

# QUICK FIX

ZReduction Food Hacks  
for Singles, Families  
& Folks on the Go

PLAN







## Dear Dieter,

I tried (and failed on) almost every diet on the planet. From Atkins to Weight Watchers to Slim Fast to Acai Berry. You name it, I've done it.

After decades of diet failure, I set out to design a diet for myself and frustrated dieters like me; a diet based on real science and lip smackin' good food.

I spent over 18 months doing research and developed a new mindset about eating. I designed recipes for a diet made only for me. I am a food writer, so I design recipes regularly. Only this time, I created meals with my diet in mind and not just food for entertaining.

I lost 28 pounds in five weeks and the weight kept dropping. My doctor took me off my blood pressure meds...and even more weight dropped. I was amazed. I had (finally!) tuned into a healthy lifestyle that was delicious and satisfying.

My friends clamored for my secret. It worked for them, too. They told their friends. The diet made sense. It was easy to follow, and everyone loved the food. My husband even ate my "diet" food and asked for seconds. And I learned so much about weight loss and weight maintenance that I realized I had something to share. I started Plan Z. Today it's mushrooming.

900 recipes later, Plan Z has over 4,000 dieters in 43 states and 10 countries. When you're eating good food, weight loss is a breeze. Your family won't even know this stuff is good for them. And you can worry less about your waistline.

These dishes are not written like my traditional recipes. These are meal solutions, designed for folks who don't have time to make an entire meal from scratch. The ingredients in these meals are already chopped, assembled, and sometimes, they're already cooked! All you have to do is pull it all together for a fast and delicious meal that's ready in a jiffy.

Enjoy! I hope you have as much joy eating them as I had designing them.

# ZREDUCTION

Fight real fat with real food

The recipes in this booklet are from the ZReduction phase of Plan Z. ZReduction focuses on losing weight. For 48 days you'll eat powerful lean proteins, delectable fresh fruits and non-starchy veggies. We'll teach you how to avoid the heavy fats, complex carbs and sugars that weigh you down. We want you to learn how to pick out the right food and turn it into delicious meals. To make your dieting more comfortable our patented ZR50 Crave Control spray will conquer your cravings, squash those salty hankerings, and snap that sugar addiction.

Once you stop eating sugar, preservatives, and processed carbs and start eating real food, your insulin levels begin to normalize. You can finally release the fat you've been storing away, allowing your body to burn calories that you ate years ago.

You won't even need to exercise in ZReduction. Your body will burn that released fat naturally. You'll eat real food, melt real fat and discover real (delicious) results.

Plan Z shows you how.





## CAJUN SHRIMP

This dish can be as easy as 3 ingredients and 3 minutes! I am going to describe a pre-cooked version of the shrimp dish and one you cook yourself. I am also going to give you spice mix options.

### PHASE:

This is a ZReduction recipe.

### SERVINGS:

Serves 2 - 3 people.

## CAJUN SHRIMP

### WHAT YOU'LL NEED:

- Shrimp: Head over to the seafood section. You have two choices, buy one pound of peeled and deveined shrimp or if you want to save even more time you can buy 1 pound of cooked shrimp.
- For the spice mixture: The super-fast option would be to buy a Cajun rub mixture in the spice section. You'll use 3 tsp if you go that route. Make sure you choose a sugarless version.

If you have a spice selection in your cupboard, here's the mixture you can make:

- ½ tsp of paprika
- 1 tsp of Italian seasoning
- ¼ tsp of garlic powder
- ¼ tsp of grated sea salt
- ¼-1/2 tsp of black pepper
- ¼ tsp of cayenne (or to taste)
- A salad on the side: While at the store, head over to the produce section. I recommend you pick up a bag of fresh baby spinach or kale and then add the veggies you'd like from your ZReduction approved shopping list.

### AT HOME:

In a large zip lock bag, add your spice rub or spice mixture. Then toss in the shrimp to coat them. Just bounce the bag around to coat them all.

Spray your saute pan with olive oil. Heat the pan and add the shrimp. If your shrimp are fully cooked already, all you need to do is heat them up. That will only take about 3 minutes. Just stir and toss them.



If your shrimp are raw, you'll need to cook them 5 – 6 minutes until no pink remains. Just flip them over once or twice to make sure both sides get cooked.

Once the shrimp is cooked, make your salad. Drizzle on one Tbl of approved dressing. To go with the shrimp I recommend a vinaigrette or ranch dressing. Toss and serve with the shrimp on top.

Enjoy!

Cheers,

*Zola*



## SAUSAGE WITH PEPPERS & ONIONS

I am going to suggest ways for you to take advantage of the meat counter and the pre-cut produce in the grocery store. That way if you are cooking for just yourself you don't buy a lot of ingredients that will go to waste. It's a little more expensive by the pound, but it's cheaper overall not to have the leftovers if you aren't going to get to them in time to eat them before they spoil.

### PHASE:

This is a ZReduction recipe.

### SERVING SIZE:

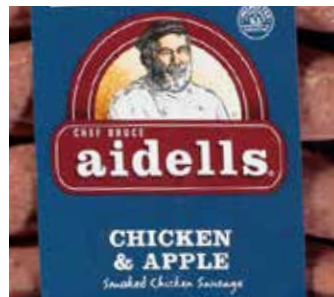
2 sausages per person.



## SAUSAGE WITH PEPPERS & ONIONS

### WHAT YOU'LL NEED:

- Sausages: You have a couple of choices for your sausages. You can have Hebrew National hot dogs or Aidell's chicken sausages. Stick to ZReduction approved varieties. For example, don't buy the dogs with cheese or mango in them. Those could stall you.
- 2 bell peppers (or a variety of small bell peppers)
- 1 onion
- Salad fixings (if you want to have leafy greens with your meal), use a salad in a bag in a pinch



*Aidell's Chicken & Apple sausages are ZReduction approved!*

### AT HOME:

You can cook your sausages on your grill or you can use a grill pan and cook them on the stove.

While they are cooking you can make your peppers and onion combo. Cut up an onion and cut red, green, yellow, orange or red bell peppers into strips. You are shooting for a full cup of veggies. If using small peppers, you can cook them whole (*see opposite image*).

Spray a saute pan with oil and spray the peppers and onions. Go ahead and overfill the cup you're measuring in. These are really low cal and no fat. Then saute on medium until they wilt and are soft enough to eat. You can spice them up with seasoning if you like. Grated sea salt is fine. Or even Italian seasoning. The Aidell's sausages have so much flavor you won't really need more seasoning.

Serve with a squirt of mustard across the top and you're ready to dig in.

You can have a separate salad on the side if you want.

Enjoy!

Cheers,



## ROASTED BURGER ON A SALAD

Too often, it's too much hassle to fire up the grill for one person, or it takes too long. You can make this burger easily with a cast iron pan. I definitely recommend you buy at least a small cast iron pan if you don't have one already. They are inexpensive and they transfer from the stove to the oven easily.

### PHASE:

This is a ZReduction recipe.

### SERVING SIZE:

1 burger per person.

## ROASTED BURGER ON A SALAD

### WHAT YOU'LL NEED:

- Burgers. Choose your burger from the butcher section. The grocery store usually has 8 oz patties made up. Find one that's cleared for Plan Z. My husband found one that is peppered around the rim. He loved that. I've seen others stuffed with green pepper bits and onion. Just stay away from burgers with cheese or other ingredients not cleared for ZReduction.
- Salad fixings. You can make your own salad, but I suggest buying bagged lettuce or precut salad greens if you're in a pinch, then add your favorite salad fixins. You can find all kinds of things to top your burger and make a scrumptious salad. Choose ingredients cleared for ZReduction like cucumbers, tomatoes, onions, celery and leafy greens of any kind - even spinach or kale.

### AT HOME:

To roast your burger, preheat your oven to 400 degrees or if you have convection, set it at 375 convection roast.

Spray your burger with olive oil, top and bottom. Heat your pan. Put the burger in the pan and cook it on medium high for 3 minutes to sear it. Don't mess with it. Don't move it. Don't press on it. Just let it get crisp on that one side. Flip it over. Then transfer it to the oven. Roast it for 10 – 15 minutes; depending on how well done you like your burger. If it is an 8 oz patty, 15 minutes will put it just past medium and the pink should be gone. You can check it when you pull it out of the oven, using a sharp knife. If it's not done, just put it back.

This is a much easier way to cook a burger than any other method I've tried. It also frees you to make your salad, set the table or even watch the news.

Put your salad fixins on a plate. Drizzle with up to 2 Tbl of your favorite cleared dressing. Then top it with the burger and any burger toppings you've chosen.

Of course you can also have your burger on the side of your salad and a bit of mustard and/or ketchup with your burger.

Enjoy!

Cheers,





## BUFFALO CHICKEN SALAD

This is much like a buffalo chicken tender wrap but with no wrap. This menu item is very popular in sports bars that serve food. Game day food is manly comfort food.

**PHASE:**

This is a ZReduction recipe.

**SERVING SIZE:**

6 - 8 oz of chicken per person. Approx 3 tenders depeding on size.

## BUFFALO CHICKEN SALAD

### WHAT YOU'LL NEED:

- You'll be looking for chicken tenderloins. Your grocery store might have them already grilled up, or you can buy your own and this will make two servings from one package. Your portion is six – eight ounces. That's probably 3 or 4 depending on their size. They will likely be located with the rest of the raw chicken if your store doesn't have them already cooked. You can also buy chicken breast that's been cooked and just cut it into chunks if that's easier for you.
- Then go to the produce department for your wrapless fixins. Usually you'd get a combo of romaine lettuce and iceberg lettuce. Buy the lettuce that's already cut to save time. Then you can grab whatever toppings you'd like. To go along with the buffalo theme I'd do plenty of celery bits. You can add onion, cherry tomatoes (cut those in half at home if you want), cucumber and whatever else you want that is Plan Z approved. Remember your greens are unlimited. Keep the rest to one cup of veggies. Eyeball it. You'll be fine.
- You'll need ranch dressing for this and hot sauce. You can use Frank's hot sauce. That's the official hot sauce of buffalo chicken. You can also use Tabasco sauce or your favorite that has no sugar.

### AT HOME:

You can grill the tenderloins if you have time but if not, they bake up pretty fast, and since you're covering them with the buffalo sauce it might not matter to you if they don't have grill marks on them.

If you need to bake them...Put them in a preheated 400 degree oven for 10 – 12 minutes or until no pink remains in the middle. Cut one open to check. If they are done, cut them into chunks or leave them whole. Your choice.

While they are baking you can make your sauce and your salad.

Coat your chicken bits with as much hot sauce as suits your taste. Start with a few squirts and taste it. Don't go overboard.

Pile your salad in a bowl. Toss it with 2 Tbl of ranch dressing. Put chicken on top.

Enjoy!

Cheers,





## SALMON OVER STIR FRY

Most grocery stores have a precut and prepped salmon offering. I saw three at my local grocery store that would work for Plan Z. Sesame ginger, lemon pepper and a garlic-dill. You can choose your favorite. One piece per person. Some stores will cook it for you or I'll tell you how to cook it and serve it with a fun stir fry. So Asian!

### PHASE:

This is a ZReduction recipe.

### SERVING SIZE:

A 6 - 8 oz salmon fillet per person.



## SALMON OVER STIR FRY

### WHAT YOU'LL NEED:

- Head to the produce section and pick up a baby bok choy if you're into that (or willing to try one) and then maybe pick up a few pea pods. You may find the rest of your stir fry fixings already chopped up with the pre-cut salad greens. Choose things like cherry tomatoes, cabbage, red, yellow and green pepper strips, or whatever you want that's ZReduction approved. The purple cabbage is really fun. You're going to make up enough for two people or leftovers.
- You'll need Bragg liquid aminos or Coconut Secret coconut aminos. That's instead of soy sauce. Pick up minced garlic, and ginger (they have both in jars in produce) and some low sodium chicken or vegetable broth. Optionally you'll spice this up with red pepper flakes or cayenne.

### AT HOME:

Set your oven to 400 degrees or 375 convection roast. Use your cast iron pan. Spray the salmon top and bottom. Heat the pan and add the salmon skin-side down. Sear for 3 minutes. Then transfer it to the oven. Don't even have to flip it.

Roast uncovered for 12 – 15 minutes. 12 minutes will give you medium rare in most cases. Take it out and check it with a sharp knife. If it's too mushy in the middle put it back in for a few minutes. Salmon cooks pretty fast though, so keep an eye on it. While the salmon is roasting, get out a medium saute pan.

Cut the bottom of the baby bok choy off (1/4" or so) and wash to get off any dirt. Toss what you cut off. You can cut it horizontally in half to make smaller bite-sized pieces. Just make sure to pull it all apart. You can cut your pea pods diagonally or leave them whole. Up to you.

Spray your pan. Add your veggies. Saute them so they loosen up. Then add enough broth to cover the bottom of the pan and about a 1/4" up the side. Keep sautéing and stirring (you're stir frying, remember?). Add a tsp or two of ground ginger, a tsp of garlic, 2 Tbl of Aminos and your pepper flakes or a dusting of cayenne. The heat/spice amount is up to you). Mix and keep cooking on medium for 5 minutes or until the broth is cooking down and the veggies loosen up but keep some crispness.

When your fish is done, take it out of the oven. Pile your stir fry veggies on a plate. Drape your fish across the top or chop up the salmon. My husband likes his chopped up. Some folks eat fish skin. Some don't. You choose. If you flip your salmon on its side, you should be able to easily run a knife along the skin to separate it from the main body of the salmon.

Enjoy!

Cheers,





## ITALIAN MEATBALL SALAD

If you're in the mood for old school Italian, this will satisfy your craving.

PHASE:

This is a ZReduction recipe.

SERVING SIZE:

6-8 oz of meatballs per person.



## ITALIAN MEATBALL SALAD

### WHAT YOU'LL NEED:

- Meatballs: Most delis have Italian meatballs already made up. Some are big. Some are smaller. Some have tomato sauce and some are plain. Choose 6 – 8 oz of meatballs per person. If they have cheese shreds on them you can remove those.
- Then head to the produce department. For this dish, choose a big handful of baby spinach and/or kale. Or mix them. Then choose a few other veggies you like that are ZReduction approved.
- Head into the aisles and buy a jar of roasted red peppers. They will be in the Italian section near the spaghetti sauce. You can get whole or cut up. Your choice. They even come in smaller jars in most stores. Remember you are shooting for 1 cup of veggies so factor in that you're going to have some of the red peppers along with the veggies you chose from the salad bar.
- If you want your meatballs sauced you can also pick up a little jar of spaghetti sauce. Find one with no sugar. Rao's is a popular brand that has no sugar. If the deli already has sauce on them just ask for a little extra drizzled over the top. That will save you from having to buy spaghetti sauce.

### AT HOME:

Heat your oven to 400 degrees. Put your meatballs in an ovenproof pan and if you are having sauce, pour that over the top. Heat for 15 -20 minutes depending on how big your meatballs are.

While they are heating you can make your salad. In a bowl put in your spinach and veggies. Take as many roasted red peppers as you like out of the jar. Cut them into bite-sized pieces if they are whole. Then rinse them in a colander. You want to get the juice from the jar off. At least I do. I don't like that vinegar taste. Toss those in your salad, too. Then dress it. For this one I recommend 2 Tbl of an Italian vinaigrette. This would be an oil-based Italian dressing rather than a creamy one.

When your meatballs are hot, remove them from the oven. You can serve your meatballs on top of the salad or have them on the side. Up to you.

Enjoy!

Cheers,





## ITALIAN BEEF

Italian Beef is a popular comfort food. There are lots of variations on how you can top your Italian Beef, so I will lay out some options that are workable with Plan Z. Italian Beef is usually served on a big sub bun of some kind and you'll be skipping that, so you're basically eating a pile of meat with a fork. Don't worry. There's so much flavor you'll get used to eating it without bread. I serve this with coleslaw on the side. That recipe follows this one.

PHASE:

This is a ZReduction recipe.

SERVING SIZE:

6 - 8 oz per person.

## ITALIAN BEEF

### WHAT YOU'LL NEED:

- Beef: Go to the deli. Ask them to thinly slice a pound of London Broil. You'll want to see a sample slice before they continue slicing. You want it very thin but not shreds. I made the mistake of telling a rookie deli person that I wanted it shaved and I got a massive pile of little shreds. You don't want that, but you do want it thin. The meat will be rather on the rare side but you're going to take it home and cook it so even if you like your meat more well-done, this will still work for you.
- Broth: Go into the aisles and buy some beef broth. Finding one with no sugar and low sodium is a good idea. You don't want all that extra processed salt. You'll season it at home with your own grated sea salt.
- Toppings: For toppings, remember you get a cup of veggies so you can top it with a full cup of extras or you can have some other veggies on the side. Just factor that into your decision. Traditional things to top the meat include: Pepperoncini peppers, sport peppers, giardiniera or green peppers and onions. If you choose green peppers and onions you can get those in the produce section. You are not likely to want ALL of these things. That's an awful lot of peppers, so just choose what seems good to you.

### AT HOME:

Take your shaved meat and place it in an oven-proof pan. Heat oven to 300 degrees. Pour enough beef broth so that it comes up about a quarter inch on the side of your pan. Then take a tong and toss the meat around in the broth so it all gets wet.

Then all you have to do is sprinkle on your seasonings and toss the meat some more. This is a long list of spices but once you have a collection of them you'll have them on hand for lots of your cooking. I am not going to give you exact amounts of spice for this dish. It's really unscientific. All you have to do is put a dusting on top of each of these things. Ground black pepper, garlic powder, Italian seasoning, and crushed red pepper flakes (remember these are spicy, too). Once you have a dusting of each of these things on top of your meat, take your tong and stir the meat up again to distribute the spices throughout. Just turn it over and over a few times. Then put the meat mixture with the broth in the oven for up to 45 minutes. It really will only take about 20 minutes to get it hot so if you are in a hurry you can take it out then. I let it cook longer to get the spices to meld into the meat even more.

Take the meat out and serve it. You'll get 2 – 3 servings out of this one pound portion; depending on how hungry you are. Top it with your garnish of choice. Save the extras for another meal. It just makes sense to cook up this much in one batch.

If you want to be fancy, you can slice your green peppers and onions into strips and rings and then roast them with the meat. They will take about 30 minutes to cook. You can put them in a separate oven-proof container or even put them right in with the meat. Just make sure your total portion of veggies doesn't go over 1 cup per serving.

My husband had this dish with a pile of coleslaw on the side. He loved it.

Enjoy!

Cheers,





## COLESLAW

PHASE:

This is a ZReduction recipe.

SERVING SIZE:

1 cup per person.

## COLESLAW

### WHAT YOU'LL NEED:

- The slaw: You can buy coleslaw mix in the store. It will probably have white and purple cabbage mixed together. Most coleslaw mixes have a bit of carrot shreds in them, too. If you want to be picky you can take those out but chances are there's not enough carrot to make you stall.
- The only other thing you need is dressing. Marzetti's makes a coleslaw dressing you can use or you can choose any dressing from the options available for Plan Z. You might be in the mood for ranch dressing or even a vinaigrette. It depends on the style of coleslaw you like and what you are eating it with.



### AT HOME:

Cabbage is unlimited so you can have a big pile of coleslaw if you want. Your dressing is NOT unlimited though. So in a bowl, place as much cabbage as you want and then add up to 2 Tbl of dressing. Mix it all up.

Remember, you only get 2 Tbl of dressing PER DAY so you might start off with just one Tbl of dressing and see how well it covers your amount of cabbage. If you keep tossing it, you'd be amazed at how little you can get away with and still have the wonderful taste of coleslaw.

I also put on a bit of grated sea salt and plenty of pepper. I like my coleslaw with plenty of flavor.

The coleslaw tastes great as a side dish to the Italian beef.

Enjoy!

Cheers,





## CHICKEN TIKKA MASALA

This is a flavorful dish. It's often not "pretty food" but it has a great flavor! If you are not familiar with Indian food, give this a try. It will be a good experience. Indian food can be made very spicy or milder. You'll decide based on how much cayenne you put in and whether you put in the jalapeno pepper. They can both be considered optional.

**PHASE:**

This is a ZReduction recipe.

**SERVES:**

This dish will serve 2 or give you a leftovers meal.

## CHICKEN TIKKA MASALA

### WHAT YOU'LL NEED:

- Chicken: At the store, buy one package of chicken tenders. That package will weigh approximately 1 pound and usually has about 8 tenders in it.
- Spinach: In produce you can buy a bag of baby spinach. It's optional but it makes a great base for the dish instead of rice.
- Pick up one lemon, too.
- In the aisles you want to buy an 8 oz can of tomato sauce,
- And a small container of whipping cream.

### AT HOME:

You'll decide first how you want to cook your chicken tenders. Easiest thing to do is spray them with olive oil and bake them 20 minutes at 350 degrees. They will remain white, but that doesn't matter because you will be covering them with the sauce. My husband preferred to grill his. You can do that in your grill pan or outside on a grill. All 3 options work.

While the chicken is cooking, make your sauce. In a sauce pan, add the tomato sauce. Then squeeze in the juice from half of the lemon. (Save the other half to squeeze in your water or use for something else). Add the following spices:

- 1 tsp of ground cumin
- ½ tsp of ground cinnamon
- 1 tsp (or to taste of cayenne). One tsp will make it spicy so back off if you don't want the heat or even leave it out if you want this to be perfectly mild.
- ½ tsp of ground pepper
- ½ tsp of ground sea salt
- 1 tsp of minced garlic (garlic in a jar will work) or ½ tsp of garlic powder
- 1 tsp of paprika

Stir all of these into the sauce. Then add:

- ¼ cup of whipping cream

Heat the sauce on medium high, stirring regularly, until the cream begins to thicken the sauce. Don't boil it. Just heat it until it gets as thick as you'd like. This will only take about 5 minutes.

When the chicken is done you can cut it into cubes or leave it in longer pieces. Up to you. Add the chicken to the sauce and heat it. Then it's ready to serve.

To serve I use a plate or large entrée bowl. Add a nice handful of spinach and top it with the chicken in sauce. Remember spinach is unlimited so you can have plenty. It will wilt from the heat of the chicken. Count the sauce as half of your vegetable. You can have another vegetable ½ portion on the side if you want. My husband just had extra spinach and he was satisfied.

Enjoy!

Cheers,





## RANCH CHICKEN

This chicken is super moist and yummy. The ranch dressing gives it a gourmet feel without any work at all!

PHASE:

This is a ZReduction recipe.

SERVING SIZE:

A 6 - 8 oz chicken breast per person.



## RANCH CHICKEN

### WHAT YOU'LL NEED:

- 2 six to eight oz chicken breast pieces (get them at the meat counter so you don't have to get a larger package).
- Olive oil spray
- 2 Tbl of ranch dressing (use a good one, full-fat, and organic if possible)
- 1/2 Tbl of Worcestershire sauce
- 1 tsp of Italian seasoning
- 1/2 tsp of vinegar (a white one - I used champagne vinegar)

### AT HOME:

Pound your chicken breast pieces so they are 1/3 inch (or so) thick. I do this by putting them in a baggie and then pounding them with my meat mallet. I do this so they will cook faster. If you don't have a meat mallet you can actually use a can of something from your cupboard. Maybe a can of tomato sauce. Spray the breast pieces with olive oil spray.



In a large ziplock baggie, put in the rest of the ingredients.

Add your chicken. Toss it around in the bag to coat the chicken.

Preheat your grill pan.\* Place the chicken pieces in the pan and put your heat on medium. Grill the chicken a few minutes until you have grill marks. Turn over. Grill the other side. It only takes about 5 minutes per side and your chicken will be done. Check one piece by cutting into it to make sure the chicken has no pink.

Serve with veggie side and a salad. Most grocery stores have grilled asparagus or maybe green beans already cooked. And then hit the salad bar for some side salad options.

For Z2, this is one Tbl of your dressing allotment.

\*You can also cook these on an outside grill. Just keep the heat low enough so you don't scorch them. Or they can be baked in the oven. They should be done at 375 degrees in about 20 minutes.

Enjoy!

Cheers,

*Zola*



**LOSE 31 LBS  
IN 50 DAYS**

**Z**

## WHAT IS PLAN Z?

If you're at an age where your metabolism has slowed or if you're already overweight, you need a diet that recognizes the cravings are culprit #1 – and once those are curbed, the real weight loss can begin.

That diet is Plan Z. It was developed for people who have tried it all (*diets A through Y*) and are now experiencing or headed toward additional health problems, like diabetes, high blood pressure, high cholesterol and maybe even sleep apnea...and now they need something that works. FAST.

In our eyes, it's no wonder all those diets failed...because all those diets never handled the root problem: the crave. It's the crave that makes you quit. And it's only once the crave is controlled that you can focus on the rest. But don't worry, we help you with that part, too. In fact, Plan Z dieters lose an average of 31 lbs. in 50 days.

**Control the cravings** with ZR50 Crave Control spray, our breakthrough patented supplement. Just a few sprays a day under your tongue manages your cravings – whatever they might be. Plus, it sets your body up to burn the fat.

**Eat real food.** With the crave gone, you can begin to focus on your eating. We come through with hundreds of delicious recipes that keep you full and happy. We're talking lots of quick and easy dishes you'll actually look forward to eating. And we teach you what to order in restaurants, too. Yes, it's dieting, but it's dieting comfortably.

**Don't exercise.** Yup, that's right. For the first 50 days, working out will only make you hungrier – so don't. And after that, it's up to you. But it's not needed to lose weight.

**Succeed with support.** Our manual, daily emails, videos, 2nd Tuesday calls and access to the Plan Z team help you learn a new way to live. No weigh ins. No clinics. No shots. No meetings or lectures. It's this knowledge and support that gives you the tools to keep the weight off.

**Plan Z.** The first part is controlling the cravings, so the diet actually has a fighting chance. Once the cravings are gone, it's our diet that brings the results you want. It's based on real food, comes with the support and tools you need to stay on track, without exercise. It changes your life and puts you on the road to better health.

Because losing weight is just the beginning.



PLAN **Z**<sup>®</sup>

Conquer the crave.