/shellfish) meals. Program is available in 7, 20 and 31 days.

Calories and Macro Guidelines*

Gender	Meal	Approx Calories	Carbs	Protein	Fat
 FEMALE	Breakfast	250-300	25-50	10-15	10-15
	Lunch	300-350	20-45	10-15	15-28
	Dinner	350-400	40-50	15-20	15-20
	Snack	125-150	10-20	5-10	5-10
	Dessert	125-150	15-20	1-5	5-15
	TOTAL	1150-1350	110-185	41-65	50-88
 MALE	Breakfast	400-450	35-70	15-20	10-20
	Lunch	450-500	25-45	15-20	20-30
	Dinner	500-550	45-55	20-25	20-25
	Snack	175-200	10-20	5-15	5-10
	Dessert	175-200	15-20	1-5	5-15
	TOTAL	1800-1900	130-210	56-85	60-100

Z.E.N. Elite Athletes:

Z.E.N. Athletes program caters to sport and fitness professionals and provides customized nutrition for their intense training and exercise. The portion size and calorie intake can vary between 2,000 to 4,500 calories per day depending on individual needs. Program length varies.

Z.E.N. Custom:

Z.E.N. Custom program is tailored to each individual's needs, and it is designed and structured by our in-house nutritionists and our Registered Dietitian, Meg Moretta. This program is perfect for people who have specific diet requirements with parameters different than our standard menus. Specific numbers of meals and restrictions may vary on an individual basis. Program is available in 7, 20 and 31 days.

* Actual calories and macros may vary depending on each individual's dietary needs.

AVAILABLE PROGRAMS

CLEANSE PLANS

Z.E.N. Pure Press Juice Cleanses:

Z.E.N. Pure Pressed offers organic cold pressed juices that help detoxify the body, strengthen your immune system, and reduce inflammation, all while fighting the aging process and the onset of disease. 2 cleanses are available:

Rejuvenate Cleanse is designed for those who desire a wide range of variety with the perfect mix of greens and fruits.

Clean Greens Cleanse is a more intense cleanse with a hint of fruit and powerful greens such as Kale, Parsley, Arugula and Spinach.

Available Program Lengths: 3, 5 and 7 days.

Instructions:

We recommend drinking the juices in the order they are numbered, one through six. Have the first one within the hour of waking up and space the rest about 2 hours apart throughout your day. In addition to our juices, feel free to drink water and decaffeinated herbal tea throughout your day. Be sure to avoid caffeine during your cleanse to help further detox your body.

Z.E.N. Spa Experience Cleanse:

This "spa experience" includes 6 cold-pressed juices daily, a raw soup and a salad each day, organic turmeric cinnamon detox tea (for sipping) and pink Himalayan bath salts (for relaxing and detoxing). It allows you to enjoy a spa like treatment while detoxing in the comfort of your home.

Z.E.N. Spa Experience Cleanse offers freshly made raw soups and crisp vegetables to satisfy your craving for solid foods during the cleanse while providing the fiber and nutrients that are usually missing from the typical juice cleanses. The added benefits from the detox tea and bath salt makes this cleanse more powerful and enjoyable. See next page for more information.

Available Program Lengths: 3, 5 and 7 days.

Z.E.N. Pure Pressed Cleanse Programs focus on resetting the body and allowing the digestive systems to rest. Although weight loss is not the direct goal, it is usually a byproduct of drinking strictly juices. Reach out to your consultant if you have questions about your cleanse program.

AVAILABLE PROGRAMS

Z.E.N. SPA EXPERIENCE EXPLAINED

Z.E.N. Spa Experience Cleanse offers 6 organic cold pressed juices daily, a raw soup and a salad each day, organic turmeric cinnamon detox tea (for sipping) and pink Himalayan bath salts (for relaxing and detoxing).

Cold-Pressed Juices Daily

Choose from one of the cold-pressed juice cleanses to go with your Spa Experience and receive 6 cold-pressed juices every day during your cleanse.

- **Rejuvenate Cleanse:** A delicious cleanse designed for those who desire a wide range of variety with the perfect mix of greens and fruits.
- **Clean Greens Cleanse:** A more intense cleanse with a hint of fruit and powerful greens such as Kale, Parsley, Arugula and Spinach.

Raw Soups and Salads Each Day

The raw soups are prepared with minimal heat to preserve the nutrients while the refreshing salads provide essential fiber and helps improve digestive system.

IMPORTANT: We recommend you to drink Juice #1 within the first hour upon waking, and then each of the items, including soup and salad should be spaced 1 & 1/2 hours apart.



Himalayan Bath Salts

Pamper yourself with a warm tub full of pink Himalayan detox bath salts on the last day of your cleanse. Himalayan detox bath salts can harmonize the alkalinity and acidity balance in your body and normalize blood pressure. The salts are also believed to help dissolve and eliminate harmful sediments that can cause kidney stones, gall bladder stones and arthritis.

Instructions:

1. Shower and wash thoroughly before taking a detox bath.
2. Fill your tub with water that is about 98-100 F°, just at or slightly above body temperature. This allows for maximum absorption and will also make you sweat. If you prefer hot baths, then enjoy it hot. You'll still experience an effective detox.
3. Dissolve Himalayan salts in the tub as it's filling. If your salts are chunky, you may need to let them sit overnight in a large pot of water to fully dissolve. If using essential oils, add them to the running water as your tub fills.
4. Soak in the tub for as long as feels comfortable, 40 minutes is generally recommended.
5. Remember to stay hydrated! You probably won't drink the entire gallon of water, but it's good to have around just in case.
6. When you're finished, drain the tub and get out slowly. Some weakness is to be expected.
7. Shower again after the detox bath or air dry and let the mineral-rich water soak into your skin.



Organic Turmeric Cinnamon Detox Tea

Help your body detox further with 1 cup of organic turmeric cinnamon tea each day during your cleanse, preferably in the afternoon. The tea supports metabolism and digestion, lower your risk of heart disease, and help prevent cancers. This tea also:

- contains potent antioxidants
- is anti-inflammatory
- fights bacteria
- supports brain & memory functions
- improves mood
- helps boost immune system
- aids in lower blood pressure, blood sugar and cholesterol

Instructions:

Heat fresh, filtered water to a rolling boil. Place the tea bag in a standard sized mug. Add heated water. Steep for 5-7 minutes. Remove tea bags and enjoy!

DESIGN YOUR MENU WITH Z.E.N. SELECT

Z.E.N. Select is a free tool that enables you to select your Breakfast, Lunch, Dinner, Snack and Dessert from the multiple menu choices we provide to you. The menu choices are client favorites and are created in the same well balanced, portion controlled, healthy style we take pride in sending you each day.

Z.E.N. Select is free of charge and available the following programs:

- Weight Loss
- Healthy Lifestyle
- Vegetarian Select
- Cold Press Juice Cleanses

All you have to do is sign into your online account to access Z.E.N. Select and start designing your own daily menu!

Please keep in mind the selections will need to be made at least 4 business days in advance. You will not be able to make adjustments to your meals after the presented dates have closed for planning purposes.

The Z.E.N. Select Schedule is as follows:

Choices for this coming Mon - must be made by 12 pm on Wed
 Choices for this coming Tue - must be made by 12 pm on Thur
 Choices for this coming Wed - must be made by 12 pm on Fri
 Choices for this coming Thu - must be made by 12 pm on Sat
 Choices for this coming Fri - must be made by 12 pm on Mon
 Choices for this coming Sat - must be made by 12 pm on Tue
 Choices for this coming Sun - must be made by 12 pm on Tue

IMPORTANT:

Please note dislikes and allergies are not taken into account on Z.E.N. Select choices, meals are prepared and delivered as is. We recommend reviewing the ingredients for each meal before you make your selection.



PROGRAM HIGHLIGHTS

- Menus designed by top dietitian & nutritionists.
- Seasonal menus with incredible variety.
- Customized meals to fit individual dietary needs.
- Meals rich in antioxidants & Anti-Aging superfoods.
- Love what you eat and enjoy tremendous health benefits.
- Free of trans-fats, artificial sweeteners, and preservatives.
- Perfectly balanced and calorie controlled.
- Freshly cooked and delivered to your doorstep daily.

PROGRAM BENEFITS

- Weight loss
- Weight maintenance
- Sharper mental focus
- Calorie & portion control
- Increase in energy & metabolism
- Decrease in cholesterol levels
- Stabilized blood sugar
- Huge Time Saver



ABOUT YOUR DELIVERY

Your deliveries are made the prior night between 6 PM - 7 AM and are delivered Sunday night through Friday night. On Friday night, we deliver for both Saturday and Sunday. Your Z.E.N. meals are packed with attention and care in our insulated cooler bag with ice packs to ensure the freshness of your meals. Upon receiving your bag, please refrigerate the contents or the entire bag.

Feel free to hold on to your first 6 ice packs, and keep them in the freezer for your use throughout the duration of your program. Remember to replace the ice packs before taking your bag to the office.

Keep the bag in a cool place and do not leave the bag in direct sunlight for extended periods of time.

In addition, with each delivery, a print out of the "Daily Menu" is included to show the meals you are receiving for the day. This menu correlates with the weekly

standard menu and lists the substitutions that were made to the dish based on your dislikes/allergies. The adjustments are also indicated on the label in red writing on each meal container. As a reminder, if you chose your meals online through the Z.E.N. Select, those meals will be prepared just as listed on Z.E.N. Select without any changes or substitutions.

Each night please recycle the plastic containers and place the previous days' cooler bag(s) and ice packs in the designated location for your food drop. They will be picked up when your next day's delivery is dropped off.

Be sure to leave all unreturned bags and ice packs out the night of your last delivery. Please keep the complimentary reusable bag for your last night's delivery. There will be a \$25 charge for **each** unreturned cooler bag (except for the complimentary reusable bag for your last delivery).

HEATING INSTRUCTIONS

These instructions do not apply to Juices and shakes because they do not need to be heated. Each menu item will be marked to be eaten either "cold" or "heated". All meals are cooked to a specific point, leaving just enough room for heating up, which minimizes the chance that your food will be overcooked. Suggestions for heating your meals are:



Microwave.

For best results, remove lid and place damp paper towel over the food to keep it moist.

- **Breakfasts:** carbs: 30-40 seconds; eggs: 30 seconds; muffins: 10-15 seconds
- **Hot Lunches:** 1 - 1 ½ minutes
- **Dinners:** 1 ½ - 2 minutes
- **Hot Snacks:** 30 seconds

Test for temperature, repeat for 15 second intervals until desired temperature.



Miniature convection oven.

Remove the meal from its container and place on an oven safe dish. Heat in the oven at 300 F° for 7-10 minutes or until hot.



Conventional oven.

Remove the meal from its container and place on an oven safe dish. Heat in the oven at 325 F° for 10-15 minutes or until hot.

Note: Majority of our entree containers can withstand temperatures reaching +374 F° (+190 C°). However, the actual heat generated may vary due to different oven types and different temperature controls. Therefore, it's best to place your meal on an oven safe dish to heat it. Do not expose containers to direct open flame contact such as a barbeque grill, broiler, or toaster oven.

Z.E.N. TIPS

Your meals should be spaced out throughout the day

to allow approximately 4 hours after meals and approximately 2 hours after snacks. You should eat your first meal within the first hour of rising in the morning and can eat your last meal or snack up to an hour before bed for optimum results (meals do not have to be eaten in specific order).

You should not allow your body to become "over hungry"

as this can cause hunger pangs. Eating before reaching the point of "over hungry" helps keep your blood sugar levels balanced and your energy level up and consistent. It will prevent your body from burning lean muscle tissue and help you burn fat more efficiently.

Remember water is your best choice of beverage.

Daily water consumption should be at least eight - 8oz. Glasses

Limit caffeine intake throughout your day.

It is highly recommended that you stay away from artificial sweeteners.

Green Tea (hot or iced) is recommended

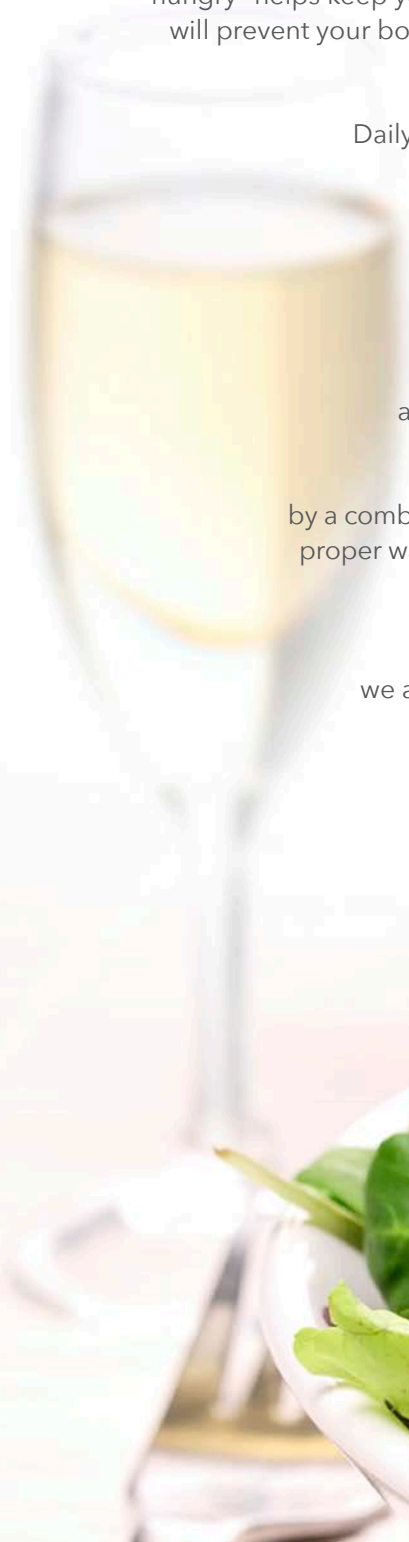
as a compliment to a sound nutrition & exercise regime.

Maximum weight loss results are accomplished

by a combination of balanced diet, an exercise routine, adequate sleep and proper water intake. Combined cardiovascular and resistance training will maximize your fat loss.

As with any weight loss program,

we advise that you get medical clearance from your physician.



DINING OUT GUIDELINES

Here are a few simple guidelines to follow when dining out:

Choice of protein should be lean cuts, when possible.

Protein serving size should be approximately the size of your palm and no greater than the thickness of your hand. Generally Men - 6 oz /
Women - 4 oz.

Choice of carbohydrates should be fruits & vegetables. Corn, carrots and peas should be avoided when possible.

Steamed with no sauce or butter is best, but if there is a sauce - just limit the amount.

If you are consuming alcohol with your meal, lessen your carbohydrate intake, as alcohol is a carbohydrate.

Always remember, if you cannot stick to your plan during the current day, just get back on the program the following day, or when you return.



ORDER/RENEW YOUR PROGRAM

**Call 310-205-9368, or go to
zenfoods.com to order or renew your program.**

You can now renew your Z.E.N. Foods Program on our website!
A user name & password are required to access your account online.

Call your consultant if you did not initially sign up online.
Your consultant will provide you with the log in information.

IMPORTANT REMINDER

- **3 business days notice** is required for any change, including days off. This allows proper routing time to ensure your request is taken care of flawlessly.
- Leave your return bag and ice packs out each night for pick up. Be sure to leave all unreturned bags and ice packs out the night of your last delivery. Please keep the complimentary reusable bag for your last night's delivery.
- There will be a \$25 charge for **each** unreturned cooler bag (except for the complimentary reusable bag for your last delivery).
- Remember to renew your program 3 business days prior to the end of your program, as to avoid interruption of service.

