



UltraMeal[®]

NUTRITIONAL SUPPORT FOR THE MANAGEMENT OF
CONDITIONS ASSOCIATED WITH ALTERED BODY COMPOSITION



patient guide

Personal Programme Notes

Patient name _____ Date _____

Healthcare practitioner _____ Phone _____

INSTRUCTIONS: *(To be completed by your healthcare practitioner)*

Mixing Instructions

- Mix into water only
- Mix into diluted fruit or vegetable juice
- Mix into diluted vegetable juice only
- Mix into full-strength juice
- Mix into diluted rice or soy milk
- Other _____

Recommended Daily Calories: _____

Additional Recommendations: _____

Restricted Foods: _____

Additional Lifestyle Recommendations: _____

Exercise: _____

Rest/Relaxation: _____



CONTENTS

- 4-5** Introduction
 - Welcome to the UltraMeal® Body Composition Programme
 - What is UltraMeal and why has your healthcare practitioner recommended it?
 - How can I expect to feel on this programme?
 - What if I have additional questions?
- 6** Getting Started: How to Use This Programme
- 7** The UltraMeal 4-Week Programme
- 8** Tips as You're Starting Out
- 9** Suggested Product Instructions
- 10-23** Sample Menus and Food Exchange Lists
- 24-25** Shopping List
- 26-27** UltraMeal Recipes
- 28** Tips for Travel and Dining Out
- 28-33** Common Questions and Answers



Disclaimer:

Metagenics, Inc. makes no representations or warranties, express or implied, regarding the use of the UltraMeal Programme other than those specifically set forth in the printed UltraMeal Patient Guide received with the purchase of the product from a physician or other licensed healthcare practitioner. Close supervision by a licensed healthcare practitioner is recommended before starting and during the use of this or any other nutritional intervention, or other dietary product. Consult your healthcare practitioner immediately should you feel any discomfort or suffer any adverse health effects during the time you are involved in this programme.

Welcome to the UltraMeal Body Composition Programme

Congratulations! You are about to embark upon an easy, effective, and healthy programme for improved body composition (percent fat tissue and percent lean tissue) with UltraMeal.

In an independent study at the University of Oregon School of Human Performance, a group of 27 women using UltraMeal and following a moderate exercise programme were able to lose fat as they increased their lean muscle mass. At the end of the 7-week programme, these women not only weighed less, but they also had improved body composition.

Over 50% of adults in the U.K. have an “altered” or unhealthy body composition (excess body fat), which can increase the risk of metabolic problems. Lifestyle changes such as healthy eating, regular exercise, and appropriate nutritional support are

recommended by national health organisations to positively impact body composition. The UltraMeal Programme, designed by the research group at Metagenics, should help you lose excess fat and improve your body composition.

Working with your clinician to determine your appropriate weight and body composition, you can use UltraMeal and the accompanying dietary programme to help you reach your goal in an enjoyable, satisfying, and healthy manner.

Good luck and good health!

What is UltraMeal and why has your healthcare practitioner recommended it?

UltraMeal is a nutritionally fortified, powdered beverage mix designed for nutritional support of patients with altered body composition and conditions associated with altered body composition. Your healthcare practitioner has recommended you use UltraMeal in conjunction with a specially designed dietary plan outlined in this booklet.

UltraMeal is made up of a combination of select nutrients in amounts that nutritionally support biochemical functions within the body. It is designed to provide specific vitamins and minerals and selected types and ratios of fats, proteins, and carbohydrates to support the body’s ability to decrease excess fat and improve body composition. UltraMeal can be used as part of a comprehensive body composition management programme along with the dietary plan.

How can I expect to feel on this programme?

You are a complex and unique individual, and your programme should be designed specifically to meet your needs. How you respond as you use this product and dietary programme will be determined by your body’s uniqueness (“biochemical individuality”) and the programme you and your healthcare practitioner establish. If improved body composition is your goal, your success will depend largely on your compliance with the dietary programme along with UltraMeal. Generally, you can expect

moderate weight loss and improved body composition over the course of the programme, as well as improvement of other health markers.

Some individuals may experience hunger or other symptoms during the programme. It is important to maintain a close relationship with a healthcare practitioner who has knowledge of and experience in nutritional health care and body composition management. He/she should be contacted immediately should you experience any unusual symptoms or adverse effects.

What if I have additional questions?

You will find answers to frequently asked questions in the back of this booklet. If you have further questions about your individual programme or the use of this product, you should discuss them directly with your healthcare practitioner.

G Getting started: How to use this programme

UltraMeal is intended to be used as part of a comprehensive programme as determined by your healthcare practitioner to promote healthy body composition and nutritionally support conditions associated with altered body composition. Original UltraMeal provides a superior source of soy protein (isoflavones) and dairy-free calcium to support cardiovascular and bone health, as well as hormone balance. Other products in the UltraMeal range include UltraMeal WHEY and UltraMeal Plus with plant sterols. UltraMeal products also have a low glycaemic index, making them an ideal choice for those who may have insulin resistance.

UltraMeal may be used as a meal replacement, a between-meal snack, or taken along with a meal as outlined in the programme guide. Properly applying the UltraMeal Programme, you should be able to lose undesirable body fat each week (until goal is achieved) to promote optimal health.

During week 1, you will consume an UltraMeal beverage 3 times a day, along with

the listed foods. During the ensuing weeks, you will have UltraMeal twice a day along with the suggested foods. UltraMeal helps ensure you are getting sufficient, high quality nutrition to meet all of your body's needs—including the special nutritional needs of those with altered body composition.

We have 2 dietary plans from which you and your healthcare practitioner can select. The programme may be further individualised depending upon your caloric needs, personal health issues, and health goals. For optimal results, do not try to consume fewer calories than recommended. Research suggests that steady, slow body composition improvement is far easier to maintain in the long run than rapid weight loss. Not only will you be losing excess fat on the UltraMeal Programme, but at the same time you should be preserving your lean muscle to improve your body composition and health.

Make sure you get adequate exercise. When you reduce your calorie intake, your body's metabolism has a tendency to slow down. The

net result is that you metabolise (burn) fewer calories. The primary way to maintain your metabolic rate is to continue to remain physically active. In an UltraMeal research study, participants lost fat and maintained healthy muscle when they followed the dietary programme *and engaged in about 30 minutes of brisk walking 3 times a week.*

Continue to work closely with your healthcare practitioner as you follow this programme. He or she can help you adjust your calorie intake to meet your individual needs, answer questions you may have, and assist you in overcoming any obstacles you might encounter.

We believe your long-term goal should be to stabilise your body composition at a healthy level. This should be about 19-22 percent body fat for a young woman, up to 26 percent for an older woman, 15-18 percent for a young man, and up to 22 percent for an older man. As you follow this programme, you should look for ways to incorporate healthy snacks and vegetable-based meals into your menu plans, and make it your long-term goal to eat no more than 20 percent of your daily calories as fat, approximately 20 percent as protein, and

the remaining 60 percent as complex carbohydrate. This 60:20:20 eating plan will help you maintain a lean, healthy body composition.

You can continue to use UltraMeal until you have achieved your ideal body composition. Once you have reached this goal, UltraMeal can become a lifelong part of your diet as you design your own 60:20:20 eating plan. Incorporated as 1 meal a day, for example, it can help ensure you are getting high-quality, nutrient-dense nutrition. Using UltraMeal as part of a maintenance programme can help you keep the healthy body composition you worked so hard to achieve.

The UltraMeal 4-Week Programme

We have provided 2 suggested meal plans based upon a daily dietary intake of 1000 or 1400 calories. You should follow the programme that you and your healthcare practitioner think will help you best meet your health goals. You may use the pre-planned menus or food list and design your own meals using the option exchange programme provided.

Each menu contains approximately 60 percent total calories as carbohydrate, 20 percent as protein, and 20 percent as high quality fat. All menus in week 1 are vegetarian, and vegetarian options are included for the following weeks as well. Whether you decide to use the pre-planned menus or individualise your meals, you will be consuming 3 servings of UltraMeal per day during week 1 and 2 servings per day for weeks 2 through 4. After 4 weeks, you and your healthcare practitioner should decide together what type of programme is best for you to continue.

Tips as you're starting out

Don't skip a meal. The menus were designed to nutritionally support your body as you lose fat and improve your body composition. If you skip a meal, you not only increase the likelihood that you will be excessively hungry later in the day (and thus apt to eat too much), but you will also deprive your body of some of the nutrients that ensure the success of the UltraMeal Programme.

Eat slowly. Take at least 20 minutes to eat a meal. It takes 20 minutes for your stomach to

send the "full" message to your brain. If you hurry your meals, you can eat too much before you realise you are satisfied. Eating is a pleasant experience. Eating slowly helps you extend that pleasure as long as you can.

Establish an eating environment. If possible, try to designate a place at home and at work where you can eat your meals in a calm, unhurried manner.

Reorganise your kitchen. Get rid of obvious, high-fat junk foods. Plan activities that take you out of the kitchen. Don't use the kitchen table for paying bills, balancing your checkbook, or reviewing your child's homework. Use the telephone in a room other than the kitchen.

Shop smart. Go grocery shopping before you begin the UltraMeal Programme. Look over the week's menus at the start of each week, and buy the foods you will need for the entire week. When you get home, you may want to rinse and cut up raw vegetables so they are available for quick salads and snacks.

Prepare for times of weakness. Recognise times or events that signal you to eat, such

as an argument, a hard day at work, talking on the telephone, or your favourite television show. Plan activities that don't involve food for these times, such as gardening or walking the dog.

Indulge yourself. We all have favourite foods. Unfortunately, they are also often high-calorie, unhealthy additions to your diet. You can develop new eating habits with the help of UltraMeal while still pampering yourself. We all have favourite fruits and vegetables: peaches, berries, artichokes, etc. Buy and keep some of these on hand, and use them as "treats" for yourself. This will help change your habits.

Be your own best friend. If your friend makes a mistake, you don't call him a failure or tell her to give up. If you temporarily stray from your new eating plan, don't be hard on yourself. Treat each lapse as a temporary problem, not a sign of failure. Simply resume your programme and don't look back.

Drink plenty of water. Water is a natural diuretic that helps flush toxins from your body. It helps keep your appetite under control and, in combination with the fibre content of the UltraMeal product, assists with intestinal regularity.

S Suggested product instructions

I. The following steps outline how to mix an UltraMeal shake:

Basic recipe:

Using the scoop provided, mix 2 scoops of UltraMeal powder with approximately 8 ounces of water or as directed by your healthcare practitioner. Briskly stir or blend the product until mixed. You may use the product as part of a meal, a meal replacement, or a between-meal snack.

Recipe Variations:

Although UltraMeal is delicious when mixed in water, the recipes found on pages 26-27 can be used to add variety to the drink. Remember, however, if you are restricting calories, adding ingredients to an UltraMeal drink adds additional calories as well. The meal plans outlined are calculated with UltraMeal mixed with water only. A serving of UltraMeal, UltraMeal Plus, or UltraMeal WHEY mixed in water only is approximately 150 calories.

The Exchange Option Programme: Week 1

If you would like to be creative and design your own menus for week 1, we have provided exchange options from which to build your plan. Each group (i.e., fruit, starch/grain, salad, vegetable, fats/oil, etc.) has a selection of foods listed in the following food exchange lists. Each food listed includes serving sizes that provide similar levels of calories, carbohydrate, protein, and fat.

The options provided allow you to choose different combinations of groups so you can individualise according to your particular preferences. Choose the option you prefer. You may change options on a daily basis. **Remember to consume 3 servings of UltraMeal throughout the day.** You may also use the menus to vary your choices.

Week 1 Exchange Options 1000-Calorie Plan

Choose servings from the exchange list provided on pages 15-16.

Food Group	Option 1	Option 2	Option 3
Fruit	2	2.5	3
Starch/grain	1	1	0
Salad	1	1	1
Vegetable	3	2	3
Fats/oils	3	3	3

Example: If you choose Option 1, you would have 2 servings of fruit, 1 serving of starch/grain, 1 serving of salad, 3 servings of vegetables, 3 servings of fats/oils, and 3 servings of UltraMeal on that day.

Sample Menus for Week 1 1000-Calorie Dietary Programme

SAMPLE MENU A

Option 1

(Recipes are included for those menu items in italics.)

- Breakfast** 1 serving UltraMeal
- Snack** 1 medium apple
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded romaine lettuce, ½ cup raw broccoli, 1 medium shredded carrot, 1 stalk diced celery, and ½ medium tomato with 1 tbsp. *Vinaigrette Dressing* (see page 11)
- Snack** Vegetable salsa dip: ½ cup salsa with 1 whole cucumber cut into sticks, and ½ cup each raw green beans and sliced red peppers
- Dinner** 1 serving UltraMeal
½ cup steamed spinach topped with sautéed garlic in 1 tsp. olive oil
1 medium boiled or baked new potato, topped with 1 tsp. butter, olive, or flax oil
- Snack** 1 cup fresh pineapple chunks (or pineapple canned in its own juice)

SAMPLE MENU B

Option 1

- Breakfast** 1 serving UltraMeal
- Snack** ½ medium cantaloupe melon
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded romaine lettuce; ½ cup each: raw broccoli, cauliflower, and cucumber slices; ½ medium tomato, and ½ avocado with 1 tbsp. *Flax Oil Dressing* (see page 11)
- Snack** Veggie sticks (unlimited cucumber and celery; 1 medium carrot), 6 cashews
- Dinner** 1 serving UltraMeal
1 cup steamed asparagus (approximately 10 spears)
1 small baked sweet potato
- Snack** 1 fresh orange

SAMPLE MENU C

Option 2

(Recipes are included for those menu items in italics.)

- Breakfast** 1 serving UltraMeal
- Snack** 1 medium pear or apple
- Lunch** 1 serving UltraMeal
2 cups steamed broccoli and cauliflower, topped with herbal seasoning and 1 tsp. olive or flax oil
- Snack** 2 rice cakes, each topped with 1 tsp. almond or peanut butter
- Dinner** 1 serving UltraMeal
Tossed salad: ½ cup raw broccoli, 1 shredded carrot, 1 stalk diced celery, 2 cup shredded mixed greens, and ½ medium tomato with 1 tbsp. *Tahini Dressing*
- Snack** 1 cup fresh sliced strawberries or mixed berries and ½ grapefruit

SAMPLE MENU D

Option 3

- Breakfast** 1 serving UltraMeal
- Snack** 2 small tangerines or 1 large orange
- Lunch** 1 serving UltraMeal
1 cup steamed green beans and ½ cup mushrooms sautéed with 1 clove of minced garlic in 1 tsp. olive oil (or season to taste)
- Snack** 2 apricots or 1 medium pear
- Dinner** 1 serving UltraMeal
Spinach salad: 2 cups raw spinach, red onion slices, 1 stalk diced celery, 3 or 4 sliced mushrooms with 1 tbsp. *Vinaigrette Dressing*
- Snack** 2 kiwi fruit
2 cups popcorn, with 1 tsp. butter

Week 1 of the UltraMeal Programme

The following recipes for salad dressing may be used interchangeably in these menu plans.

Vinaigrette Dressing

- | | |
|-----------------------------------------------------------|------------------------------------------|
| ¾ cup olive oil (or ½ cup olive plus ¼ cup flaxseed oils) | 1 teaspoon Dijon mustard |
| ¼ cup balsamic vinegar or lemon juice | Herbs and freshly ground pepper to taste |
| ¼ cup water | 1 clove garlic, minced |

Measure ingredients into a jar with a tight-fitting lid. Shake vigorously or use a whisk. Refrigerate leftovers.

Tahini Dressing

Mix 1 tbsp. sesame tahini with lemon juice to taste and add water to the desired consistency for salad dressing. Yields 1 serving.

Exchanges: 1 fat

Flax Oil Dressing

Use the above vinaigrette dressing and substitute flax oil for olive oil. Must be refrigerated.

1 serving: 1 tbsp.

Exchanges: 1 fat



SAMPLE MENU E

Option 3

- Breakfast** 1 serving UltraMeal
- Snack** 1 small banana or medium peach
- Lunch** 1 serving UltraMeal
Veggie stir-fry: 2 cups steamed broccoli, red pepper, mushroom, and onion stir-fried in 1 tsp. olive or canola oil (season to taste)
- Snack** 1 sliced apple and 1 stalk celery, spread with ½ tsp. almond or peanut butter
- Dinner** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ cup each bean sprouts, chopped red pepper, and shredded carrot, ½ stalk diced celery, and 4 cherry tomatoes with 1 tsp. *Vinaigrette Dressing* (see page 11)
- Snack** 15 cherries

SAMPLE MENU F

Option 3

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: ⅓ cup watermelon chunks, ⅓ cup blueberries, and ⅓ cup pineapple chunks
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ chopped red pepper, ½ stalk diced celery, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tsp. *Tabini Dressing* (see page 11)
- Snack** 6 walnuts and either ½ large mango or 1 medium apple
- Dinner** 1 serving UltraMeal
2 cups steamed broccoli, cauliflower, and carrot topped with 1 tsp. olive or flax oil
Cucumber salad: 1 sliced cucumber, 2 tbsp. diced red onion, and 1-2 sliced radishes marinated in 1 tsp. rice vinegar and 1 tsp. dill
- Snack** 2 small nectarines

**Sample Menus for Week 1
1400-Calorie Dietary Programme**

SAMPLE MENU A

Option 2

- Breakfast** 1 serving UltraMeal
- Snack** 2 medium tangerines
- Lunch** 1 serving UltraMeal
Spinach salad: 2 cups raw spinach, ¼ cup red onion slices, 1 stalk diced celery, ½ cup raw cut green beans, and 3 or 4 sliced mushrooms with 1 tsp. *Vinaigrette Dressing* (see page 11)
1 small whole-wheat tortilla stuffed with ¼ cup hummus
- Snack** 2 cups popcorn, with 1 tsp. butter
2 apricots or 1 small peach
- Dinner** 1 serving UltraMeal
Omelette with 1 whole egg and 2 egg whites, ½ cup steamed green beans or courgette, and 2 or 3 sliced mushrooms, sautéed in 1 tsp. olive oil (season to taste)
Baked sweet potato
- Snack** 2 kiwi fruit

SAMPLE MENU B

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: ⅓ cup watermelon chunks, ⅓ cup blueberries, and 1 cup pineapple chunks
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ chopped red pepper, ½ stalk diced celery, ½ cup chick peas, ¼ cup green soybeans, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tsp. *Flax Oil Dressing* (see page 11)
- Snack** ½ tsp. almond or peanut butter with 1 rice cake
1 whole mango

**Week 1 Exchange Options
1400-Calorie Plan**

Choose servings from the exchange list provided on pages 15-16. Remember to consume three servings of UltraMeal per day.

Food Group	Option 1	Option 2	Vegetarian Option
Fruit	3	3	3
Starch/Grain	1	1	0
Bread	1	1	1
Salad	1	1	1
Vegetable	3	2	3
Fats/Oils	4	3	3
Vegetable Protein	0	0	3
Egg	0	1	0
Milk products	1	0	0



Dinner 1 serving UltraMeal
 Veggie stir-fry: 2 cups steamed broccoli, cauliflower, and carrot; 2 sliced spring onions; and 2 tsp. diced fresh ginger stir-fried in 1 tsp. olive oil. Add ½ cup tofu chunks and 2 tbsp. tamari (soy sauce)

Cucumber salad: 1 sliced cucumber, 2 tbsp. diced red onion, and 1-2 sliced radishes marinated in 1 tbsp. rice vinegar and 1 tsp. dill

Snack 2 small nectarines

SAMPLE MENU C

Option 1

Breakfast 1 serving UltraMeal

Snack 8 oz. plain low-fat yogurt, mixed with 1 medium sliced apple, and sprinkled with cinnamon

Lunch 1 serving UltraMeal

Tossed salad: 2 cups shredded romaine lettuce, ½ cup raw broccoli, 1 medium shredded carrot, 1 stalk diced celery, ½ medium tomato, and ¼ avocado with 1 tbsp. *Vinaigrette Dressing* (see page 11)

2 sesame rye crackers

Snack ½ cup vegetable salsa dip with 1 whole cucumber cut into sticks, and ½ cup each raw green beans and sliced red peppers
 1 tangerine

Dinner 1 serving UltraMeal

½ cup steamed spinach, topped with sautéed minced garlic in 1 tsp. olive oil

1 medium boiled or baked new potato, topped with 1 tsp. butter, olive oil, or flax oil

Snack 1 cup fresh pineapple chunks
 (or canned pineapple in its own juice)

Food Exchange Lists

Fruits

1 serving equals:

- Apple, 1 medium
- Apricots, 4 medium
- Banana, 1 small
- Berries:
 - Blackberries, 1 cup
 - Blueberries, 1 cup
 - Raspberries, 1-1¼ cup
 - Strawberries, 1-1½ cup
- Cantaloupe melon, ½ medium
- Cherries, 15 large
- Grapefruit, 1 whole
- Grapes, 15
- Honeydew melon, ¼ small
- Kiwis, 2 whole
- Mango, ¾ whole
- Nectarines, 2 small
- Orange, 1 large
- Pineapple chunks, ¾ cup
- Peaches, 2 small
- Plums, 3 small
- Pear, 1 medium
- Tangerines, 2 small
- Watermelon chunks, 2 cups

Starches

1 serving equals:

- Butternut squash, 1 cup cubed
- Barley, ½ cup cooked
- Brown rice, ½ cup cooked
- Corn, ½ cup
- Hummus, ¼ cup
- Sweet potato, ½ medium
- White potato, 1 medium

Fats/Oils

1 serving equals:

- Olive, flax, sesame, canola oils, or butter, 1 tsp.
- Nuts (walnuts, pecans, almonds, cashews, hazelnuts), 6 whole small
- Seeds (sunflower, sesame, pumpkin), 1 tbsp.
- Avocado, ½ medium
- Almond butter, cashew butter, peanut butter or sesame tahini, ½ tsp.

Breads

1 serving equals:

- Rice cakes, 2 whole
- Whole-grain rye or sesame rye crackers, 2
- Whole-grain rye bread, 1 slice
- Whole-grain bagel, ½ small (1 oz.)
- Mixed-grain bread, 1 slice (1 oz.)
- Whole-wheat pita, ½ large
- Whole-wheat tortilla, 1 small
- Popcorn, 3 cups
 (air-popped without oil)
- Dinner roll, 1 small

Salad

1 serving is included in every exchange option menu plan. Salads are nutritious and very low in calories, so the recipe is approximate. **Use the following general recipe as a guide:**
 2 cups mixed lettuce greens (including spinach, endive, radicchio, chicory, Chinese or red cabbage, watercress); with the addition of: 2 cups raw broccoli or cauliflower, grated carrot or beet, celery, tomato, cucumber, red or yellow onion, alfalfa sprouts, broccoli, radish.

Food Exchange Lists (cont.)

Vegetables

1 serving equals:

Artichoke, 1 small or ½ cup hearts, steamed
 Asparagus, 1 cup steamed (approximately 10 spears)
 Aubergine, 1 cup cubed, steamed
 Bean sprouts, ¾ cup raw
 Beets, ½ cup boiled
 Broccoli, ½ cup steamed or 1 cup raw
 Brussels sprouts, 3 sprouts
 Cabbage, 1 cup steamed or 2 cups raw
 Carrots, ½ cup steamed or 1 medium raw
 Cauliflower, 1 cup cooked or raw
 Greens, ½ cup steamed (beet, chard, collards, dandelion, kale, spinach)
 Mushrooms, 5 raw sliced
 Okra, ½ cup steamed
 Onion, ¼ cup chopped
 Peppers, ½ cup raw (green, yellow, or red)
 Salsa, ½ cup
 String beans, ½ cup steamed, green or yellow
 Summer squash, 1 cup steamed, butternut or courgette
 Swede, ½ cup boiled
 Tomato, 1 medium
 Turnip, ¾ cup boiled or 2 cups raw

Free veggies: In addition to your daily salad, the following may be eaten in unlimited quantities: raw celery, chicory, Chinese cabbage, cucumber, endive, lettuce, radish, watercress.

Fish/Meat

1 serving equals:

Fresh fish, 3 oz. (salmon, tuna, mackerel, sole, snapper, halibut, etc.)
 Canned fish, water packed, ¾ cup
 Sardines, 3
 Skinless poultry, 3 oz. (white meat chicken or Cornish hen, dark or white meat turkey)
 Lean cut of beef, 3 oz.
 Lamb chop or roast leg, 3 oz.

Egg

1 serving equals:

1 whole egg and 2 whites
 Egg substitute, 4 oz.

Milk Products

1 serving equals:

Cottage cheese, 2% fat, ¾ cup
 Cottage cheese, nonfat, 1 cup
 Yogurt, 8 oz. plain, low-fat, unflavored

Vegetable Protein

1 serving equals:

Beans: red, white, kidney, black, lentils, garbanzo, pinto, black-eyed peas, split peas, ½ cup cooked
 Sweet green peas, ¾ cup cooked
 Soy beans, ½ cup cooked
 Tofu, ½ cup
 Baked tofu, 2 oz.

Sample Menus for Weeks 2-4 1000-Calorie Dietary Programme

SAMPLE MENU A

Option 1

Breakfast 1 serving UltraMeal
Snack ½ cantaloupe melon
Lunch 1 serving UltraMeal
 Tossed salad: 2 cups shredded romaine lettuce; ½ cup each raw broccoli, cauliflower, and cucumber slices; ½ medium tomato; and ½ avocado with 1 tbsp. *Vinaigrette Dressing* (see page 11)
Snack Celery and carrot sticks (1 or 2 stalks celery and 1 whole carrot) 2 sesame rye crackers with ½ tbsp. cashew nut butter
Dinner 3 oz. broiled or baked filet of sole
 1 cup steamed asparagus (approximately 10 spears)
 Baked sweet potato
Snack 1 fresh orange

SAMPLE MENU B

Vegetarian Option

Breakfast 1 serving UltraMeal
Snack 1 medium apple
Lunch 1 serving UltraMeal
 Tossed salad: 2 cups shredded romaine lettuce, ½ cup raw broccoli, 1 medium shredded carrot, 1 stalk diced celery, and ½ medium tomato with 1 tbsp. *Vinaigrette Dressing* (see page 11)
Snack ½ cup vegetable salsa dip with 1 whole cucumber cut into sticks, and ½ cup each raw green beans and sliced red peppers
Dinner Spinach omelette made with 1 whole egg and 2 egg whites with ¼ cup steamed spinach (season to taste)
 1 med. new potato, sliced, and oven baked, then sprayed with olive oil
 1 slice whole-grain rye toast
Snack 1 cup fresh pineapple chunks (or pineapple chunks canned in its own juice)

The Exchange Option Programme: Weeks 2-4

If you are designing your own menu, we have included exchange options for weeks 2 through 4. Refer back to the listed food groups. Remember to include 2 UltraMeal servings a day. You may find these are best consumed as small meal options. Experiment to determine what works best for you.

Weeks 2-4 of the UltraMeal Programme

At the end of week 1, you will reduce your UltraMeal servings to 2 per day. As before, we have included suggested menus for either approximately 1000- or 1400-calorie programmes. (Vegetarian options are included.)

Week 1 Exchange Options 1000-Calorie Plan

Choose servings from the exchange list provided on pages 15-16.

Food Group	Option 1	Option 2	Vegetarian Option
Fruit	2	3	3
Starch/Grain	1	0	1
Bread	1	1	0
Salad	1	1	1
Vegetable	3	2	2
Fats/Oils	2-3	3	3
Fish/Meat	1	1	0
Vegetable Protein	0	0	1

SAMPLE MENU C

Option 1

- Breakfast** 1 serving UltraMeal
- Snack** 1 medium apple
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded romaine lettuce, ½ cup raw broccoli, 1 medium shredded carrot, 1 stalk diced celery, and ½ medium tomato with 1 tbsp. *Tabini Dressing* (see page 11)
- Snack** Salsa dip: ½ cup salsa with 1 whole cucumber cut into sticks, ½ cup each raw green beans and sliced red peppers, and ½ whole-wheat pita bread
- Dinner** 3 oz. broiled salmon
½ cup steamed spinach with 1 clove garlic sautéed in 1 tsp. olive oil
1 medium baked sweet potato
- Snack** 1 cup fresh pineapple chunks (or pineapple canned in its own juice)

SAMPLE MENU D

Option 2

- Breakfast** 1 serving UltraMeal
- Snack** 1 small banana
- Lunch** 1 serving UltraMeal
Veggie stir-fry: 2 cups steamed broccoli, red pepper, mushroom, and onion stir-fried in 1 tsp. olive oil; seasoned to taste with tamari (soy sauce)
- Snack** Sliced apple and celery with ½ tbsp. almond or peanut butter
- Dinner** Grilled tuna salad: 3 oz. fresh grilled tuna or ¼ cup canned white tuna; 2 cups shredded mixed greens; ¼ cup each bean sprouts, chopped red pepper, grated carrot; ½ stalk diced celery; and 4 cherry tomatoes with 1 tbsp. *Vinaigrette Dressing* (see page 11)
½ whole-wheat pita pocket
- Snack** 15 cherries

SAMPLE MENU E

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: ½ cup watermelon chunks, ½ cup blueberries, and ¼ cup pineapple chunks
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ chopped red pepper, ½ stalk diced celery, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tbsp. *Vinaigrette Dressing* (see page 11)
- Snack** 6 walnuts or almonds and ½ large mango
- Dinner** *Tofu/Vegetable Stir-fry* with ½ cup extra firm tofu and 2 cups (lightly steamed) broccoli, cauliflower, and carrots stir-fried in 1 tsp. olive oil; add tamari (soy sauce), ginger, and garlic to taste (or see recipe this page)
½ cup brown rice
Cucumber salad: 1 sliced cucumber, 2 tbsp. diced red onion, and 1-2 sliced radishes, marinated in 1 tbsp. rice vinegar and 1 tsp. dill
- Snack** 2 small nectarines

SAMPLE MENU F

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** ½ grapefruit and ¼ cup sliced strawberries
- Lunch** 1 serving UltraMeal
1 cup *Barley Minestrone Soup*
- Snack** ¼ cup hummus with celery and cucumber sticks (1 each celery stalk and whole cucumber)
- Dinner** 1 serving UltraMeal
¼ cup *Vegetarian Chili* (see page 20)
Tossed green salad with 2 cups mixed greens, ¼ cup grated carrot, 8 cherry tomatoes, ½ cup bean sprouts, and ½ cup chopped red bell pepper with 1 tbsp. *Tabini Dressing* (see page 11)
- Snack** 2 small plums

Tofu/Vegetable Stir-fry

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| 1 (14 oz.) package firm tofu, drained and cubed | 1 tbsp. sesame oil |
| 1 tbsp. grated or chopped fresh ginger | 1 clove garlic, chopped |
| 2 cups any combination of chopped vegetables such as pak choy, celery, bean sprouts, cabbage, or blanched broccoli or cauliflower | 1 cup sliced fresh mushrooms |
| | 1 red bell pepper, cut into strips |
| | 2-4 tbsp. tamari (soy sauce) |
| | 2 cups cooked brown rice |

Heat oil in wok over high heat; add garlic and ginger and stir constantly until it becomes light brown. Add vegetables and cook for 3 or 4 minutes, depending on crispness desired. Add tamari and cubed tofu; cook an additional minute; remove from heat. *Serves 4.*
Exchanges: 1 vegetable protein, 1 grain, 1 fat, 1 vegetable

Barley Minestrone Soup

- | | |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1 tbsp. olive oil | 1 lb. fresh green beans, cut into 1-inch pieces or 1 (10 oz.) package frozen cut green beans |
| 3 carrots, sliced or diced | 1 medium to large onion, chopped |
| 2 cloves garlic, minced | 2 stalks celery, diced |
| 6 cups vegetable or chicken stock, or 6 cups water and 6 tsp. powdered bouillon | 1 bay leaf |
| 1 (16 oz.) can kidney beans, undrained | 1 (28 oz.) can tomatoes, with juice |
| | ½ cup whole barley |

In a large pan, sauté onion, celery, carrot, and garlic until browned. Add stock, tomatoes, barley, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes, stirring occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving. *Serves 6.*
Exchanges: 1 vegetable, ½ vegetable protein, ½ grain

Eggless Country Scramble

From *Delicious! Collection: Simple Recipes for Healthy Living* edited by Sue Frederick

- 1 pound regular tofu, drained and crumbled
- 2 tbsp. tamari (soy sauce)
- 2 red potatoes, diced
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup sliced fresh mushrooms
- 1 clove garlic, minced
- ½ tsp. thyme
- ½ tsp. caraway seeds
- ½ tsp. red pepper
- 1 tomato, cut in wedges for garnish

In a small bowl, blend tofu with tamari. Set aside. Heat oil in large, nonstick pan over medium heat. Sauté onions and potatoes about 5 minutes until onions are translucent and potatoes are golden-brown. Add mushrooms, green pepper, garlic, and spices and cook 3 to 5 minutes longer, until peppers and mushrooms are soft. Transfer vegetables to a bowl.

Return pan to low heat and sauté tofu until dry, about 3 minutes. Add vegetables to tofu, scramble well, and cook just until vegetables are heated through. Serve immediately with wedges of tomato. *Serves 4.*
Exchanges: 1 fat, 1 starch, 1 vegetable, ½ vegetable protein

Red Cabbage Salad

From *The Territorial Seed*
edited by Lane Morgan

- 1 medium head red cabbage, coarsely chopped
- 10 radishes, sliced
- 3 Granny Smith or other tart apples, diced
- ¼ cup chopped walnuts
- 1 stalk celery, chopped
- 1 or 2 tbsp. lemon juice
- Dash garlic powder
- 2 tbsp. olive oil

Mix everything in a bowl and let sit for an hour, stirring once or twice. *Serves 4.*

Exchanges: 1 fat, 1 vegetable, ½ fruit

SAMPLE MENU G

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** 2 medium peaches
- Lunch** 1 serving UltraMeal
Tossed green salad: 2 cups mixed greens, ¼ cup sliced red onion, 8 cherry tomatoes, ½ cup soy beans, and ½ cup shredded red cabbage topped with 1 tbsp. *Flax Oil Dressing* (see page 11)
- Snack** ¼ cup salsa with ½ cup raw string beans and 1 whole carrot
- Dinner** 1 serving *Eggless Country Scramble*
1 cup *Red Cabbage Salad*
- Snack** 1 cup fresh pineapple chunks (or pineapple canned in its own juice)

Vegetarian Chili

From *Guilt-Free Indulgence: A Cookbook with a Conscience* by Cheri Percival et al.

- 3 tbsp. olive oil
- ½ pound mushrooms, chopped
- 4 cloves garlic, minced
- 3 cups fresh or frozen corn kernels
- 2 cups cauliflower pieces
- 1 cup tomato juice
- 1 large potato, peeled (or scrubbed) and chopped
- 1 tsp. ground cumin
- 2 tbsp. chili powder
- 1 large green bell pepper, seeded and chopped
- 1 tsp. paprika
- 1½ tsp. herbal blend
- 2 large carrots, peeled (or scrubbed) and chopped
- ¼ tsp. cayenne
- 2 tbsp. tomato paste
- 3 tbsp. red wine vinegar
- 1 (28 oz.) can plum tomatoes, chopped, including juice
- 2 (15 oz.) cans pinto or kidney beans, including liquid

Heat olive oil in a large pan over medium heat. Add onions and garlic and sauté until onions are translucent, about 5 minutes. Add mushrooms and sauté another 10 minutes. Stir in cauliflower, potato, green pepper, carrots, corn, tomatoes, beans, tomato juice, cumin, chili powder, paprika, salt-free herb, cayenne, tomato paste, and vinegar. Bring mixture to a boil. Reduce heat to simmer. Cover and cook, stirring occasionally, until vegetables are tender, about 30 minutes. *Serves 6.*

Exchanges: 1 vegetable protein, 1 grain, 1 fat, 1 vegetable

Sample Menus for Weeks 2-4 1400-Calorie Dietary Program

SAMPLE MENU A

Option 1

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit cup: ½ cantaloupe melon and 1 cup blueberries
- Lunch** 1 serving UltraMeal
Tossed salad: ½ cup each: raw broccoli, cauliflower, and cucumber slices; 2 cups shredded romaine lettuce; ½ medium tomato; ½ cup kidney beans; and ¼ avocado with 1 tbsp. *Tabini Dressing* (see page 11)
- Snack** Veggie sticks (unlimited celery and 1 whole carrot)
2 sesame rye crackers with ½ tsp. cashew nut butter
- Dinner** 5 oz. filet of sole, baked or lightly sautéed in olive oil spray
1 cup steamed asparagus (approximately 10 spears)
1 small baked sweet potato
- Snack** 1 fresh orange

SAMPLE MENU B

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: ½ cup watermelon balls, ½ cup blueberries, and ¼ cup pineapple chunks
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ chopped red pepper, ½ stalk diced celery, ½ cup green peas, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tbsp. *Vinaigrette Dressing* (see page 11)
½ large pita pocket bread
- Snack** 9 walnuts and ½ large mango



Weeks 2-4 Exchange Options 1400-Calorie Plan

Choose servings from the exchange list provided on pages 15-16.

Food Group	Option 1	Option 2	Vegetarian Option
Fruit	2	2	2
Starch/Grain	1	1	1
Bread	1	1	1
Salad	1	1	1
Vegetable	3	3	2
Fats/Oils	3	4	4
Vegetable Protein	1	0	2.5
Animal Protein	1	0.5-1	0
Egg	0	1	0
Milk products	0-1	0.5	0

Barley Pilaf with Mushrooms

3 tbsp. olive oil
1 celery stalk, thinly sliced
½ cup white wine
2 cups cooked barley (cooked in chicken or vegetable broth with ¼ tsp. salt)

½ cup chopped onion
8 mushrooms, thinly sliced
1½ cups chicken or vegetable broth

Sauté onion, mushrooms, and celery in oil over medium heat until softened but not brown. Add wine and cook over high heat until slightly thickened. Add cooked barley and broth, and bring to a boil. Cook for about 10 minutes. Garnish with fresh parsley and serve hot. *Serves 6.*
Exchanges: 1 fat, 1 grain



Dinner *Tofu/Vegetable Stir-fry* with ¼ cup extra firm tofu and 2 cups (lightly steamed) broccoli, cauliflower, and carrot stir-fried in 1 tsp. olive oil; add tamari (soy sauce), ginger, and garlic to taste (or see recipe on page 19)
1/2 cup brown rice
Cucumber salad: 1 sliced cucumber, 2 tbsp. diced red onion, and 1-2 sliced radishes marinated in 1 tbsp. rice vinegar and 1 tsp. dill

Snack 15 cherries

SAMPLE MENU C

Option 2

Breakfast 1 serving UltraMeal

Snack 1 large pear and ½ cup low fat cottage cheese

Lunch 1 serving UltraMeal
Veggie stir-fry: 2 cups steamed broccoli, red pepper, mushroom, and onion stir-fried in 1 tsp. olive oil

Snack Sliced apple and celery with 1/2 tsp. almond or peanut butter
1 hard-boiled egg

Dinner Grilled tuna salad: 3 oz. fresh grilled tuna or ¼ cup canned white tuna tossed lightly with 2 cups shredded mixed greens, ¼ cup each mung bean sprouts, chopped red pepper, and grated carrot, ½ stalk diced celery, 4 cherry tomatoes, and 1 tbsp. *Vinaigrette Dressing* (see page 11)
½ cup *Barley Pilaf with Mushrooms* (or *Barley Minestrone Soup*, page 19)
1 whole-grain bread roll

Snack 15 cherries

SAMPLE MENU D

Option 1

Breakfast 1 serving UltraMeal

Snack 1 large pear

Lunch 1 serving UltraMeal
1 cup *Black Bean Salad*
1 medium apple

Snack 2 tbsp. hummus with ½ whole-wheat pita
1 cucumber cut into sticks

Dinner 3 oz. broiled lean steak
½ baked butternut squash
Cabbage stir-fry: 2 cups raw cabbage, stir-fried in 1 tsp. olive oil, sprinkled with 1 tbsp. sesame seeds and 1 tsp. garlic powder
Tossed green salad: 2 cups mixed greens, ¼ cup sliced red onion, 4 cherry tomatoes, and ½ cup chopped red pepper with 1 tbsp. *Flax Oil Dressing* (see page 11)

Snack 3 small plums

SAMPLE MENU E

Option 1

Breakfast 1 serving UltraMeal

Snack ½ grapefruit

Lunch 1 serving UltraMeal
1 cup *Split Pea Soup*

Snack 2 small tangerines and 6 almonds

Dinner 3 oz. broiled or baked halibut
1 small baked sweet potato
1 cup steamed French-cut green beans served with 1 tsp. flax seed oil
Tossed green salad: 2 cups mixed greens, ¼ cup sliced red onion, 4 cherry tomatoes, and ½ cup chopped red pepper with 1 tbsp. *Tabini Dressing* (see page 11)

Snack 2 cups fresh watermelon chunks

Black Bean Salad

2 cans organic black beans, drained
1 defrosted package (10-16 oz.) frozen corn
1 red pepper, diced

½ cup red onion, diced
1 tbsp. olive oil
1 tbsp. balsamic vinegar
1–2 tsp. ground cumin seeds

Mix ingredients together in a bowl and chill for several hours. *Serves 6-8.*
Exchanges: ½ fat, 1 vegetable protein

Split Pea Soup

From *The Moosewood Cookbook* by Mollie Katzen

3 cups dry split peas
About 7 cups water (more as needed)
1 bay leaf
2 tsp. herbal blend
½ to 1 tsp. dry mustard
2 cups minced onion

4 to 5 cloves garlic, minced
3 stalks celery, chopped
2 medium carrots, sliced or diced
1 small potato, thinly sliced
Fresh ground black pepper to taste
3 to 4 tbsp. red wine vinegar

Place split peas, water, bay leaf, salt substitute, and dry mustard in a large pan. Bring to a boil, lower heat and simmer, partially covered, for about 20 minutes. Add onion, garlic, celery, carrots, potato. Partially cover and simmer gently for approximately 40 more minutes. Stir occasionally and add more water if necessary. Add black pepper and vinegar to taste. Serve topped with diced tomato and minced parsley. *Serves 8.*
Exchanges: 1 vegetable, 1 vegetable protein

Food List You may use this list to help plan your shopping needs.

Fruit

Apple
 Apricot
 Banana
 Berries: blackberries, blueberries, raspberries, strawberries
 Cantaloupe melon
 Cherries
 Grapefruit
 Grapes
 Honeydew melon
 Kiwi
 Mango
 Nectarine
 Orange
 Pineapple, fresh or canned in its own juice
 Peach
 Pear
 Plum
 Tangerine
 Watermelon

Starches

Barley
 Brown rice
 Corn
 Hummus
 Squash: butternut
 Sweet potato
 White or red new potato

Fats

Oils: olive, flax, sesame, canola oils, or butter
 Nuts: walnuts, pecans, almonds, cashews, hazelnuts
 Seeds: sunflower, sesame, pumpkin
 Avocado
 Almond butter, cashew butter, peanut butter, sesame tahini

Breads

Rice cakes
 Whole-grain rye or sesame rye crackers
 Whole-grain rye bread
 Whole-grain bagel
 Mixed-grain bread
 Whole-wheat pita
 Whole-wheat tortilla
 Popcorn
 Whole-grain bread

Salad Greens

Mixed greens (including red or green leaf lettuce, spinach, endive, radicchio, chicory, Chinese or red cabbage, watercress)

Vegetables

Asparagus
 Aubergine
 Bean sprouts
 Beets
 Broccoli
 Brussels sprouts
 Cabbage: Chinese, red, green
 Carrots

Cauliflower
 Celery
 Courgette
 Greens: beet, collards, dandelion, kale, spinach
 Mushrooms
 Okra
 Onion: red, white, green
 Peppers: green, yellow, red
 Radish
 String beans: green or yellow
 Tomato
 Turnip
 Salsa
 Swede

Fish/Meat

Fresh fish: salmon, tuna, mackerel, sole, snapper, halibut, etc.
 Canned fish, water packed: tuna or salmon
 Skinless poultry: white meat chicken, Cornish hen, dark or white meat turkey
 Lean cut of beef
 Lamb chop or roast leg
 Sardines

Eggs

Egg or low-cholesterol egg substitute

Milk Products

Cottage cheese, nonfat or low fat
 Yogurt: plain, unflavoured, or low fat

Legumes (Vegetable Protein)

Red or white kidney, black, lentils, chickpea, pinto, black-eyed peas, yellow or green split peas
 Sweet green peas
 Soybeans
 Tofu
 Baked tofu

Unlimited Foods

Sparkling water, soda water, herbal tea, broth, salsa

Condiments

Vinegar
 Cumin
 Chili powder
 Paprika
 Cayenne
 Tomato paste
 Tamari or soy sauce
 Thyme
 Caraway seeds
 Red pepper
 Lemon juice
 Dijon mustard
 Garlic powder
 Basil
 Oregano
 Sesame seeds
 Herbal blends
 Red wine

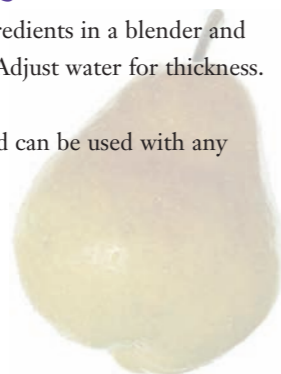
UltraMeal Recipes

For all recipes below, put ingredients in a blender and blend to desired consistency. Adjust water for thickness.

These recipes are versatile and can be used with any flavour of UltraMeal.

Eggnog 160 Calories

2 scoops UltraMeal Vanilla
3 tsp. rum extract
2 tsp. butter flavour extract
2-4 ice cubes
4-8 oz. water

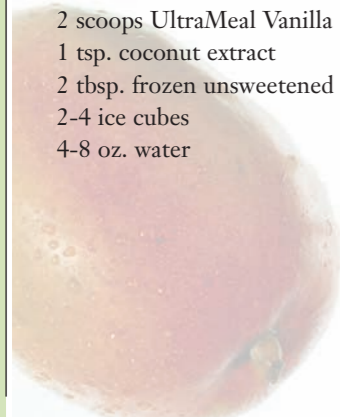


Cherries Amaretto 235 Calories

2 scoops UltraMeal Vanilla
½ frozen banana
4 frozen unsweetened (pitted) cherries
1 tsp. almond essence extract
4-8 oz. water

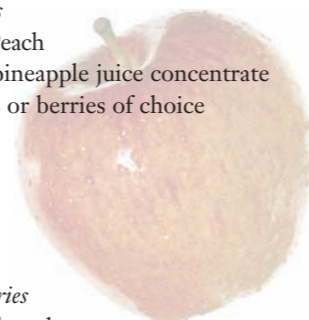
Piña Colada 170 Calories

2 scoops UltraMeal Vanilla
1 tsp. coconut extract
2 tbsp. frozen unsweetened pineapple juice concentrate
2-4 ice cubes
4-8 oz. water



Fruity Delight 195 Calories

2 scoops UltraMeal Country Peach
1 tbsp. unsweetened orange/pineapple juice concentrate
4 fresh or frozen strawberries or berries of choice
2-4 ice cubes
4-8 oz. water



Chocolate Berry 180 Calories

2 scoops UltraMeal Dutch Chocolate
½ cup unsweetened strawberries or berries of choice
2-4 ice cubes
4-8 oz. water

Chocolate Crème 215 Calories

2 scoops UltraMeal Dutch Chocolate
½ cup soy milk, plain or vanilla
2-4 ice cubes
3-4 oz. water

German Chocolate 160 Calories

2 scoops UltraMeal Dutch Chocolate
1 tsp. coconut extract
2-4 ice cubes
4-8 oz. water



Chocolate-Covered Cherries 175 Calories

2 scoops UltraMeal Dutch Chocolate
3-4 unsweetened cherries
1 tsp. cherry extract (optional)
2-4 ice cubes
4-8 oz. water



Peach Melba 210 Calories

2 scoops UltraMeal Country Peach
½ fresh peach
½ cup fresh or frozen raspberries
2-4 ice cubes (omit if using frozen fruit)
4-8 oz. water

Georgi-Ana Peach 215 Calories

2 scoops UltraMeal Country Peach
½ frozen banana
4-8 oz. water



Chocolate Mocha Banana 255 Calories

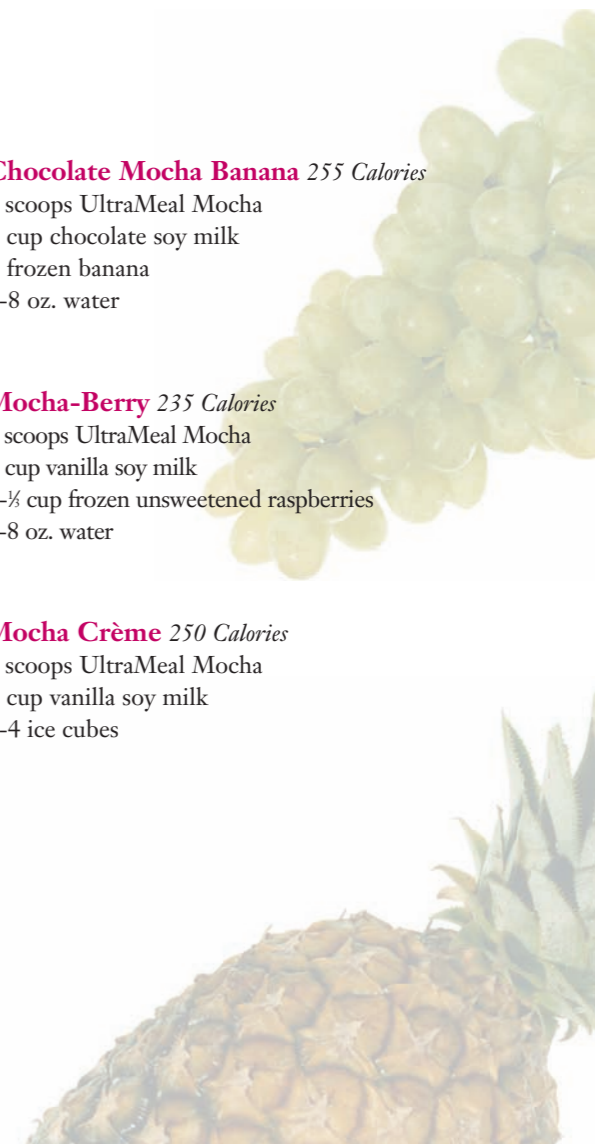
2 scoops UltraMeal Mocha
½ cup chocolate soy milk
½ frozen banana
4-8 oz. water

Mocha-Berry 235 Calories

2 scoops UltraMeal Mocha
½ cup vanilla soy milk
¼-½ cup frozen unsweetened raspberries
4-8 oz. water

Mocha Crème 250 Calories

2 scoops UltraMeal Mocha
½ cup vanilla soy milk
2-4 ice cubes



Tips for travel and dining out

When travelling pack individual plastic bags each with a 2-scoop serving size of UltraMeal powder. Take a plastic shaker cup (with a lid) for mixing and/or a portable mixer. You can purchase a small, portable, battery-operated mixer (found in many kitchen appliance stores or sections) to use when a blender isn't available. This makes staying on the programme easy even while travelling, camping, flying, or anytime you are away from home.

Purchase bottled water for mixing or combine with juice for added flavour.

When dining out, have your UltraMeal at home before you leave, and then have the rest of your meal in the restaurant. A hearty salad or a steamed fresh vegetable plate is a nice way to complement UltraMeal and is available in most restaurants. Olive oil and vinegar or freshly squeezed lemon juice should be used in place of bottled or restaurant dressings.

Q&A Answers to Commonly Asked Questions

Here are the answers to some questions you may have as you follow the UltraMeal 4-Week Programme for improved body composition.

1. What is unique about UltraMeal?

Clinically tested UltraMeal* is a nutrient-dense powdered food supplement made of specifically selected proteins, carbohydrates, and fats that, as part of a balanced dietary and regular exercise programme, has been clinically shown to help reduce fat while preserving lean muscle mass.

Using only the highest quality ingredients, UltraMeal comes in a variety of delicious powdered soy flavours and a whey protein option. UltraMeal soy formula provides non-genetically engineered, identity-preserved soy protein isolate containing a significant

amount of soy isoflavones. The carbohydrate sources in UltraMeal are a mixture of complex starches from rice, pea, and potato, and simple carbohydrates from low-glycaemic-acting fructose (fruit sugar). Olive oil is included as a healthy fat source with its beneficial monounsaturated fatty acids. UltraMeal is additionally fortified with a vitamin and mineral core and provides 33% or more of the RDA (Recommended Daily Allowance) levels of all vitamins and minerals per serving. It is a particularly rich source of non-dairy calcium for improving bone health. Finally, none of the UltraMeal shake formulas contain artificial flavours, colours, preservatives, yeast, or gluten. The products can be used as a balanced meal option, or as a healthy snack and the powders mix easily with water.

2. Can I use salt while on this programme?

We suggest you use salt sparingly or not at all. If you have been advised to restrict your salt intake, look for salt-free products whenever canned or processed foods are used in the diet. There are many good salt-free seasonings available at your local health food store.

3. What additional spices or flavourings can I use?

Seasonings can enhance the natural flavours of food without added butter, margarine, or salt. There is an abundant array of other herbs and spices that can add flavour and variety to foods. They have few calories and can be used in endless combinations. Ask your healthcare provider for suggestions or experiment yourself with the list of herbs and spices we have provided on the shopping list.

4. Can I drink coffee and tea?

This is a decision best left up to you and your healthcare practitioner. We generally recommend consuming water-processed decaffeinated coffee or decaffeinated tea. Many herbal teas are naturally decaffeinated and can add variety and flavour as well.

5. Can I drink diet drinks?

While diet sodas contain no calories, they often leave people desiring other sweet snacks because of their sweet taste. Additionally, there is some research that suggests the artificial sweetener aspartame may be associated with some health problems. We therefore

do not recommend diet drinks, although that decision is best left to your healthcare practitioner. We do recommend you consume 6-8 glasses of water a day. Soda or mineral water may also be used.

6. Can I use canned vegetables instead of fresh vegetables with this programme?

Fresh and frozen vegetables retain more of their vitamins and generally have little added salt. If these are unavailable, try to purchase canned vegetables that don't have added salt or fat.

7. Can I swap menus from one day to the next?

Yes, by all means. The menus are meant as a guide for the kinds of dishes you may be consuming. Keep in mind that some of the menu plans are designed for the 1400-calorie dietary programme and some for the 1000-calorie dietary programme. Choose from the appropriate menu for the programme you and your healthcare practitioner have decided upon.

8. Should I exercise while on this plan?

Yes. Exercise is an appetite suppressant, and it also accelerates the burning of calories. Besides acting as an aid in weight stabilisation, aerobic exercise will improve cardiovascular and pulmonary fitness. Your exercise programme can be as simple as 30 minutes of walking 3 times a week. (This level of exercise led to improved muscle mass in our UltraMeal research studies.)

9. Is UltraMeal an appropriate programme for children?

No. UltraMeal products should not be the sole source of nutrition for infants or children under age 12. UltraMeal's nutritional content is based on the adult RDAs, and no testing in children has been done at this time. Under the supervision of a healthcare practitioner, however, the programme may be appropriate for older children or adolescents, although it may be advisable to start the programme at the second week when they would use UltraMeal twice daily. Your healthcare practitioner must help you decide if and how the product may be used with your child.

10. Can I use this diet if I am pregnant or nursing?

No. UltraMeal products have not been tested in these situations; therefore, it is not recommended for use at these times.

11. Can I take supplements during this programme?

Yes, although the UltraMeal Programme is designed to provide at least 100% of the RDA for all vitamins. Follow your practitioner's recommendations.

12. How much UltraMeal will I need in order to complete 4 weeks of the programme?

For 4 weeks on the UltraMeal Programme, you will need to purchase 5 canisters of powder. After that, 1 canister will last 1 to 2 weeks depending on whether you use the product once or twice daily.

13. What are some of the benefits of UltraMeal products?

UltraMeal has been clinically tested as part of a balanced dietary and regular exercise programme and shown to reduce body fat while preserving lean muscle mass. The typical over-the-counter product is usually a sweet drink or bar with generally small amounts of poor quality proteins. UltraMeal has 15 or more grams of protein per serving. Lower protein products may result in loss of lean muscle mass in body composition programmes. **Also**, the main ingredient in many over-the-counter products is plain table sugar or sucrose. There is no added sucrose in UltraMeal products, which are sweetened only with fructose (fruit sugar). Fructose does not cause the rise in blood sugar that sucrose can. **Third**, unlike many over-the-counter products, UltraMeal varieties are fortified with a complete vitamin and mineral core supplying valuable sources of all these important nutrients. It is a particularly rich source of non-dairy calcium for improving bone health. **Fourth**, unlike many other products, UltraMeal shake formulas contain no yeast, hydrogenated oils, sucrose, or gluten.

14. Do I have to mix the UltraMeal powder with water?

UltraMeal powdered drink mix is delicious mixed alone with cold water. It can also be mixed with various fruits and other ingredients. Refer to the section on mixing instructions. Remember, however, added ingredients will add calories.

15. I have heard that liquid diets are unsafe. How does UltraMeal compare?

The UltraMeal Programme is not a liquid diet. Even the 1000-calorie dietary programme includes vegetables, fruits, grains, and proteins. This calorie intake is well above the very low liquid calorie diets of 800 calories per day that may raise safety concerns. UltraMeal has been designed to contain a high quality source of complete protein, along with vitamins and trace minerals essential for maintaining health and protecting lean body mass.

16. Does UltraMeal contain caffeine or other stimulants?

None of the UltraMeal products contain any added stimulants. Cocoa does naturally contain caffeine and theobromine. The natural chocolate from cocoa in UltraMeal Dutch Chocolate, UltraMeal Plus Dutch Chocolate, UltraMeal WHEY Dutch Chocolate, and UltraMeal Mocha has approximately 20 mg of caffeine and less than 150 mg of theobromine per serving. These small amounts of caffeine are about 1/5 or less the amount found in a cup of fresh coffee.

17. What if I need additional fibre?

On a nutritional programme that involves liquid supplementation, some patients may experience a change in bowel habits. Clinical experience has shown that, for some people, an additional fibre supplement may reduce symptoms of diarrhoea or constipation. While the UltraMeal products contain 4-5 grams of fibre per serving, your healthcare practitioner may recommend an additional fibre supplement, such as UltraFiber™.

18. Can I follow this dietary plan if I am diabetic or hypoglycaemic?

UltraMeal has been tested for its glycaemic index (GI). The GI of a food is an important tool to provide dietary guidance to individuals with blood sugar dysregulation. The GI allows for the classification of carbohydrate foods according to their glycaemic response; the higher the GI of a food, the higher its potential for raising blood sugar. UltraMeal has been tested as a low GI food. Therefore, it should be very well tolerated by individuals with these conditions. The complete dietary plan, including the UltraMeal products, should also be well tolerated. Before beginning UltraMeal, you should discuss with your healthcare practitioner the integration of the programme into your prescribed dietary plan.

19. How long do I need to remain on this programme?

That really depends on your health goals. Staying on the programme for a minimum of 4 weeks is suggested before making any further decisions. Working together, you and your healthcare practitioner may decide to continue the programme as is, or in some modified version for a longer period of time.

20. What should I eat when I've completed the programme?

The dietary portion of the programme is a well-balanced, nutrient-dense diet and is suggested as a dietary programme for long-term use. You may continue to use 1 serving per day of UltraMeal as a nutritious, delicious, and convenient quick meal or

snack. In consultation with your healthcare practitioner, you may also decide to increase total calories in a maintenance programme.

21. Should I discontinue prescription medications while on this programme?

No. Medication should be carefully monitored by your healthcare practitioner. Only in conjunction with him or her should you make a decision to change prescriptive medication.

22. What determines the cost of UltraMeal?

UltraMeal products are made from the highest quality ingredients, backed by published research, manufactured with exacting standards, and they are guaranteed for freshness and potency. As the developer and manufacturer of UltraMeal, Metagenics has an uncompromising commitment to manufacturing a product of unmatched quality and integrity. All-natural ingredients are used with no artificial colours, flavours, or preservatives. Because UltraMeal can be used as a meal option, many people find their grocery bills decrease substantially.

23. Do UltraMeal products come in flavours?

Yes. UltraMeal is available in a variety of natural, non-dairy flavours including: Vanilla, Country Peach, Dutch Chocolate, Mocha and Berry. UltraMeal Plus and UltraMeal WHEY are both available in naturally flavoured Vanilla and Dutch Chocolate.

24. Can I use this dietary programme if I'm gluten or dairy sensitive?

Yes. Except for UltraMeal WHEY, all of the UltraMeal beverage products are gluten- and dairy-

free. UltraMeal WHEY is suitable for lactose-intolerant individuals. Additionally, using the exchange option lists, you can make food choices within the programme that are gluten- and dairy-free as well.

25. Is it true that consumption of soy protein may have beneficial effects on heart disease?

Yes. The FDA (Food & Drug Administration) has determined 25 grams of soy protein a day, when included in a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart disease by lowering blood cholesterol levels. Every soy-based UltraMeal product contains approximately 15-17 grams of soy protein per serving.

26. If I am allergic to dairy products, will UltraMeal supply enough calcium in my diet?

UltraMeal and UltraMeal Plus shake formulas are excellent sources of non-dairy calcium. Each serving of UltraMeal contains 600 mg of calcium. The recommended daily allowance for calcium is dependent upon your age and sex, but generally you'll need somewhere between 1000 to 1500 mg per day. You can see that 1 or 2 servings a day of UltraMeal can be a healthy start to maintaining healthy bones. UltraMeal WHEY is suitable for lactose-intolerant individuals and provides non-dairy calcium.

27. Why is folate a featured ingredient in UltraMeal?

Folate is an important B vitamin often in short supply in the typical diet, but has been shown to promote overall health—including hormonal and heart health.

28. What is unique about soy-based UltraMeal vs. other soy powdered beverages?

Not all powdered soy blends are the same. They can vary widely in soy quality, nutrition, and additives—as well as manufacturing quality and purity. And they may not be suitable for those with blood sugar concerns. Some powders may focus solely on protein or reduced calories, but UltraMeal is formulated for total nutrition with targeted ingredients that have been clinically shown to promote healthy body composition. UltraMeal provides quality soy from PharmaSoy®, a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium. Naturally sweetened UltraMeal is fortified with essential vitamins and minerals for optimal nutrition, which makes it an ideal meal option suitable for those concerned with blood sugar management. And soy-based UltraMeal is free of artificial ingredients and additives, as well as free of dairy, gluten and yeast. UltraMeal also considers your whole dietary plan, with recommendations for foods and meals that can help you meet daily nutritional guidelines at a variety of calorie levels.

29. Can I use UltraMeal if I am sensitive to soy?

UltraMeal WHEY may be used as an alternative within the body composition programme wherever an UltraMeal serving is indicated or as directed by your healthcare practitioner.

30. What is different about UltraMeal Plus?

The “plus” in UltraMeal Plus functional food supplement is the addition of plant sterols, a

powerful natural ingredient to support healthy cholesterol levels. UltraMeal Plus contains 2 grams of plant sterols per serving.

31. What are plant sterols?

Plant sterols (also known as phytosterols) are found naturally in a range of plant sources such as vegetable oils, nuts, grains, and seeds. A typical daily intake ranges from 160-400 mg per day, which is thought to have little beneficial effect on cholesterol levels. Studies suggest that the consumption of 2-3g of plant sterols daily can help to support healthy cholesterol levels.

Beta-sitosterol is the most common plant sterol.



UltraMeal Varieties and Flavours

UltraMeal®

- Vanilla
- Dutch Chocolate
- Country Peach
- Mocha
- Berry

UltraMeal® Plus

- Vanilla
- Dutch Chocolate

UltraMeal® WHEY

- Vanilla
- Dutch Chocolate

...and look for more flavours and varieties in the near future!



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and developed by

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