



UltraMeal[®]

Medical Food

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

- Dyslipidemia • Hypertension
- Metabolic Syndrome • Estrogen Imbalance



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Personal Program 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: _____



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- *Dyslipidemia* • *Hypertension*
- *Metabolic Syndrome* • *Estrogen Imbalance*

Disclaimer:

Metagenics, Inc. makes no representations or warranties, express or implied, regarding the use of the UltraMeal Program 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, medical food product, 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 program.



Welcome to the UltraMeal Body Composition Program

Congratulations! You are about to embark upon an easy, effective, and healthy program 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 program were able to lose fat as they increased their lean muscle mass. At the end of the 7-week program, these women not only weighed less, but they also had improved body composition.

Over 60% of Americans have an “altered” or unhealthy body composition (excess body fat), which can increase the risk of heart disease, type 2 diabetes, and hormonal and digestive conditions. Lifestyle changes such as healthy eating, regular exercise, and appropriate nutritional support are recommended by national health organizations to positively impact body composition. The UltraMeal

Program, designed by the research group at Metagenics, should help you lose excess fat and improve your body composition while nutritionally supporting associated conditions. Working with your clinician to determine your appropriate weight and body composition, you can use UltraMeal medical food and the accompanying dietary program to help you reach your health 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 medical food designed for nutritional support of patients with altered body composition and associated conditions, such as dyslipidemia (elevated LDL levels), hypertension, metabolic syndrome (increased insulin resistance), and estrogen imbalance. Your healthcare practitioner has recommended you use UltraMeal in conjunction with a specially designed dietary plan outlined in this booklet. UltraMeal is a medical food. It is made up of a combination of select nutrients

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in amounts that nutritionally support biochemical functions and metabolism 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 program along with the dietary plan.

What is a Medical Food?

Soy-based UltraMeal and UltraMeal Plus powders and the UltraMeal Bar are medical foods. A medical food is made from specific food components to be consumed under the supervision of a physician or other licensed healthcare practitioner. It is intended for the specific dietary management of a disease or condition.

How can I expect to feel on this program?

You are a complex and unique individual, and your program should be designed specifically to meet your needs. How you respond as you use this product and dietary program will be

determined by your body's uniqueness ("biochemical individuality") and the program you and your healthcare practitioner establish. If improved body composition is your goal, your success will depend largely on your compliance with the dietary program along with UltraMeal medical foods. Generally, you can expect improved body composition over the course of the program, as well as improvement of other health markers.

Some individuals may experience hunger or other symptoms during the program. 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 program or the use of this product, you should discuss them directly with your healthcare practitioner.



G Getting started: How to use this program

UltraMeal medical food is intended to be used as part of a comprehensive program as determined by your healthcare practitioner to promote healthy body composition and nutritionally support conditions associated with altered body composition. UltraMeal, UltraMeal Bar, and UltraMeal Plus provide a superior source of soy protein, isoflavones, and dairy-free calcium to support cardiovascular and bone health, as well as hormone balance. UltraMeal products also have a low glycemic index, making them an ideal choice for those who may have blood sugar concerns.

UltraMeal may be used as a meal option or taken along with a meal as outlined in this program guide. Properly applying the UltraMeal Program, 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 or bar 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 program may be further individualized 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 unattractive, unhealthy fat on the UltraMeal Program, 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 metabolize (burn) fewer calories. The primary way to maintain your metabolic rate is to continue to remain physically

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active. In an UltraMeal research study, participants lost fat and maintained healthy muscle when they followed the dietary program 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 program. 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 stabilize 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 program, 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 option a day, for example, it can help ensure you are getting high-quality, nutrient-dense nutritional support. Using UltraMeal as part of a maintenance program can help you keep the healthy body composition you worked so hard to achieve.

4 The UltraMeal 4-Week Program

We have provided 2 suggested meal plans based upon a daily dietary intake of 1000 or 1400 calories. You should follow the program 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 program 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 individualize 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 program 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 Program.

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 realize 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.

Reorganize 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 Program. 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. Recognize times or events that signal you to eat, such as an argument, a hard day at work, talking on the telephone, or your favorite television show. Plan activities that don't involve food for these

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times. Knit a sweater, groom your pet, take a long bath and read a good book, cultivate your houseplants, or walk the dog.

Indulge yourself. We all have favorite 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 favorite 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 program 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 fiber 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 or meal option.

Recipe Variations:

Although UltraMeal is delicious when mixed in water, the recipes found on pages 26-27 can be used to add variety. Remember, however, if you are restricting calories, adding ingredients to an UltraMeal shake adds additional calories as well. The meal plans outlined are calculated with UltraMeal mixed with water only. A serving of UltraMeal or UltraMeal Plus medical foods, or UltraMeal WHEY mixed in water only is 160 calories.

II. UltraMeal Bar or UltraMeal RICE:

The UltraMeal Bar medical food or UltraMeal RICE may be substituted for any UltraMeal serving. You should subtract ½ a fruit serving from the dietary plan to make up for the additional 30-40 calories in each.



Week 1

The Exchange Option Program: 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 individualize 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 Program

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
- 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

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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 butter
- Dinner** 1 serving UltraMeal
Tossed salad: $\frac{1}{2}$ cup raw broccoli, 1 shredded carrot, 1 stalk diced celery, 2 cup shredded mixed greens, and $\frac{1}{2}$ medium tomato with 1 tbsp. *Tahini Dressing*
- Snack** 1 cup fresh sliced strawberries or mixed berries and $\frac{1}{2}$ 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 $\frac{1}{2}$ 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, and 8 green or black olives, with 1 tbsp. *Vinaigrette Dressing*
- Snack** 2 kiwi fruit

Week 1 of the UltraMeal Program

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

Vinaigrette Dressing

- | | |
|---|--|
| $\frac{3}{8}$ cup olive oil (or $\frac{1}{8}$ cup olive plus $\frac{1}{2}$ cup flaxseed oils) | 1 teaspoon Dijon mustard |
| $\frac{1}{4}$ cup balsamic vinegar or lemon juice | Herbs and freshly ground pepper to taste |
| $\frac{1}{4}$ 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 butter
- Dinner** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, ¼ cup each mung 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: ½ cup watermelon chunks, ½ cup blueberries, and ½ 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

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Sample Menus for Week 1 1400-Calorie Dietary Program

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 tbsp. *Vinaigrette Dressing* (see page 11)
1 small whole-wheat tortilla stuffed with ¼ cup hummus
- Snack** 2 cups popcorn, with 1 tsp. butter and 2 tsp. nutritional yeast
2 apricots or 1 small peach
- Dinner** 1 serving UltraMeal
Omelet with 1 whole egg and 2 egg whites, ½ cup steamed green beans or zucchini, and 2 or 3 sliced mushrooms, sautéed in 1 tsp. olive oil (season to taste)
Baked sweet potato
- Snack** 1 cup fresh pineapple chunks (or pineapple canned in its own juice)

SAMPLE MENU B

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: ⅔ cup watermelon chunks, ½ cup blueberries, and ½ 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 (garbanzo beans), ¼ cup green soybeans, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tbsp. *Flax Oil Dressing* (see page 11)
- Snack** ½ tbsp. almond 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 scallions; 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 ½ 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 2 small nectarines

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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, ½ medium

Cherries, 15 large

Grapefruit, 1 whole

Grapes, 15

Honeydew, 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:

Acorn squash, ½

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, or
sesame tahini, ½ tbsp.

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, arugula, endive, radicchio, escarole, 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, sprouts.



Food Exchange Lists (cont.)

Vegetables

1 serving equals:

Artichoke, 1 small or ½ cup hearts, steamed
 Asparagus, 1 cup steamed (approximately 10 spears)
 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
 Eggplant, 1 cup cubed, steamed
 Greens, ½ cup steamed (beet, chard, collards, dandelion, kale, mustard, spinach)
 Mushrooms, 5 raw sliced
 Okra, ½ cup steamed
 Onion, ¼ cup chopped
 Peppers, ½ cup raw (green, yellow, or red)
 Rutabaga, ½ cup boiled
 Salsa, ½ cup
 String beans, ½ cup steamed, green or yellow
 Summer squash, 1 cup steamed, yellow or zucchini
 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, escarole, 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, such as flank steak, 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.

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

SAMPLE MENU A

Option 1

- Breakfast** 1 serving UltraMeal
- Snack** ½ cantaloupe
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded romaine lettuce; ½ cup each raw broccoli, cauliflower, and cucumber slices; ½ medium tomato; and ⅓ 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 omelet 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 Program: 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

Weeks 2-4 of the UltraMeal Program

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 programs. (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 butter
- Dinner** Grilled tuna salad: 3 oz. fresh grilled tuna or ¾ cup canned white tuna; 2 cups shredded mixed greens; ¼ cup each mung 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

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SAMPLE MENU E

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** Fresh fruit salad: $\frac{1}{2}$ cup watermelon chunks, $\frac{1}{2}$ cup blueberries, and $\frac{1}{4}$ cup pineapple chunks
- Lunch** 1 serving UltraMeal
Tossed salad: 2 cups shredded mixed greens, $\frac{1}{4}$ chopped red pepper, $\frac{1}{2}$ stalk diced celery, 4 cherry tomatoes, and 2 sliced mushrooms with 1 tbsp. *Vinaigrette Dressing* (see page 11)
- Snack** 6 walnuts or almonds and $\frac{1}{2}$ large mango
- Dinner** *Tofu/Vegetable Stir-fry* with $\frac{1}{2}$ 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)
 $\frac{1}{2}$ 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** 2 small nectarines

SAMPLE MENU F

Vegetarian Option

- Breakfast** 1 serving UltraMeal
- Snack** $\frac{1}{2}$ grapefruit and $\frac{1}{4}$ cup sliced strawberries
- Lunch** 1 serving UltraMeal
1 cup *Barley Minestrone Soup*
- Snack** $\frac{1}{4}$ cup hummus with celery and cucumber sticks (1 each celery stalk and whole cucumber)
- Dinner** 1 serving UltraMeal
 $\frac{1}{4}$ cup *Vegetarian Chili* (see page 20)
Tossed green salad with 2 cups mixed greens, $\frac{1}{4}$ cup grated carrot, 8 cherry tomatoes, $\frac{1}{2}$ cup bean sprouts, and $\frac{1}{2}$ cup chopped red bell pepper with 1 tbsp. *Tahini 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 bok choy, celery, bean sprouts, Napa 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 | |
| 2 cloves garlic, minced | 1 medium to large onion, chopped |
| 6 cups vegetable or chicken stock, or 6 cups water and 6 tsp. powdered boullion | 2 stalks celery, diced |
| 1 (16 oz.) can kidney beans, undrained | 1 bay leaf |
| | 1 (28 oz.) can tomatoes, with juice |
| | $\frac{1}{2}$ cup whole barley |

In a 6-quart pot, 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, $\frac{1}{2}$ vegetable protein, $\frac{1}{2}$ 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)
½ cup chopped onion	2 red potatoes, diced
½ cup sliced fresh mushrooms	½ cup chopped green bell pepper
½ tsp. thyme	1 clove garlic, minced
½ tsp. red pepper flakes	½ tsp. caraway seeds
	1 tomato, cut in wedges for garnish

In a small bowl, blend tofu with tamari. Set aside.

Heat oil in large, nonstick skillet 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 skillet 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 Company Garden Cook Book: Homegrown Recipes for Every Season* edited by Lane Morgan

1 medium head red cabbage, coarsely chopped	1 tbsp. balsamic vinegar
3 Granny Smith or other tart apples, diced	10 radishes, sliced
1 stalk celery, chopped	2 green onions, chopped
Dash garlic powder	¼ cup chopped walnuts
	1 or 2 tbsp. lemon juice
	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. <i>Flax Oil Dressing</i> (see page 11)
Snack	¼ cup salsa with ½ cup raw string beans and 1 whole carrot
Dinner	1 serving <i>Eggless Country Scramble</i>
	1 cup <i>Red Cabbage Salad</i>
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 tbsp. ground cumin
1 large green bell pepper, seeded and chopped	2 tbsp. chili powder
2 large carrots, peeled (or scrubbed) and chopped	1 tsp. paprika
1 (28 oz.) can plum tomatoes, chopped, including juice	1½ tsp. herbal blend
2 (15 oz.) cans pinto or kidney beans, including liquid	½ tsp. cayenne
	2 tbsp. tomato paste
	3 tbsp. red wine vinegar

Heat olive oil in 6-quart soup pot 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

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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 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 tbsp. 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: ¼ cup watermelon balls, ¼ 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	½ cup chopped onion
1 celery stalk, thinly sliced	8 mushrooms, thinly sliced
⅓ cup white wine	1½ cups chicken or vegetable broth
2 cups cooked barley (cooked in chicken or vegetable broth with ¼ tsp. salt)	

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** 1½ cherries

SAMPLE MENU C

Option 2

- Breakfast** 1 serving UltraMeal
- Snack** 1 large pear and ½ cup 2% 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 tbsp. almond 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 dinner roll
- Snack** 15 cherries

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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 flank steak
½ baked acorn 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 6-quart soup pot. 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
 Cherries
 Grapefruit
 Grapes
 Honeydew
 Kiwi
 Mango
 Nectarine
 Orange
 Pineapple, fresh or canned in its own juice
 Peach
 Pear
 Plum
 Tangerine
 Watermelon

Starches

Barley
 Brown rice
 Corn
 Hummus
 Squash: acorn or 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, 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 dinner roll

Salad Greens

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

Vegetables

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

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Celery
 Cucumbers
 Eggplant
 Greens: beet, chard, collards, dandelion, kale,
 mustard, spinach
 Mushrooms
 Okra
 Onion: red, white, green
 Peppers: green, yellow, red
 Radish
 Rutabaga
 String beans: green or yellow
 Summer squash: yellow or zucchini
 Tomato
 Turnip
 Salsa

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 2% fat
 Yogurt: plain, unflavored, or lowfat

Legumes (Vegetable Protein)

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

Unlimited Foods

Sparkling water, unsweetened seltzer, club soda,
 herbal tea, broth, salsa

Unlimited Foods

Vinegar
 Cumin
 Chili powder
 Paprika
 Cayenne
 Tomato paste
 Tamari or soy sauce
 Thyme
 Caraway seeds
Red pepper flakes
 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.

Eggnog 160 Calories

2 scoops UltraMeal Vanilla
3 tsp. rum extract
2 tsp. butter flavor 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 extract
4-8 oz. water

Piña Colada 170 Calories

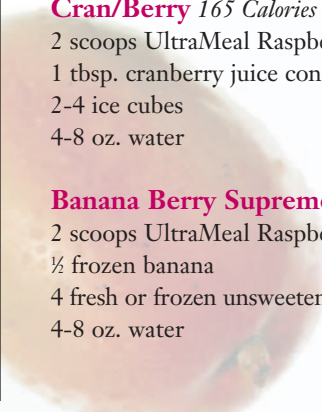
2 scoops UltraMeal Vanilla
1 tsp. coconut extract
2 tbsp. frozen unsweetened pineapple juice concentrate
2-4 ice cubes
4-8 oz. water

Cran/Berry 165 Calories

2 scoops UltraMeal Raspberry or Strawberry Supreme
1 tbsp. cranberry juice concentrate
2-4 ice cubes
4-8 oz. water

Banana Berry Supreme 230 Calories

2 scoops UltraMeal Raspberry or Strawberry Supreme
½ frozen banana
4 fresh or frozen unsweetened strawberries or raspberries
4-8 oz. water

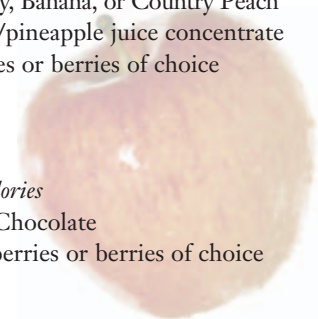


Strawberry Malt 225 Calories

2 scoops UltraMeal Strawberry Supreme
4 fresh or frozen unsweetened strawberries
½ cup unsweetened soy milk
2-4 ice cubes
4-8 oz. water

Fruity Delight 195 Calories

2 scoops UltraMeal Raspberry, Banana, or 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
1/2 cup unsweetened strawberries or berries of choice
2-4 ice cubes
4-8 oz. water

Chocolate Crème 215 Calories

2 scoops UltraMeal Dutch Chocolate
1/2 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



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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

Orange Berry Dream 255 *Calories*

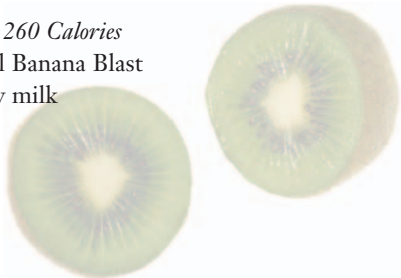
2 scoops UltraMeal Strawberry Supreme or Raspberry
 (or 1 scoop each)
 ½ cup vanilla soy or rice milk
 ½ cup orange juice
 1-2 ice cubes

Tropical Delight 220 *Calories*

2 scoops UltraMeal Banana Blast
 ½ cup pineapple or mango juice
 1 slice pineapple
 1-2 ice cubes
 4-8 oz. water

Banana Fondue 260 *Calories*

2 scoops UltraMeal Banana Blast
 1 cup chocolate soy milk
 1-2 ice cubes



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

Banana Blush 160 *Calories*

1 scoop UltraMeal Banana Blast
 1 scoop UltraMeal Strawberry Supreme
 2-4 ice cubes
 4-8 oz. water

Strawberry Smoothie 216 *Calories*

2 scoops UltraMeal Strawberry Supreme
 ½ banana
 2-4 ice cubes
 4-8 oz. water



W Tips for travel and dining out

When traveling, use the UltraMeal Bar, or 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 program easy even while traveling, camping, flying, or anytime you are away from home.

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

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 Program for improved body composition.

1. What is unique about UltraMeal?

Clinically tested UltraMeal* is a nutrient-dense medical food made of specifically selected proteins, carbohydrates, and fats that, as part of a balanced dietary and regular exercise program, has been clinically shown to help reduce fat while preserving lean muscle mass. UltraMeal also offers great variety for your palate and lifestyle.

UltraMeal comes in a variety of delicious powdered soy flavors, rice and whey protein options, plus a bar. UltraMeal uses only the highest quality ingredients. 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 and simple carbohydrates from low-glycemic-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 35% or more of the RDI (Recommended Daily Intake) levels of all vitamins and minerals (except iron and potassium). It is a particularly rich source of non-dairy calcium for improving bone health. Finally, none of the UltraMeal products are formulated to exclude artificial flavors, colors, preservatives, yeast, egg, and gluten. The products can be used as a balanced meal option, and the powders mix easily with water.

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2. Can I use salt while on this program?

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 flavorings can I use?

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of other herbs and spices that can add flavor and variety to foods. They have practically no 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 flavor 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. Low-sodium seltzer or mineral water may also be used.

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

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 program and some for the 1000-calorie dietary program. Choose from the appropriate menu for the program 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 stabilization, aerobic exercise will improve cardiovascular and pulmonary fitness. Your exercise program 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 the Program an appropriate 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 RDIs, and no testing in children has been done at this time. Under the supervision of a healthcare practitioner, however, the program may be appropriate for older children or adolescents, although it may be advisable to start the program 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 program?

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

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

For 4 weeks on the UltraMeal Program, you will need to purchase 5 canisters of powder or 7 boxes of the bars. After that, 1 canister or box 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 program and shown to reduce body fat while preserving lean muscle. There is also 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 beverage formulas are formulated to exclude yeast, eggs, hydrogenated oils, sucrose, and gluten. The UltraMeal Bar contains a very similar ratio of vitamins, minerals, proteins, carbohydrates, and fat to the UltraMeal soy powdered drink mix.

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

UltraMeal 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 Program is not a liquid diet but a body composition program. Even the 1000-calorie dietary program 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?

No stimulants are added, but cocoa naturally contains caffeine and theobromine. The natural chocolate from cocoa in UltraMeal Dutch Chocolate, UltraMeal Plus Dutch Chocolate, UltraMeal WHEY Dutch Chocolate, UltraMeal Mocha, and UltraMeal Plus Mocha has approximately 20 mg of caffeine and less than 150 mg

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of theobromine per serving. UltraMeal Bar Chocolate Raspberry, Chocolate Banana, and Chocolate Fudge contain approximately 10 mg caffeine and 60 mg theobromine per bar. The natural chocolate in UltraMeal RICE has approximately 8 mg of caffeine and less than 150 mg of theobromine per serving. These small amounts are about $\frac{1}{3}$ or less the amount found in a cup of brewed coffee.

17. What if I need additional fiber?

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

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

UltraMeal has been tested for its glycemic 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 glycemic 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 program into your prescribed dietary plan.

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

That really depends on your health goals. Staying on the program 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 program as is, or in some modified version for a longer period of time.

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

The dietary portion of the program is a well-balanced, nutrient-dense diet and is suggested as a dietary program for long-term use. You may continue to use 1 serving per day of UltraMeal as a nutritious, delicious, and convenient quick meal option. In consultation with your healthcare practitioner, you may also decide to increase total calories in a maintenance program.

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

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 medical food 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 colors, flavors, or preservatives. To complement restricted



diets, all UltraMeal shake formulas are formulated to exclude wheat and dairy (with the exception of UltraMeal WHEY, which is suitable for lactose-intolerant individuals). Because UltraMeal can be used as a meal option, many people find their grocery bills decrease substantially.

23. Do UltraMeal products come in flavors?

Yes. See the back cover for a complete list of UltraMeal flavors and options.

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

Yes. Except for UltraMeal WHEY, all of the UltraMeal products are formulated without gluten or dairy. UltraMeal WHEY is suitable for lactose-intolerant individuals. Additionally, using the exchange option lists, you can make food choices within the program 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 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 cardiovascular disease. Soy protein has also been shown to have cholesterol lowering effects. Every soy-based UltraMeal product contains approximately 17 grams of soy protein per serving.

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

UltraMeal, UltraMeal Plus, UltraMeal RICE, and UltraMeal Bar are all 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 nutritionally support the management of cardiovascular conditions and hormone imbalance. UltraMeal powders provide ActiFolate®—a proprietary blend of 3 folates to assure your body gets the folate it needs in a body-ready form.

28. What is unique about soy-based UltraMeal Medical Food 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. And soy-based UltraMeal is formulated to exclude artificial ingredients, additives, dairy, gluten, wheat, egg, and yeast. UltraMeal also considers your whole dietary plan, with recommendations for foods

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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 RICE was specifically formulated using quality rice protein for those individuals with a sensitivity to soy. UltraMeal RICE or UltraMeal WHEY functional foods may be used as an alternative within the body composition program 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 medical food is a proprietary blend of soy protein and plant sterols to nutritionally support conditions associated with cardiovascular disease, such as hyperlipidemia, hypercholesterolemia, metabolic syndrome, and altered body composition. The NIH recommends consumption of 2 grams of plant sterols daily—along with a healthy dietary program, fiber, and regular exercise—to promote cardiovascular health. Plus, the FDA states that foods containing at least 0.65 grams per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. UltraMeal Plus contains 2 grams of plant sterols per serving. Your healthcare practitioner may recommend an alternative clinically tested dietary plan for UltraMeal Plus depending on your health concerns.

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 American daily intake ranges from 200-400 mg per day, far below the NIH recommendations of 2 grams daily. Beta-sitosterol is the most common plant sterol.



UltraMeal Varieties and Flavors

UltraMeal® Medical Food

- Vanilla
- Dutch Chocolate
- Raspberry
- Country Peach
- Mocha
- Strawberry Supreme
- Banana Blast

UltraMeal® Bar Medical Food

- Chocolate Raspberry
- Lemon Zinger
- Apple Cinnamon
- Chocolate Banana
- Chocolate Fudge

UltraMeal® Plus Medical Food

- Vanilla
- Dutch Chocolate
- Mocha
- Banana Blast

UltraMeal® RICE Functional Food

- Chocolate
- Vanilla

UltraMeal® WHEY Functional Food

- Vanilla
- Dutch Chocolate



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