

Cozy Comfort Foods

Six recipes from the Plan Z Kitchen

ZOLA AND THE ZTEAM





PLANZ

Conquer the crave.

www.planzdiet.com

ABOUT THE AUTHOR



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 lbs. in 50 days.

A collage of fresh vegetables including tomatoes, asparagus, and ginger on a wooden surface. The background is a dark, textured wooden surface. In the top left, there are several bright red tomatoes with green stems. To the right, there are green asparagus spears. In the bottom right, there are pieces of ginger root. The overall scene is lit with warm, natural light, creating a rustic and healthy atmosphere.

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.

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, and access to the Plan ZTeam 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. Then comes the diet. And one simply doesn't work without the other. 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, 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 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.

PLAN





Sausage Chicken Gumbo

This tastes like authentic Cajun cooking without having to simmer for hours.

1 Tbl butter

2 tsp flour

1/2 green pepper, chopped

1/2 medium yellow onion, chopped

1 cup okra

1 1/2 cups cooked chicken, shredded or chopped

1 -2 cups chicken broth

1 stalk celery

1 can (14.5oz) diced tomatoes

3 tsp Worcestershire sauce

2 tsp garlic, minced

1 tsp Braggs Aminos

Salt and pepper to taste

1 Tbl gumbo filé, optional

SERVES 4

Heat the butter in a medium saucepan. Add the flour and stir. Cook, stirring regularly until it begins to brown. This process is called making a roux. Very common in southern cooking.

Add the pepper, onion, and okra. Cook until they are all soft. Stir often. Add everything else. Bring to a boil and then turn it down to simmer. Cook 20 minutes to meld the flavors. Stir regularly so it doesn't get stuck to the bottom of the pan.

Garnish with chopped green onion and serve with your favorite hot sauce on the side.

If you are a fan of filé powder, you can dust some on top at the end of cooking. That's a Cajun tradition. It's made from sassafras leaves and provides an earthy floral note. If you want to be "official" you might consider it.

Enjoy!



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You can't escape the taste of the food you had as a child. In times of stress, what do you dream about? Your mother's clam chowder. It's security, comfort. It brings you home.

JACQUES PEPIN

-Famous Chef

Beefy Chili with Roasted Poblanos

SERVES 6-8

This is not a SPICY chili. This is a flavor-filled chili. You can always add more heat but you can't get it back out very easily!

2 lb of ground sirloin
2 large poblano peppers
1 cup of red onions, diced
1 cup of Vidalia onions, diced
2 Tbl of garlic, minced
½ tsp of cinnamon
2 Tbl of chili powder
1 tsp of cumin
½ tsp of celery salt
28 oz can of crushed tomatoes
15 oz can of diced tomatoes,
3 cups of organic beef broth



Preheat your oven to 400 degrees.

Seed and cut the poblano peppers into narrow strips. Place them on a lightly oiled cookie sheet. Roast in your oven at 400 degrees for about 15 minutes or until they just barely start to char along the edges. Then take them out and set them aside.

In a medium soup pot add a whisper of olive oil spray and then add your ground sirloin. Begin sautéing on medium and break it up with a spatula or wooden spoon. Once the meat appears halfway done, add the two types of onion. Cook a minute and then add garlic, chili powder, cumin, cinnamon, and celery salt. Stir. Make sure the beef is cooked all the way through and then add the tomatoes (both cans) and the beef broth.

How much beef broth you add in the end depends on how soupy you want your chili. In this version, I like it soupier with less tomato taste. You'll need the full three cups to achieve that.

Cook until the liquid reduces slightly and flavors meld. This takes about 10 minutes. Then add the poblanos, spice and you're ready to serve.

You can garnish your chili with lots of options. For ZReduction, stick to diced onion, diced red pepper, minced cilantro, bits of green chilies (from a can is fine) or bits of tomato.

Take it easy on hot sauce but you can add a bit if you want the chili spicier.

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.

We teach you what to eat going forward and why. You'll discover the pitfalls of the processed food industry and we give you the knowledge you need to keep your weight down.

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.



Creamed Orzo with Leeks and Parmesan

Orzo is a wonderful, tiny pasta. This is the most requested side dish recipe I get from dinner guests. We have had dinner parties where the entire table of guests will try to guess the mystery ingredient. Almost no one figures out it's nutmeg. This recipe can be easily doubled or tripled to serve a crowd.

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SERVES 4

4 Tbl butter
2 large leeks*
1 cup chicken broth
1 cup orzo
1/2 cup heavy cream
salt and pepper to taste
Pinch of nutmeg
4 Tbl parmesan cheese

Get your pot of water boiling and start your orzo. Follow the instructions on the package.

While the orzo cooks, melt butter in medium sauté pan. Add leeks and cook over medium heat until they are completely loose. Add chicken stock and simmer until the stock almost disappears.

Add orzo to the leeks mixture. Then add cream to the sauté pan with the leek mixture. Heat thoroughly and stir often. You are looking for the cream to thicken a bit. Season with salt, pepper and nutmeg. A sprinkling of each will do.

Just before serving, add the parmesan and stir until it melts.

***Cut the root end off the leek and remove outer ring of leaves. Then wash. Slice them nice and thinly.**

Never use the green parts of the leek and don't put them in the garbage disposal. Put them in the trash or compost them.





Marinated Beef Tenderloin Steaks

My favorite, EASY way to make a steak taste special is this double marinade. It's done in a flash! Here's a pro-tip: bringing the meat to room temperature before marinating and cooking improves the flavor and shortens the cooking time. All the best steak houses do this.

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MAKES 2 STEAKS

2, 6-8 oz beef tenderloin filets
1-2 Tbl of Braggs aminos
1-2 Tbl of organic Worcestershire sauce
salt and pepper to taste

*You will need a pan that can handle high heat in the oven.
Cast iron is ideal.*

Preheat your oven to 400 degrees.

Put your steaks in a bowl and poke a few holes in them with a fork. Drizzle on the Braggs and then drizzle on the Worcestershire. Turn over to coat. Let them sit for 15 minutes.

Spray your pan with a light spray of olive oil. Grate sea salt on your steaks. This is another thing that steakhouses do, and they do not skimp on the salt. Add pepper if you like that.

Put your steaks in the pan. Toss out the rest of the marinade. Turn to high heat and sear for two minutes. You want a brown crust on the top. Then turn over and put the pan in the oven.

I recommend seven minutes of cooking time for each one inch of thickness in the steak, for medium-rare.

Most good cooks recommend you let the meat sit for 10 minutes before digging in.



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People who love to eat
are always the best
people.

JULIA CHILD



Cauliflower Mac and Cheese

We all want our comfort foods. For many, that's mac and cheese, but we all know it's not really good for us. We used to think the bad part was the cheese. Now we know it was the macaroni. This dish is pretty easy to make. I was amazed at how authentic it tastes! You know how you can eat mac and cheese and not even use your teeth? This had the same result.

BIG YUM!

1 large head of cauliflower. Take off the stems and cut the rest into bite-size pieces.

2 Tbl of butter

1 Tbl potato starch

1 tsp of garlic powder

2 cups of whipping cream

2 cups of grated cheddar cheese

2 egg yolks, broken

A whisp of cayenne or to taste

Grated sea salt and pepper to taste

SERVES 4

Preheat oven to 350 degrees.

Set a pot of water to boil and get out your steamer insert. Add the cauliflower bits to the steamer and steam over simmering water for about five minutes or until just tender.

Melt butter in a medium saucepan and stir in the potato starch. Add the cream and the garlic powder. Stir until it starts to thicken, maybe five minutes. Add the grated cheddar and remove from heat. Add the cayenne, and egg yolks. Stir until the whole thing is melty. Fold in the cauliflower.

Spray your 9" x 13" ovenproof pan. Pour in the cauliflower mixture. Bake for 30 minutes or until casserole is hot and bubbly. Let cool for a few minutes so you don't fry your mouth.

Enjoy!



My Mother's Apple Crisp

There's something about the potential of smelling apples baking with cinnamon and nutmeg that conjures up fond memories of my mother in the kitchen. She taught me as a small girl to make apple crisp so I did it often. At one point I converted the recipe using Truvia and some oats as well as almond flour. Technology has changed and we now have Swerve or ZSweet. These sugar substitutes caramelize so it gets the crunchy top I was missing from the original apple crisp recipe. Truvia won't caramelize.

Grease the bottom of a 9" x 9" ovenproof pan. Spread in your apple wedges.

In a bowl add the flour, egg, salt, cinnamon, and nutmeg. Mix the dry goods and egg with a fork to make a crumbly mixture. Pour that over the apples and spread it out to cover the surface.

Drizzle the melted butter over the top. It won't cover every bit. There will be spaces in-between. I put a whisper of additional nutmeg over the top.

Put in the oven to bake at 375 degrees for 30 minutes or until the top begins to brown a bit.

You can serve this warm or at room temperature. One of my favorites is actually serving the crisp the next day for a small breakfast. When you store it, I do it on the counter rather than the refrigerator. The top will be crispy in most places. When I cover it, I only cover the cut edge. I find that if I cover the whole top, the crispy crust turns moist. The same thing happens when I put it in the refrigerator; hence the counter storage. Most often if you serve this to a group you won't have any leftovers anyway!

Enjoy!

**3-4 large apples peeled
and cut into thin wedges**

½ cup of flour

**½ cup of Swerve or
ZSweet**

1 egg

Pinch of salt

½ tsp of cinnamon

½ tsp of nutmeg

1/3 cup of butter, melted

SERVES 6 - 8

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

