



Sizzlin' Summer Sampler

Find out how easy it is to take control of your weight and your health with these easy-to-make dishes.





Conquer the crave.

www.planzdiet.com



Dear Dieter,

I tried (and failed) 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 am a food writer, so I design recipes regularly.

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 by Zola.

Cheers,



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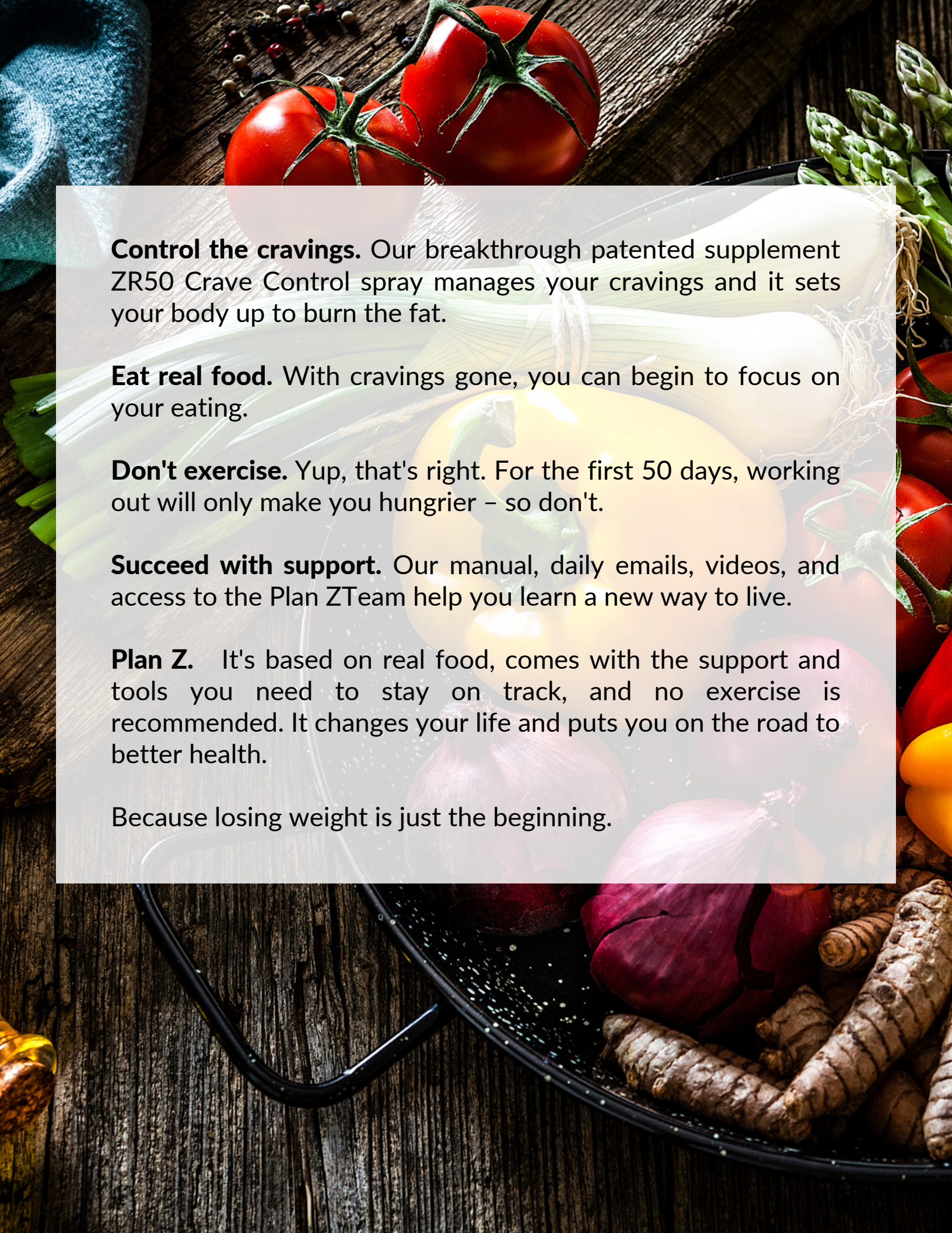
WHAT IS PLAN Z?

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 pounds in 50 days.**



Control the cravings. Our breakthrough patented supplement ZR50 Crave Control spray manages your cravings and it sets your body up to burn the fat.

Eat real food. With cravings gone, you can begin to focus on your eating.

Don't exercise. Yup, that's right. For the first 50 days, working out will only make you hungrier – so don't.

Succeed with support. Our manual, daily emails, videos, and access to the Plan ZTeam help you learn a new way to live.

Plan Z. It's based on real food, comes with the support and tools you need to stay on track, and no exercise is recommended. It changes your life and puts you on the road to better health.

Because losing weight is just the beginning.



ZREDUCTION

ZReduction is the weight loss phase of the diet. For 48 days you'll eat lean powerful 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.

Conquer your cravings, squash those salty hankerings, and snap that sugar addiction with our patented ZR50 Crave Control spray.

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.

Plan Z shows you how.

PLAN



Tuna Niçoise Salad

SERVES 2

For the Dressing:

- 3 Tbl olive oil
- 1-1/2 Tbl champagne vinegar
- 1 tsp lemon juice
- 1 tsp dijon mustard
- 1/2 tsp garlic
- 1/2 tsp Truvia
- 1 anchovy, drained (optional)
- dash of Worcestershire sauce (optional)
- salt and pepper to taste

For the Salad:

- 8 oz canned tuna, drained
- 2 hard-boiled eggs (peeled and quartered)
- 1 cup asparagus spears, blanched or slightly cooked and cut in half
- 1/2 tomato
- 1/4 cup cucumber
- a little bit of red onion, sliced thin (to taste)
- your favorite leafy greens (they are unlimited, so you can go bananas if you want)
- pinch of tarragon or chives (optional)

Tuna Nicoise is one of my favorite summer dishes. It is light, healthy, and filling. Unfortunately, it usually has potatoes in it. This is a low-carb potato-free version that is a-ok for ZReduction. I have used canned tuna in this recipe (for ease) but using freshly grilled tuna steaks would make it sublime.

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For the Dressing

In a small bowl, mash the anchovy, garlic, salt, and pepper with the back of a fork until it is smushed and combined. Then whisk in the lemon juice, vinegar, and mustard. Add the olive oil and whisk fast — this will give you an emulsion and make your dressing thicker. Taste it. Add Truvia, Worcestershire sauce, and additional salt/pepper if needed.

For the Salad

First, you'll need to hard boil your eggs. Place two eggs in a pot of boiling water for 8-10 minutes. Voila! Perfect hard-boiled eggs! Dunk them in cold water, and peel.

For the asparagus, cut off the whitish fat ends and then cut them in half and saute them in a pan with a little bit of oil, salt, and pepper (you can even add your favorite veggie seasoning if you want). I usually cook mine for about 10 minutes or so. If your asparagus spears are young and pencil-thin, you might want to cook them less.

To assemble your salad, add your leafy greens to a big bowl and toss with your dressing. Arrange the rest of your ingredients on top of your greens, and garnish with the herbs.





"To eat is a necessity, but to
eat intelligently is an art."

Francois De La Rochefoucauld
-Famous Chef

Barbecue Burgers

There are two stages to making burgers this way. The Rub. The Burger. If you are not a major cook don't worry. This looks harder than it is. Stick with this and you'll love your burgers!

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MAKES 4-6 PATTIES

For the rub:

- 1 tsp of smoked paprika
- 2 tsp of chili powder
- 2 tsp of Truvia
- 2 tsp of garlic powder
- 1 tsp of celery salt
- 1 tsp of dry mustard

For the burgers:

- 2 pounds of ground sirloin
- 1 egg (optional)
- olive oil spray

For the rub:

Mix all of the rub ingredients together in a bowl. If you want you can make double and it will keep in your cupboard in a sealed container.

To prepare the burgers:

Get your charcoals going so they're nice and hot. If you use a gas grill, you'll want to get your grill heated up a bit before cooking up your burger patties. If you're using a grill pan indoors, spray it with a little bit of olive oil spray and heat the pan on medium-high.

Put your ground sirloin in a bowl. Add the egg and 1/2 of the rub. Mix it up with your fingers until it is just mixed through. Don't overmix it, that will make your burger tough. Once your patties are formed, spread the leftover rub on both sides of your patties. You can let the rub soak into the patties or grill them right away.

Grill your patties for about six to eight minutes per side, depending on how well you like your burger cooked. You want to get a nice crust on each side to seal in the juices (the rub will help form this crust better on a charcoal or gas grill).

Check the flavor and make personal adjustments as you please. Some people like spicy burgers so you can add a dash of Tabasco sauce to spice it up a bit.

Serving Suggestion:

To meet the ZReduction protocol, serve one of these burgers over a bed of greens and a cup of the Brussels sprouts offered on the next page. You can even round out the meal with a bit of fruit.





Brussels Sprouts with a Balsamic Drizzle

- ***1 pound of Brussels sprouts, trimmed and outer leaves removed***
- ***olive oil spray***
- ***sea salt and pepper to taste***
- ***½ cup of balsamic vinegar***
- ***whisper of cayenne (optional)***

SERVES 3 - 4

Heat oven to 375 degrees. Cut the Brussels sprouts lengthwise into halves or quarters (depending on how large they are). I always do mine quartered because I want more browned edges.

Spray a cookie sheet with olive oil spray. Place the Brussels sprouts on the pan and lightly spray them. Grate on sea salt, pepper and if you want, the cayenne.

Roast the Brussels sprouts for about 25 minutes. I stir them at the halfway point so more browning takes place. Cook until they are a color you find appealing.

In a small saucepan pour in the vinegar. Reduce it on medium-high (low bubble) until it reduces by half. Balsamic vinegar becomes thick and sweeter as it boils down. Keep an eye on it or you can boil it down to nothing in an instant. Let that liquid sit until the Brussels sprouts come out of the oven. When they do, drizzle on the balsamic reduction. Toss and serve.

Enjoy!

ZREBOOT

Eat like royalty without gaining the weight back.

Say farewell to the fat for good. We don't drop you after you drop the weight - instead, we give you the tools you need to keep it off.

For six weeks in ZReboot, you'll slowly expand your food choices. You'll eat and drink comfortably while maintaining your weight. Even if you weave off the path, you'll have the secrets to get back on track.

You'll be amazed at how much food your body can handle without gaining weight. No more guilt trips. No more back slips.

In ZReboot you prove to yourself that Plan Z works - and it works for the long haul. You'll discover your relationship with food can be fun again.



Chicken Scallopini

A traditional Italian meal made the Plan Z way. My husband declared this one of his favorite meals of the year.

SERVES 4

- **2 boneless, skinless chicken breasts or one package of chicken tenders**
- **1 tsp of grated sea salt**
- **1 tsp of grated black pepper**
- **2-3 Tbl of flour**
- **3 Tbl of olive oil**
- **4 Tbl of butter**
- **8 oz of fresh mushrooms, trimmed and sliced. Use cremini, shitake, or even button.**
- **1/2 cup of diced shallots**
- **1/3 cup of dry white wine**
- **1/2 cup of heavy cream**
- **1/2 tsp of grated lemon zest. (dried zest/peel will work)**



If you're using chicken breasts, place the breasts on the cutting board and carefully take your chef knife and slice the breasts horizontally to make two breast pieces. If using chicken tenders be sure to trim off the white membrane.

Get out a large ziplock bag. Place the chicken pieces in the bag one at a time and flatten the breast pieces with a meat mallet to pound down to about one-third of an inch thick. If you're using chicken tenders, just pound down any that are thicker.

Add the flour to your ziplock bag and toss it to coat the chicken. I did two breasts at a time. I also take the breasts one by one and pat them over the sink to knock off any excess flour.

Lightly sprinkle on some of the salt and pepper. Save the rest for the sauce.

Heat the olive oil in a large saute pan over medium-high heat. When the oil is shimmering add the chicken pieces. Don't crowd them. Cook until golden brown, about four minutes. Turn the chicken over and cook until the chicken is cooked through. Should be about two more minutes. Make sure no pink remains in the chicken.

Put the chicken pieces in a bowl or plate and cover them to keep warm. Now you'll make your sauce.

Melt the butter in the same saute pan over medium. Add the mushrooms, shallots, and the remaining salt and pepper. Cook, stirring often until the mushrooms brown up. It should take about five to six minutes. Add the wine and cream. Cook for a few minutes until it reduces to a creamy consistency. Stir in the lemon zest and serve the chicken with the sauce.



Grilled Asian Salmon

When my husband is in the mood for Asian food, this is his favorite dish. It's a super easy dish, so it doesn't take much to talk me into it.

SERVES 4

4 pieces of salmon
filet (approx 6 to 8 oz
each)
2 tsp fresh, finely
grated ginger
2 tsp sesame oil
1 tsp hot chili oil
2/3 cup Bragg's
Aminos (soy sauce)
3 Tbl brown sugar

Optional:
green onions for
garnish

Put all ingredients except the salmon in a Pyrex or other ovenproof pan. Stir to mix. Then place the salmon flesh side down on the mixture. Let marinate in your refrigerator for 30 minutes while you relax. Don't marinate too long or the fish starts to fall apart.

Do not throw away the marinade!

When you're ready to make dinner, place the salmon flesh side down to start and grill or sauté on medium-high for three minutes. You can also do this in a sauté pan. Turn salmon over. Grill on the skin side for up to four minutes more, or to your liking. I use a gauge of six to seven minutes per inch to cook it just past the pink-in-the-middle stage.

While the salmon is cooking, pour the marinade into a small saucepan. Heat it on medium-high until it gently boils and starts to cook down. It will get close to a syrup consistency. Don't let it boil over, but you do want a gentle boil to reduce it.

When the salmon is done, serve with a drizzle of the sauce. Garnish with green onions. YUM.



Voted Best
of the
Pandemic

Cajun Butter Steak

My version of this steak is done by searing and roasting the meat. You can also choose to do this on the grill. Choose your favorite steak cut. It was a special occasion at our place, so I used beef tenderloin.

1/2 cup of tamari, coconut aminos or Bragg's aminos
1/3 cup of olive oil
1/4 cup of Swerve brown sugar substitute. You can order this online.
1/4 cup of bourbon

2 Tbl of good mustard. I used Grey Poupon.
2 tsp of Cajun seasoning
2 tsp of minced garlic
2 Tbl of butter cut into bits
8 - 16 oz of your steak choice.

SERVES 2-4

Preheat your oven to 375 degrees. In a bowl whisk together the tamari (or other) along with the olive oil, brown sugar substitute, bourbon, mustard, Cajun seasoning, and garlic. Pour out about half of the mixture into another container to save for later.

Add your steak to the bowl and let it marinate for at least 20 minutes and up to four hours. If you are marinating it for more than 30 minutes, cover it and refrigerate.

Remove the steak from the marinade and season it with grated sea salt and pepper to your liking. Spray an oven-proof pan (like cast iron) with olive oil spray. Heat on medium-high and sear the steak on one side for a full three minutes. Don't mess with it. Let it get a nice crusty surface. Turn it over. Then transfer it to your oven to roast. Most steak cuts will take about 12 minutes to get to 130 degrees or just past medium-rare. Keep an eye on it because this will vary by cut. Remove from the oven and let it rest on the cutting board for to eight minutes before serving.

While the steak is resting you can finish your sauce. All you need to do is heat the sauce in a small saucepan. Bring it to a boil and then turn it down and let it reduce a bit. Stir in the butter and let it melt. You are ready to serve. Drizzle the sauce over the steak.



People who love to eat
are always the best
people.

JULIA CHILD

Lemon Bars

I found a recipe online for keto lemon bars. I made them for a party. Wow. I did make a few changes to the recipe, so I am offering it to you now. These taste every bit as good as the sugar-filled ones. When I made these, I put them in a tart pan with a removable bottom and cut them into skinny wedges. You can do the same or bake them in a square pan and cut them into little bars.

Mix butter, one cup of almond flour, a quarter cup of sweetener, vanilla, and a pinch of grated sea salt in a bowl. Press evenly into your parchment paper-lined baking dish or tart pan. Bake for 20 minutes at 350 degrees. Take out and let cool for 10 minutes.

In your blender, put in the lemon peel, lemon juice, and eggs. Also add three-quarters of a cup of the sweetener, three-quarters of a cup of almond flour, and another pinch of grated sea salt. Whiz on medium for about 10 seconds to blend thoroughly.

Pour the filling over the crust and bake for 25 minutes. Let them cool completely before cutting. Expect the filling to have minor cracks in it.

Optional: You can dust the top of the bars after they have cooled with a little more sweetener. Just put a couple of tablespoons of sweetener in a little sieve and dust it across the top. This way you can fill the cracks so they show less.

If you bake these in a tart pan be sure to take a sharp knife and slice along the perimeter before you release the pan sides. This way the crust won't stick to the pan and give you a mess.

If you want, you can store them in the refrigerator; keep them covered. They are delightful cold or room temperature.

Enjoy!



1/2 cup of butter, melted
1 3/4 cups of almond flour
(be sure to buy fine ground almond flour)
1 tsp of vanilla
grated sea salt
1 cup of powdered sweetener (erythritol)
3 medium lemons, juiced
1 tsp of dried lemon peel
(or you can zest one of the lemons)
3 large eggs

SERVES 16-20

THANK YOU



It is my fondest wish that Plan Z ignites a minor love affair with your kitchen. From choosing fresh produce to tasting great chili, I hope you learn to love cooking as much as I do.

So get in there - make a mess, have some laughs, and eat healthy, home-cooked comforts.

Zola

