

ULTRALEAN HEALTHY WEIGHT MANAGEMENT PROGRAM

Patient Handbook

Patient Dietary and
Lifestyle Guide
for Healthy Weight Loss



BIOGENESIS
NUTRACEUTICALS, INC

Welcome to the UltraLean Healthy Weight Management Program

Every day we hear or read about how excess weight has been associated with a number of health problems, including cardiovascular disease, hypertension, diabetes, certain types of cancer, joint disorders, and increased inflammation. With nearly 2/3 of American adults qualifying as being overweight or obese, obesity has become an epidemic problem in the United States. Dietary intake, along with activity level, is by far the most influential factor in weight management. However, daily stress, inadequate sleep, and alcohol consumption are other important lifestyle factors that can directly influence your health status.

Look at the Body Mass Index (BMI) graph on the adjacent page and mark your current value. If you fall within the overweight or obese zones, your risk for developing chronic disease or morbidity increases, and the longer you stay in these zones, the greater the risk.

READY TO GET STARTED?

At BioGenesis, we recognize that successful weight management must be effective long term and should incorporate the latest scientific research. With the UltraLean Healthy Weight Management Program, we will not only provide the dietary guidelines to help you lose weight, but also the tools to support weight maintenance and lifelong health.

BMI (Body Mass Index) Chart for Adults

WEIGHT		HEIGHT in feet/inches and centimeters																					
		4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"
lbs	kg	142 cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	
260	117.9	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31
255	115.7	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30
250	113.4	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30
245	111.1	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240	108.9	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28
235	106.6	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230	104.3	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27
225	102.1	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220	99.8	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	26
215	97.5	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25
210	95.3	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
205	93	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200	90.7	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24
195	88.5	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190	86.2	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23
185	83.9	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180	81.6	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
175	79.4	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170	77.1	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
165	74.8	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160	72.6	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
155	70.3	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	18	18
150	68	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
145	65.8	33	31	30	29	28	27	26	26	25	24	23	23	22	22	21	20	20	19	19	18	18	17
140	63.5	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17
135	61.2	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130	59	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
125	56.7	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120	54.4	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
115	52.2	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
110	49.9	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13
105	47.6	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
100	45.4	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12
95	43.1	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90	40.8	20	19	19	18	18	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	11
85	38.6	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80	36.3	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Obese (>30)
Overweight (25-30)
Normal 18.5 - 25
Underweight(<18.5)

Note: BMI values are rounded to the nearest whole number. BMI categories are based on Centers for Disease Control and Prevention criteria
 BMI = Weight[kg] / (Height[m] x Height[m]) = 703 x Weight[lb] / (Height[in] x Height[in])

Normal Zone Benefits:

Improved health, strength, joints, cognitive function, self image, and energy!

ULTRALEAN WEIGHT MANAGEMENT QUESTIONNAIRE

Answer the following questions with a “yes” or “no.”

- _____ 1. Are you having problems trying to lose weight?
- _____ 2. Do you feel you may be having problems with blood sugar control?
- _____ 3. Do you often crave sweets?
- _____ 4. Are you more tired than you used to be, especially in the mid-to-late afternoon?
- _____ 5. Do you have trouble falling asleep and/or wake up often or too early?
- _____ 6. Do you feel hungry when you wake up during the night?
- _____ 7. Do you feel hungrier during the day if you eat breakfast versus eating no breakfast?
- _____ 8. Have you been told that you have high blood pressure or that your blood pressure is increasing?
- _____ 9. Once you start eating sweet or starchy foods (e.g. bread, pasta, rice, etc.), do you have a difficult time stopping?
- _____ 10. Have you been told by your doctor that you have high triglyceride or cholesterol levels?
- _____ 11. Have you experienced more and more difficulty losing weight over the years?
- _____ 12. Do you have swelling or water retention in your fingers, legs, ankles or feet?
- _____ 13. Do you have a family history of either diabetes or hypoglycemia (low blood sugar levels)?
- _____ 14. Are you sleepy after meals?
- _____ 15. Do you experience any of the following symptoms if you skip a meal?
 - a. light-headedness or dizziness
 - b. irritability
 - c. clammy feeling
 - d. shakiness
 - e. foggy-headedness
 - f. blurred vision
 - g. headache

If you answered “yes” to several of these questions, talk to your healthcare provider about the UltraLean Healthy Weight Management Program.

CHOOSE THE APPROPRIATE PROGRAM

Select the program below that best suits your weight management needs:

The 7-Day Intensive Phase is suitable to kick-start a rapid weight loss or if you feel your weight loss is beginning to plateau while following the 12-Week Program. This phase includes two meal replacements per day and incorporates a diet of high-quality protein, fruits, vegetables, and beneficial fats and oils. The 7-Day Intensive Phase starts on **page 14**.

The 12-Week 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 individuals looking to change their body composition and improve overall health. Do it for 12 weeks if you only have 12 to 15 pounds of fat to lose or do it several times over if you have greater weight loss goals. The 12-Week Program starts on **page 16**.

The Maintenance Phase is our long-term solution for maintaining healthy body composition. It includes one meal replacement per day and also allows the addition of one serving of select complex carbohydrates. The Maintenance Phase starts on **page 21**.



CONTRACT FOR SUCCESS

The most important part of this program is your commitment to the process. When first starting a weight loss program, many people initially feel enthusiastic and dedicated to becoming a leaner, healthier, more vital person. However, this process is not a sprint but a marathon. Many people begin to feel restricted by the food choices or disheartened because they do not immediately lose a lot of weight. At these times, it is important to remember why you first decided to dedicate yourself to this process. There are many reasons people choose to improve their body composition. What are your reasons?

- Reduce my "fat" weight
- Reduce my risk of diabetes
- Lower my blood pressure
- Lower my cholesterol and/or triglycerides
- Improve my self-image
- Reduce my waist circumference
- Feel more energetic and vital
- Look and feel great
- Do activities that my current weight status limits (e.g. playing tennis)
- Other: _____

The items you checked above are the goals that will help motivate you during those discouraging times. Remember that we are helping you take the initial step on the path of healthy living. Share your goals with a friend or family member who will be encouraging and supportive and give them a copy of this page.

I commit myself to the UltraLean Healthy Weight Management Program for _____ weeks. I will follow the guidelines to the best of my ability and will use this information packet and my healthcare practitioner as resources. I will be successful in improving my health and detoxifying my body.

(Patient Signature)

(Date)

(Witness Signature)

(Date)

KEYS FOR SUCCESS

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

Stay hydrated. Adequate fluid intake is essential to maintain cellular health and promote cardiovascular wellness. Consuming adequate fluids can also regulate hunger mechanisms to support appetite control. Unfortunately, many Americans choose to consume beverages loaded with calories, sugar, and artificial sweeteners that can actually promote weight gain. 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.

Get adequate rest and sleep. Getting the recommended seven to nine hours of sleep per night 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.



Keys for success continued...

Know your own diet pitfalls and how to handle them. Our own habits can often lead us to overeat, sabotaging our weight loss program. Be aware of your own triggers and develop healthy strategies to avoid them.

Check the items below that are problematic for you:

- I snack late at night
- I eat when I am bored
- I eat/snack when I am watching TV or reading
- I skip meals
- I find myself reaching for sweet/snack foods in the late afternoons or evenings
- I continue to eat when I am already full
- I eat when I am stressed and/or sad
- Other _____
- Other _____

On the lines below, list strategies for managing your weight loss obstacles:

NUTRITION SUPPLEMENTATION

Meal Supplement Formulas

The BioGenesis UltraLean Program encourages patients to focus on fresh, nutritious foods. However, we understand that busy schedules can make it difficult to always consume foods balanced in protein, fats, and carbohydrates. A healthy meal supplement can help you get adequate nutrition while supporting appetite control and a healthier body composition.

UltraLean: A functional food powdered nutritional beverage that provides both macro- and micronutrients for individuals who want to improve body composition and lose or maintain weight. UltraLean Body Composition features specialty nutrients to help promote blood sugar control and efficient fat metabolism.

*With whey protein available in **chocolate, vanilla, and strawberry banana** flavors.*

- Use as directed in UltraLean Menu Guidelines
- Other _____

Metabol X: A functional food that nutritionally supports cellular energy metabolism, healthy blood sugar control, and improved insulin performance. This delicious meal supplement also supports intestinal health, adrenal function, and emotional expression.

- Use as directed in UltraLean Menu Guidelines
- Other _____

*For patients with additional protein needs, consider adding **Ultra Pure Whey Protein**. Available in **chocolate, vanilla** and **unflavored** varieties.*



Essential Fatty Acids

Healthy polyunsaturated fats, such as EPA and DHA, are important for all the cells in your body. These omega-3 fatty acids help modulate the inflammatory response and support the health of the cardiovascular and nervous systems.



BioGenesis EPA/DHA: Encapsulated omega-3s from cold water fish.

- 2 caps 2 times/day 2 caps 3 times/day
 Other _____

Omega 3-6-9 Emulsion: Emulsified liquid fish oil in a creamy lemon flavor.

- 2 tsp. 1 time/day 2 tsp. 2 times/day
 Other _____

Medifood Ultra EPA/DHA: Enteric-coated capsules of concentrated omega-3s from cold water fish.

- 3 caps 1 time/day (Dose may be divided)
 Other _____

Fiber

Dietary fiber has numerous health benefits, including supporting gastrointestinal health, weight management, detoxification, and blood sugar control. Recommended average daily fiber consumption is 25-30 grams per day. Unfortunately, many Americans take in much less than that. Fiber can promote satiety and help keep blood sugar levels stable, making it a great addition to any weight management program.



Ultra Fiber Plus: Powdered blend of soluble and insoluble fiber with 15 million *Lactobacillus acidophilus* organisms per serving.

- 1 scoop 1 time/day 1 scoop 2 times/day
 Other _____

BioLax: An encapsulated combination of highly viscous soluble fibers.

- 4 caps/day (Dose may be divided)
 Other _____

Blood Sugar and Appetite Control

Keeping blood sugar levels steady is an important part of weight management and appetite control. Your healthcare practitioner may also recommend you incorporate supplements that provide key nutrients to support insulin activity and balance blood sugar levels.



GlucoTone Plus Chromium: Nutrients to support endogenous production of glucose tolerance factor and blood sugar metabolism.

- 1 cap 2 times/day
- 1 cap 3 times/day
- Other _____

UltraLean Appetite Control: Non-stimulant adjunctive weight loss support supplement that decreases appetite and calorie absorption while supporting metabolic function.

- 2 caps ½ hour before meals 2 times/day
- 3 caps ½ hour before meals 2 times/day
- Other _____

Metabolic Support

During a weight loss program, it is important to exercise and consume food and nutrients that support a healthy metabolic rate.

UltraLean Thermo: Designed to increase fat loss with cutting-edge, high-quality ingredients to nutritionally support the body in an accelerated metabolic state.

- 1 cap 2 times/day
- 2 caps 2 times/day
- Other _____



EXERCISE MATTERS

While many factors contribute to weight management, maintaining a negative energy balance may be the most important. Energy balance refers to burning more kcals than are being taken in. Your body burns a certain number of kcals performing the basic tasks needed to maintain life, such as breathing, thinking, digesting, maintaining body temperature, etc. This is referred to as the basal metabolic rate (BMR) and is the number of kcals you would burn daily if you were to remain sedentary. There are different tools for determining your BMR. However, to determine an approximate value, try using the formulas below:

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Outside of your BMR, any kcals you burn throughout the day are the result of your own physical activity. This is why regular exercise is critical to any weight loss plan.

There are two main forms of exercise, aerobic and anaerobic, both of which are essential for weight loss and maintenance.

Cardiovascular/Aerobic

Aerobic training can burn high numbers of calories, making it a critical component of a weight management program. Aim to incorporate thirty-minute sessions of aerobic exercise into your physical activity program. This form of exercise calls on the function of the heart and respiratory system and performing these activities is necessary to protect and preserve these body systems.

30 min 3 times/week

30 min 4 times/week

Other _____

Try running/jogging/pace walking, tennis, football, aerobics, skiing, stair climbing, dancing, kickboxing, basketball, hiking, elliptical machines, swimming, soccer or bike riding.

Resistance Training

Using light weights or bands can tone muscles and build body strength as well as protect bones and joints. Increasing lean body mass can also increase the number of calories your body burns at rest. Weight-bearing activities that rely on the weight of your own body, such as yoga, can also help build muscle and improve balance.

- 30 min 2 times/week 30 min 3 times/week
 Other _____

Try yoga, pilates, plyometrics, weight training, resistance bands.

CONTROLLING STRESS RESPONSE

When the body is experiencing stress, the sympathetic nervous system works to induce the “fight or flight” response. This results in increased heart rate, elevated body temperature, and constriction of blood vessels, all of which influence heart rate and blood pressure. Long-term stress can also lead the body to produce excessive amounts of cortisol, (the “stress hormone”), which can cause increased insulin resistance and the accumulation of abdominal fat. In addition, many individuals use food for “feeling good” during stressful times, particularly high-carbohydrate foods which encourage weight gain.

Stress Support

Certain nutrients and herbs have beneficial effects on feelings of stress and can be used in place of comfort foods.

Stress X: A blend of nutrients and amino acids that nutritionally supports balanced and healthy emotional expression with relaxing and mood-modulating benefits. Especially useful for “stressed-out” individuals who eat for emotional comfort.

- 1 cap 2 times/day 2 caps 2 times/day
 Other _____



TIPS FOR HANDLING STRESS

Take slow, deep breaths and count to ten. Deep breathing allows oxygen to enter your system for healthy circulation. It also allows time to regain your composure.

Exercise. Moderate to intense exercise releases endorphins, “feel good” chemicals that have mood-enhancing capabilities. Rhythmic and repetitive activities, such as jogging or swimming, can regulate brain activity and can facilitate problem solving.

Meditate. The induction of a deeply relaxed state can lead to a more tranquil state of mind. Meditation does not have to be complicated. Simply taking a few moments to breathe and relax can be very beneficial.

Know your limits. Many people feel stress due to overwhelming demands placed by the workplace, family, or even themselves. Knowing when to say “no” or delegate tasks is an important part of stress management.

Laugh. Giggling can reduce levels of stress hormones such as epinephrine (adrenaline) and cortisol. It also works to increase endorphins and improves the antibody activity of T cells to improve immunity.

Know when to ask for help. If you feel as if you are unable to manage your stress on your own, know when to turn to others. Speaking with a loved one or even a professional about what is worrying you can offer relief.



FOODS TO EAT DURING THE PROGRAM

Foods to eat during the 7-Day Intensive Phase and the 12-Week Phase:

Protein foods - *Serving: 3 oz. cooked*

Buffalo, chicken breast, elk, fish, lean free-range beef, seafood, turkey breast, venison

Other protein sources

Eggs (*2 whole or 4 whites*), low-fat cheese (*1.5 oz.*), reduced-fat cottage cheese (*¾ cup*), reduced-fat string cheese (*2 pieces*), soy-textured protein (*½ cup*), tofu/tempeh (*4 oz.*)

Vegetables - *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, fresh salsa, garlic, green onions, kale, leeks, lettuce (not iceberg), mushrooms, onion, pumpkin, radishes, sauerkraut, snow peas, spaghetti squash, spinach, Swiss chard, tomato, winter/butternut squash, zucchini

Fruits - *Serving: ½ cup*

Apple, berries (all types), cantaloupe, cherries, grapes, honeydew melon, lemon, lime, nectarine, orange, papaya, peach, pear, pineapple, tangerine

Fruits - *Other servings*

Apricot (*4 small*), avocado (*¼ small*), grapefruit (*½ large*), kiwi fruit (*2*), olives (*8 medium*), plum (*4 small*), star fruit (*2*)

Nuts/seeds - *Choose raw and unsalted*

Almonds (*10 each*), nut/seed butter (*2 Tbsp.*), pumpkin seeds (*¼ cup*), sunflower seeds (*¼ cup*), walnuts (*5 each*)

Legumes and lentils

Black, pinto, kidney, navy, lentils or soy beans (*½ cup cooked*), hummus (*¼ cup*)

7-DAY INTENSIVE PHASE MENU GUIDELINES

The 7-Day Intensive Phase contains two meal replacements per day as part of a menu plan that incorporates healthy selections from the allowed food list.

	Day 1	Day 2	Day 3
<u>Upon Awakening</u>	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
<u>Breakfast</u>	2 scoops UltraLean or Metabol X with 8-10 oz. water	2 scoops UltraLean or Metabol X with 8-10 oz. water	2 scoops UltraLean or Metabol X with 8-10 oz. water
<u>Snack</u>	1 Ultra Low-Carb Bar	1 Ultra Low-Carb Bar	1 Ultra Low-Carb Bar
<u>½ Hour before Lunch</u>	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
<u>Lunch</u>	2 scoops UltraLean or Metabol X with 8-10 oz. water. Spinach salad: 2 c. spinach, ½ c. sliced mushrooms, bell peppers, red or green onions with 2 Tbsp. vinaigrette dressing	2 scoops UltraLean or Metabol X with 8-10 oz. water. Vegetable stir-fry: 2 c. broccoli, snap peas, bell peppers, carrots, 1 Tbsp. olive oil, 1 tsp. crushed garlic and 1-2 Tbsp. reduced-sodium soy sauce	2 scoops UltraLean or Metabol X with 8-10 oz. water. Vegetable wrap: Use a lettuce leaf for the wrap and add sliced cabbage, bell peppers, cucumber, mushrooms, and shredded carrots with 1 tsp. soy and oyster sauce
<u>Snack</u>	1 scoop Ultra Fiber Plus with 8 oz. water and six almonds	1 Ultra Low-Carb Bar	1 Tbsp. raw sunflower seeds with raw broccoli pieces and 2 Tbsp. vinaigrette dressing
<u>Dinner</u>	3 oz. broiled salmon with 2 c. steamed non-starchy vegetables	3 oz. broiled chicken breast with 2 c. steamed non-starchy vegetables	3 oz. broiled lean steak with 2 c. steamed non-starchy vegetables
<u>Snack (optional)</u>	½ c. snap peas with 2 Tbsp. hummus	2 stalks celery with 1 Tbsp. almond butter	1 scoop Ultra Fiber Plus with 8 oz. water and 6 almonds

The 7-day intensive phase is an excellent option if you are looking to kick-start your weight loss, or if you feel that your weight is starting to plateau on the 12-week program.

Day 4	Day 5	Day 6	Day 7
3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
2 scoops UltraLean or Metabol X with 8-10 oz. water	2 scoops UltraLean or Metabol X with 8-10 oz. water	2 scoops UltraLean or Metabol X with 8-10 oz. water	2 scoops UltraLean or Metabol X with 8-10 oz. water
½ c. plain yogurt with sliced cucumber and green onions	1 Ultra Low-Carb Bar	½ c. low-fat cottage cheese with chopped chives	1 hard-boiled egg and 8 olives
3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
2 scoops UltraLean or Metabol X with 8-10 oz. water. Zesty vegetable bowl: ¼ c. black beans, 1 c. shredded lettuce, ½ c. chopped peppers, 2 Tbsp. salsa, and 1 Tbsp. light-shredded cheese	2 scoops UltraLean or Metabol X with 8-10 oz. water. Stir-fry green onion, celery, bell peppers and tomato. Add 2 beaten egg whites (or one whole egg) and heat until cooked. Top with ground pepper	2 scoops UltraLean or Metabol X with 8-10 oz. water. Lean salad: 2 c. mixed greens, 1 diced pear, 4 chopped walnuts and 2 Tbsp. raspberry vinaigrette	2 scoops UltraLean or Metabol X with 8-10 oz. water. Vegetable soup with non-starchy vegetables and ¼ c. peas. May be flavored with curry.
1 Ultra Low-Carb Bar	8 olives and 1 reduced-fat mozzarella string cheese	1 Ultra Low-Carb Bar	1 Ultra Low-Carb Bar
3 oz. broiled halibut with 1 c. boiled green beans and steamed cauliflower	6 large shrimp with zucchini, mushrooms, and onion pieces skewered and grilled. Brush with a mix of olive oil, crushed garlic and reduced-sodium soy	3 oz. baked turkey breast with 1 steamed zucchini sliced in half lengthwise, topped with slices of tomato and sprinkled with 1 Tbsp. low-fat grated cheese and ground pepper	3 oz. barbecued chicken. Marinate chicken in grated ginger, low-sodium soy and crushed garlic. Serve with stir-fried carrots
2 stalks celery with 1 Tbsp. almond butter	½ c. berries and 6 almonds	2 stalks celery with 2 Tbsp. hummus	½ apple sliced and 1 Tbsp. almond butter

12-WEEK PROGRAM MENU GUIDELINES

Rather than including two meal replacements as the 7-Day Intensive Phase does, the 12-Week Program includes one meal replacement per day.

	Day 1	Day 2	Day 3
<u>Upon Awakening</u>	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
<u>Breakfast</u>	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries
<u>Snack</u>	1 Ultra Low-Carb Bar	½ c. cottage cheese with pepper	1 Ultra Low-Carb Bar
<u>½ Hour before Lunch</u>	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
<u>Lunch</u>	2 hard-boiled eggs. Spinach salad: 2 c. spinach, ½ c. sliced mushrooms, bell peppers, red or green onions with 2 Tbsp. vinaigrette dressing	3 oz. lean chicken with vegetable stir-fry: 2 c. broccoli, snap peas, bell peppers, carrots, 1 Tbsp. olive oil, 1 tsp. crushed garlic and 1-2 Tbsp. reduced-sodium soy sauce	Chicken, bean and vegetable soup. Green side salad with balsamic vinaigrette
<u>Snack</u>	1 scoop Ultra Fiber Plus with 8 oz. water and 5 almonds	1 Ultra Low-Carb Bar	2 Tbsp. sunflower seeds with ½ c. broccoli pieces and 1 Tbsp. flax seed oil salad dressing
<u>Dinner</u>	3 oz. broiled/baked salmon with ¼ c. fresh salsa and 2 c. steamed vegetables	3 oz. broiled chicken breast topped with stir-fried tomatoes and onions. ½ c. cooked beans	3 oz. broiled lean steak with ½ c. stir-fried mushrooms and onions and 2 c. steamed vegetables
<u>Snack (optional)</u>	½ c. snap peas with 2 Tbsp. hummus	2 stalks celery with 1 Tbsp. almond butter	½ c. purple grapes and reduced-fat string cheese

It still provides high-quality protein, fruits, vegetables, and beneficial fats and oils and is a great program for those looking to change their body composition and improve overall health.

Day 4	Day 5	Day 6	Day 7
3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries	2 scoops UltraLean or Metabol X with 8-10 oz. water and ½ c. fresh or frozen berries
5 walnuts and 1 fruit	1 Ultra Low-Carb Bar	5 walnuts and 1 fruit	1 hard-boiled egg and 8 olives
3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water	3 UltraLean Appetite Control Capsules with a glass of water
2-egg or 4-egg white omelet with 1 c. cooked spinach (or other allowed vegetables) topped with ½ c. fresh salsa	3 oz. canned salmon or sardines with mixed green salad and 8 olives, 1 pear and 3 walnuts	Lentil and vegetable stew. 1 serving fruit	Curried lean chicken and vegetable stew with celery, tomatoes, beans, garlic, and Swiss chard. Fresh green salad
1 Ultra Low-Carb Bar	½ c. plain reduced-fat yogurt with ¼ c. berries	1 Ultra Low-Carb Bar	1 Ultra Low-Carb Bar
Chicken, bean and vegetable soup (left over from yesterday's lunch). Green side salad with balsamic vinaigrette	3 oz. roast turkey breast with stir-fried asparagus and bell peppers and 1 c. steamed cauliflower topped with 2 Tbsp. low-fat grated cheese	Ground turkey breast spaghetti sauce. 1 c. cooked spaghetti squash 1-2 c. mixed salad	3 oz. barbecued chicken. Marinate chicken in ginger, low-sodium soy and garlic. Serve with stir-fried grated bell peppers (red/yellow) and bean pods.
½ c. low-fat cottage cheese with ½ c. pineapple	1 Tbsp. almond butter and a small apple	½ c. unsweetened applesauce with ½ c. low-fat cottage cheese	Baked apple with toasted almonds

REMEMBER PORTION CONTROL

An important component of weight management is proper portion control. Use measuring devices such as cups or tablespoons or the guidelines and tips below to help manage your portion sizes.

<u>Desired Portion</u>	<u>Think</u>
Meat/poultry (3 oz.)	deck of cards
Grilled/baked fish (3 oz.)	checkbook
Cheese (1.5 oz.)	3 stacked dice
Beans (½ c.)	1 tennis ball
Nut butter (2 Tbsp.)	1 ping pong ball
Hot, whole grain cereals or beans (½ c.)	2 golf balls
Cooked potato	1 baseball
Cold whole grain cereal/rice/pasta (1 c.)	1 baseball
Pancake	1 CD
Salad greens (1 c.)	1 baseball
Fruit (1 c.)	your fist
Cooking oil (1 Tbsp.)	your thumb tip



HELPFUL TIPS

Avoid eating nuts and other snack foods directly out of the package.

It is easy to lose count and overeat. It is best to get your daily amount and put it into a small bag or bowl. When it is gone, you are done for the day!

Entrées at restaurants often provide multiple servings. Try to take at least half home or split the entrée with a friend.

Try eating meals on salad plates. Regular dinner plates encourage larger meals.

Eat slowly and consciously chew each mouthful. Taking time to enjoy your meal will increase satisfaction and make you less likely to overeat.

Drink one cup of plain green or black tea with meals as often as desired. Staying hydrated is an essential component of maintaining energy and controlling appetite. Unsweetened green or black tea is also an excellent source of antioxidants.

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.

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

EATING OUT RESTAURANT GUIDE

Fast Food Chains – Choose grilled chicken salads without croutons and ask for dressing on the side. Use dressing sparingly. Chicken chili and a salad is another good choice. Often there are “light” items on the menu that will fit your dietary guidelines.

Asian Restaurants – Choose chicken or seafood with broccoli or asparagus. Ask for no MSG or cornstarch and ask for the vegetables to be steamed.

Mexican Restaurants – Choose grilled chicken, shrimp, or beef with grilled vegetables or placed on top of a mixed salad. Half a cup of whole beans (not refried), 2 tablespoons guacamole or half cup salsa may be served with meal. Stay away from the corn chips and rice.

Italian Restaurants – Order grilled chicken breast with steamed vegetables or grilled chicken salad.

Steakhouse – Order traditional salad, grilled vegetables with lean sirloin steak or lobster.

Seafood – Order any fish on the menu and have it prepared according to your healthy eating guidelines. Add salad and/or steamed vegetables.

Breakfast Cafe – Choose 2-3 egg omelet with vegetables and a side of fresh fruit. Grilled chicken breast salad.

American Family Restaurant – Choose grilled lean chicken, turkey, or steak with steamed vegetables and side salad. Grilled salmon and double-side vegetables. Steamed broccoli, zucchini, or asparagus is often available.

MAINTENANCE PHASE

You Have Reached Your Goal Weight – Congratulations!

You have lost the excess weight, and now you want to keep it off. Remember, healthy weight is not a destination; it is a constant journey. The goal of this phase is to guide you to make nutritious choices in everyday eating and continue your healthy lifestyle.

Foods to Enjoy during the Maintenance Phase

You may continue to eat the allowed foods from the Intensive Phase and 12-Week Program Guidelines. Make sure to continue to keep track of serving sizes and overall calorie intake. For convenience sake, you may continue to consume one serving of UltraLean functional food or Metabol X as part of breakfast or for a snack. This will continue to provide your body with the necessary nutrients to support healthy metabolism and blood sugar regulation.



UNDERSTANDING GLYCEMIC INDEX AND GLYCEMIC LOAD

Now that you can add some complex carbohydrates into your diet, it is important to understand the concepts of glycemic index and glycemic load. Both terms refer to the influence that carbohydrates can have on blood sugar levels. Foods with a lower glycemic index and/or glycemic load produce gradual rises in blood sugar and insulin levels and have proven benefits for health.

Glycemic Index (GI): Carbohydrates are ranked on a scale from 0 to 100 according to the extent to which they raise blood sugar levels. Foods with a high GI are those which are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels.

Glycemic Load (GL): Many practitioners feel this is a more accurate measurement since it reflects how the amount of carbohydrate in a typical serving size will cause an increase in blood glucose over a period of two hours. A good example is carrots. An average serving size is ½ cup and only contains 6 grams of available carbohydrate. Carrots have a GI of 47 but a GL of only 3, making them a wonderful food to eat during the Intensive Phase and 12-Week Program.

Here are some examples of low-GL foods and their serving size that you can introduce during the Maintenance Phase.

Complex Carbohydrate Foods and Suggested Daily Serving Sizes

	Glycemic Index (GI)	Glycemic Load (GL)
½ baked potato (skin left on)	69	19
⅓ cup cracked wheat	46	12
½ cup oatmeal	55	13
Spaghetti, whole wheat (6 oz.)	32	18
Brown rice pasta (boiled) (6 oz.)	92	35
Macaroni (6 oz.)	47	23
Pearled barley cooked 60 minutes (5 oz.)	35	15
Cooked brown rice (5 oz.)	50	16

Important Tips:

- Limit your intake of low glycemic carbohydrates to just one or two servings a day. Take into account your own caloric needs and activity level.
- It is best to consume these complex carbohydrates at breakfast or as part of your lunch rather than the evening meal when your metabolism is usually slower and you are less likely to be active.

YOU ARE ON YOUR WAY TO BETTER HEALTH

Congratulations, you are on a journey to improved health and vitality! Remember why you are on this journey – refer back to your Contact for Success and measure how far you have already progressed. Work with your healthcare provider to monitor your health improvements. It will help you maintain your new healthier way of life and motivate you on your journey.



FREQUENTLY ASKED QUESTIONS

What can I do if I am still hungry?

First and foremost, make sure you are actually hungry and not just thirsty. Drink a large glass of water or green tea and wait 10 minutes to see if you are still hungry. If you are still hungry, choose a food from page 13 or treat yourself to an Ultra Low-Carb Gluco-Support Bar.

What if I get constipated?

Any changes in dietary habits can lead to alterations in bowel regularity. If you are already eating the drinks and high-fiber foods recommended in the program and drinking adequate water, you may need some additional nutraceutical support for bowel regularity. BioLax was designed to provide gentle stimulation and can be included in your program. BioLax is an encapsulated combination of highly viscous soluble fibers and herbs. The usual dosage is four capsules per day.

What do I do if I fall back into my old habits of eating?

First of all, do not be too hard on yourself. Change is difficult to maintain if you are under high stress or have other health issues that have not been addressed. Follow up with your healthcare provider to evaluate your health status and start additional therapy if needed.

If there is no specific reason for your behavior, acknowledge that you have fallen back into your old habits, then stop the behavior and get back on track with the healthy eating, stress management, and exercise guidelines. To prevent the same thing from happening again, plan your day ahead of time and keep healthy “quickie snacks” in stock at home, at work, and in your car. The Ultra Low-Carb Gluco-Support Bars are a healthy, high-fiber snack to eat at any time.

Notes:

**This booklet has not been evaluated by the Food and Drug Administration. This booklet is not intended to diagnose, treat, cure, or prevent any disease. It is written solely for informational and educational purposes. Please consult your healthcare professional for your specific needs.*



BIOGENESIS[®]
NUTRACEUTICALS, INC

18303 Bothell-Everett Hwy Suite 110
Mill Creek, WA 98012

T: 425.487.0788
F: 425.485.3518

Toll Free: 866.272.0500
www.bio-genesis.com