

ULTRALEAN WEIGHT MANAGEMENT PROGRAM*



30-DAY PATIENT DIETARY GUIDE FOR HEALTHY WEIGHT LOSS

The UltraLean Weight Management Program is designed to help you move into your healthy weight zone. Dietary guidelines are far more than just total calories consumed per day. For a long time, people believed eating low-calorie and low-fat foods was the best way to lose weight. The latest research is making us rethink the best way to lose excess body fat. We now know that some fats and oils are actually beneficial to weight loss while very low-calorie diets can initiate fat storage mechanisms and contribute to rebound weight gain as well as future resistance to weight loss. At HealthQuest we recognize that successful weight management must be effective long-term, and it must incorporate the latest scientific research. With the UltraLean Weight Management Program, you'll soon be *living on the lighter side of life!*

Sincerely,

Greg Barsten, DC, MS, CCN, RH (AHG)



PATIENT DIETARY AND LIFESTYLE GUIDE FOR ULTRALEAN WEIGHT MANAGEMENT PROGRAM

The UltraLean Healthy Weight Management Program Program has been developed to equip you with a simple, delicious way to achieve and maintain your goals of a healthy body composition. You are taking the first step towards a lifetime of wellness.

The UltraLean Healthy Weight Management Program Program is a simple strategy which has been clinically proven to achieve and sustain a healthy body composition. Follow the 30-day program once if you need to lose a little body fat or two or more times if you need to lose a little more of your excess “fat” weight.

30-Day UltraLean Healthy Weight Management Program

This program includes one meal replacement per day in addition to a diet of high quality protein, fruits, vegetables and beneficial fats and oils. It is suitable for those individuals looking to change their body composition and improve overall health.

What do you need for successful weight loss?

KEYS FOR SUCCESS:

High quality nutrition – Weight loss is not about simply cutting calories. This program will emphasize foods that provide high biological value proteins, quality carbohydrates that are high in dietary fiber and have a low glycemic index, and healthy fats.

Staying hydrated – Adequate fluid intake is essential to maintain cellular health and may also promote cardiovascular wellness. Consuming adequate fluids also helps regulate hunger mechanisms to support appetite control. This program will focus on staying hydrated through calorie-free water and unsweetened tea.

Eat healthy and often – Skipping meals can actually slow your metabolism and lead to overeating. By consuming small meals and snacks throughout the day, you will balance your blood sugar and help prevent cravings. The meal plans provided include nutrient-dense foods that will help you feel satisfied longer.

Get adequate rest and sleep – Getting the recommended seven to nine hours of sleep is essential for the health of all body systems and maintaining energy levels. Lack of sleep can also influence body weight by interfering with the hormonal signals that control appetite and fat storage.

Exercise matters – It is important to walk briskly at least 20 minutes per day (or more) and do some type of resistance work out three times per week. The resistance work out can be using weights or stretch bands – ask for some professional help to get you started on your path to improved health.

The Nutritional Components: It's as easy as 1... 2...3

1. UltraLean Functional Food Meal Replacement Formulas – Vanilla or Chocolate

The UltraLean program encourages patients to focus on fresh, nutritious foods. However, we also understand that busy schedules can make it difficult to always consume nutritious foods balanced in protein, fats, and carbohydrates. A healthy meal replacement can help you get adequate nutrition while supporting appetite control and a healthier body composition. UltraLean Functional Food is a powdered nutritional beverage that provides balanced macro- and micronutrients and features specialty nutrients to help promote blood sugar control and efficient fat metabolism to promote weight loss. For those allergic to dairy, substitute **BioCleanse** rice-based nutritional food powder. Vanilla flavored only.

2. UltraLean Appetite Control

A non-stimulant adjunctive weight-loss supplement that decreases appetite and calorie absorption while supporting metabolic function.

3. UltraLean Gluco-Support or Ultra Low-Carb Gluco-Support food bars

For healthy snacks on the go.

These products are available through our **Virtual Pharmacy** on our website (www.HealthQuestForMe.com). Use 'BioGenesis' as manufacturer in the search menu once you've logged into the pharmacy.

FOODS TO EAT

WATCH YOUR PORTION SIZES!

PROTEIN FOODS

(1 serving = 3 oz cooked
of meat, poultry,
and seafood)

Chicken breast (no skin)



Turkey breast (no skin)

Seafood

Fish

Venison/Elk/Buffalo

Lean Free Range Beef

2 whole eggs or
4 egg whites

Low-fat cheese (1.5 oz)

Reduced-fat
cottage
cheese (3/4 cup)

Reduced-fat
string cheese (2)

Soy-textured protein
(1/2 cup)

Tofu (4 oz)





- Garlic
- Green onions
- Kale
- Leeks/Onions
- Lettuce (not iceberg)
- Mushrooms
- Radishes



Fruits
 (1 serving = approx.
 ½ cup or size of tennis ball)

- Apple
- Apricot (4 small)
- Avocado (1/4 small)
- Berries (all types)
- Cantaloupe
- Cherries
- Grapefruit (1/2 large)
- Grapes
- Honeydew melon
- Kiwi Fruit (2)
- Lemon/Lime
- Nectarine
- Orange
- Olives (8 medium)
- Papaya
- Peach
- Pear
- Pineapple
- Plum (4 small)
- Star fruit (2)
- Tangerine

VEGETABLES

(1 serving = 1 cup)

- Alfalfa and other sprouts
- Artichokes
- Arugula
- Asparagus
- Beans (green)
- Bean sprouts
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Carrot
- Cabbage (green or red)
- Cauliflower
- Celery
- Chives
- Collard greens
- Cucumber
- Dill pickle
- Eggplant
- Endive
- Salsa
- Snow peas
- Spaghetti squash
- Spinach
- Swiss chard
- Tomato
- Winter/ butternut squash
- Zucchini



Nuts/Seeds

Pumpkin seeds

(1 serving = 2 tablespoons)

Choose raw and unsalted

Almonds (10 almonds/2 Tbl nut butter)

Walnuts (5 walnuts)

Sunflower seeds



Legumes and lentils

(1 serving = ½ cup cooked)

Black, pinto, kidney, navy, or soy beans

Lentils (red, green or brown)

Hummus (¼ cup)



WEEKLY MENU SUGGESTIONS

DAY 1

Upon awakening

- 3 UltraLean Appetite Control capsules with a glass of water with slice of lemon or lime

Breakfast

- 2 scoops UltraLean Functional Food with 8-10 oz water and ½ cup fresh or frozen berries

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

½ hour before lunch

- 3 UltraLean Appetite Control capsules with a glass of water

Lunch

- 2 hard-boiled eggs
- Spinach salad: 2 cups spinach, ½ cup sliced mushrooms, bell peppers, red or green onions, with 2 Tbl vinaigrette dressing

Snack

- ½ cup purple grapes and five almonds

Dinner

- 3 oz broiled/baked salmon with ¼ cup salsa and 2 cups steamed vegetables

Snack (optional)

- ½ cup celery with 2 Tbl hummus

DAY 2

Upon awakening

- 3 UltraLean Appetite Control capsules with a glass of water with slice of lemon or lime

Breakfast

- 2 scoops UltraLean Functional Food with 8-10 oz water and ½ cup fresh or frozen berries

Snack

- ½ cup cottage cheese with pepper

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- 3 oz lean chicken with vegetable stir fry: 2 cups broccoli, snap peas, bell peppers, carrots, 1 Tbl olive oil, 1 tsp crushed garlic and 1-2 Tbl reduced-sodium soy sauce

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

Dinner

- 3 oz broiled chicken breast topped with stir-fried tomatoes and onions
- ½ cup cooked beans

Snack (optional)

2 stalks celery with 1 Tbl almond butter

DAY 3

Upon awakening

- 3 UltraLean Appetite Control capsules with a glass of water with lemon or lime

Breakfast

- 2 scoops UltraLean Functional Food with 8-10 oz water and
½ cup fresh or frozen berries

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- One medium bowl chicken, beans and vegetable soup
- Green side salad with balsamic vinaigrette

Snack

- 2 Tbl sunflower seeds with ½ cup broccoli pieces and 1 Tbl flax seed oil salad dressing

Dinner

- 3 oz broiled lean steak with

½ cup stir-fried mushrooms and onions and 2 cups steamed vegetables

Snack (optional)

- ½ cup purple grapes and one reduced-fat string cheese

DAY 4

Upon awakening

- 3 UltraLean Appetite Control capsules with a glass of water with lemon or lime

Breakfast

- 2 scoops UltraLean Functional Food with 8-10 oz water and ½ cup fresh or frozen berries

Snack

- 5 walnuts and 1 fruit

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- 2-egg or 4-egg white omelet with 1 cup cooked spinach (or other allowed vegetables) topped with ½ cup salsa

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

Dinner

- Chicken, bean and vegetable soup (left over from yesterday's lunch)
- Green side salad with balsamic vinaigrette

Snack (optional)

- ½ cup low-fat cottage cheese with ½ cup pineapple

DAY 5

Upon awakening

- 3 UltraLean Appetite Control Capsules with a glass of water with lemon or lime

Breakfast

- 2 scoops UltraLean or Metabol X with 8-10 oz water and ½ cup fresh or frozen berries

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- 3 oz canned salmon or sardines with mixed green salad and top with ¼ avocado sliced

Snack

- ½ cup plain reduced-fat yogurt with ¼ cup berries

Dinner

- 3 oz roast turkey breast with stir-fried asparagus and bell peppers and 1 cup steamed cauliflower topped with 2 Tbl low-fat grated cheese

Snack (optional)

- 1 Tbl almond butter and a small apple

DAY 6

Upon awakening

- 3 UltraLean Appetite Control Capsules with a glass of water with lemon or lime

Breakfast

- 2 scoops UltraLean or Metabol X with 8-10 oz water and ½ cup fresh or frozen berries

Snack

- 5 walnuts and 1 fruit

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- Lentil and vegetable soup
- 1 serving fruit

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

Dinner

- Low-fat ground turkey breast spaghetti sauce (use turkey instead of red meat and bottled spaghetti sauce)
- 1 cup cooked spaghetti squash
- 1-2 cups mixed salad

Snack (optional)

- ½ cup unsweetened applesauce with ½ cup low-fat cottage cheese

DAY 7

Upon awakening

- 3 UltraLean Appetite Control capsules with a glass of water

Breakfast

- 2 scoops UltraLean or Metabol X with 8-10 oz water and ice

Snack

- 1 hard-boiled egg and 8 olives

½ hour before lunch

- 3 UltraLean Appetite Control Capsules with a glass of water

Lunch

- Curried lean chicken and vegetable stew
- Green salad

Snack

- 1 Ultra Low-Carb or UltraLean Gluco-Support Food Bar

Dinner

- 3 oz barbequed chicken. Marinate chicken in ginger, low-sodium soy sauce and garlic. Serve with stir-fried broccoli and carrots

Snack (optional)

- Baked apple (pierce skin with cloves before baking) and serve with almond slivers

USEFUL HINTS FOR
SUCCESS

Only eat the foods that are listed in the “Foods to Eat.” These foods are rich in nutrients and fiber, making them ideal for improving your overall health. They are also considered to be on the low side for glycemic load which minimizes the insulin response to meals and snacks and thereby helps promote fat burning.

Do not skip any of the protein foods. Proteins help keep you feeling full longer and maintain lean muscle mass as you lose fat.

Eat the good fats. This diet contains good fat sources of omega-3 and Omega-6 fatty acids

that may actually help improve insulin sensitivity and help with fat loss. The good fats found in walnuts, almonds, avocados, olive oil, fish and seafood actually help reduce the risk of heart disease and improve overall health.

The healthy menu guidelines are just that. Start by following the weekly menu guidelines and recipes as a basis for the UltraLean Weight Management Program. However, to prevent boredom, modify the menu with ingredients from the foods that are listed in the “Foods to Eat”.

Drink one cup of plain green or black tea with meals as often as possible

Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

WEIGHT LOSS PACKAGES (28-day supply)

Package A

- **2 Jars UltraLean Powder (Chocolate or Vanilla)**
- **1 bottle UltraLean Appetite Control Capsules**

Package B

- **Includes Package A, plus**
- **1 box UltraLowCarb Chocolate Mint or Mocha Bars (15/box)**

Package C

- **Includes Package A, plus**
- **1 box of UltraLean Chocolate Mint or Crispy Rice Bars (30/box)**

Note: Quantity based on 1 serving of Powder/day

* These statements have not been evaluated by the Food and