

Food List and Suggested Serving Size

The foods listed are the best selections in each group for optimal results on your **UltraMeal** programme. However, many other foods are healthy choices as well.

Legumes (vegetable protein)

1-2 servings per day. Average serving size is 120g.

Kidney, black, lentils, pinto, chickpeas, black-eyed peas, yellow or green split peas
Sweet green peas
Soybeans
Tofu

Starches

2-3 servings per day. Average serving size is 120g.

Brown rice
Rice cakes
Sweet potato
Wholegrain - rye crackers, rye bread, bagel, bread, pita and tortilla

Fats/Oils

3 servings per day.

Avocado, ¼
Oils/butter, 1 tsp.
Peanut butter, 1 tsp.
Nuts, 6 whole
Seeds, 1 tbsp.

Vegetables (low GI)

Unlimited servings per day.

Artichokes
Asparagus
Aubergine
Bamboo shoots
Bean sprouts
Bell peppers
Butternut squash
Carrots
Celery
Chives, onions, leeks, garlic
Courgette
Cruciferous – broccoli, brussel sprouts, cabbage or cauliflower
Cucumber
Green beans
Greens – pak choy, chicory, watercress, spinach, kale etc.
Mushrooms
Sugar snap peas
Tomato (incl. juice)
Water chestnuts

Fruits (low GI)

Limited servings per day.

Apple, 1 medium
Apricot, 3 medium
Berries, 80g
Cherries, 15
Fresh figs, 2
Grapes, 15
Grapefruit, 1 whole
Honeydew melon, ¼
Nectarine, 2 small
Orange, 1 large
Peaches, 2 small
Pear, 1 medium
Plums, 2 small
Tangerines, 2 small

Dairy products

1 serving per day.

Cottage cheese, 180g
1 whole egg
Plain yoghurt, 150g

Fish/Meat

1 serving per day. Average serving size is 115g.

Chicken, turkey, beef, lamb
Salmon, trout, tuna, prawn

UltraMeal™

NUTRITIONAL SUPPORT FOR
BODY COMPOSITION

QUICK-START GUIDE

ULTRAMEAL - ULTRAMEAL WHEY – ULTRAMEAL PLUS

For more programme details, ask your practitioner, or refer to our website www.nutri.co.uk for a **full product guide** on how to use this product as part of a specialist programme. Enter website and click on 'Products'.

READY.....SET.....GO!

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Are you interested in a quick start to your UltraMeal programme? Simply follow these guidelines...

1. Combine 1 serving of **UltraMeal** powder with 8fl.oz. (250ml) of water. Briskly stir or blend the product until mixed. *Optional:* add ice and some unsweetened berries or another fruit from the low-glycemic index list overpage.
2. Consume 1 serving of **UltraMeal** for breakfast. Have another for a satisfying afternoon snack, or add it to one of the following snack suggestions for a complete lunch.
3. Eat a snack from the choice below at mid-morning, and mid-afternoon break or lunch. Select a different snack each break.
 - 1 serving of fruit from the low-glycemic index list
 - 2 whole grain rye crackers
 - 12 whole almonds, hazelnuts or cashews
 - 4 ounces (115g) low fat yoghurt
 - 1 small bowl of vegetable, lentil or legume soup
 - 1 glass of fresh tomato-based vegetable juice
 - 1 small bowl of raw vegetables from the low-glycemic index list, with salsa
4. Choose from one of the following for dinner:
 - Large vegetable salad made from vegetables from the low-glycemic index list with 2 tbsp Basic Salad Dressing*. Include 4oz/115g of tuna, prawn, tofu or chicken.
 - Vegetable burrito made with one whole-wheat tortilla, ½ small bowl of black beans, lettuce, tomato and salsa.
 - 4-6oz/115-170g baked or grilled fish or poultry, or 4oz/115g lean beef with a large bowl of fresh steamed vegetables and a salad with 2 tbsp Basic Salad Dressing*
5. In the **UltraMeal** programme avoid the following foods:
 - Bread made from refined/low-fibre grains
 - Table sugar
 - Jam and jelly
 - Syrup
 - Fruit juices
 - Desserts, cakes and biscuits
 - Potatoes
 - Sweets
 - Alcohol
 - Fizzy drinks
6. Don't skip a meal. Skipping a meal increases the likelihood of becoming excessively hungry later in the day, and will deprive your body of some of the nutrients that ensure the success of the **UltraMeal** programme.
7. Drink plenty of water. Aim for 8 large glasses or 2 litres daily. Water is a natural diuretic that helps flush toxins from your body.
8. Shop smart. Go food shopping before you begin the programme.

***Basic Salad Dressing** (about 3 servings)
4tbsp. flax oil (or 2 tbsp. each flax and olive oils)
1-2 tbsp. vinegar (apple, cider, tarragon, rice, red wine, balsamic)
1tsp. Dijon mustard
Whole or minced garlic, oregano, basil, or other herbs of choice
Mix well and store in a shaker jar. You can add water for desired thickness. Keep refrigerated.