

### ULTRAMEAL WEIGHTLOSS PROGRAM

#### **Introduction**

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

UltraMeal was developed by the UltraBalance research team. For some time there has been concern about the yo-yo dieting habits and the damaging effects that type of dieting has on health. (Individuals who diet repeatedly tend to lose muscle and gain fat, leading to an unhealthy body composition.) The UltraMeal program should help you improve your body composition.

By determining what your appropriate weight and body composition should be and how many calories you should consume each day will help you work toward your goal. You can use UltraMeal to help you reach your goal in an enjoyable, satisfying, and, above all, healthy manner.

#### **Tips As You're Starting Out**

1. Don't skip a meal. The menus that follow 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.
2. Eat slowly. Take at least 20 minutes to eat a meal. It takes 20 minutes for your brain to send the "full" message to your stomach. 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.
3. Establish an eating environment. If at all possible, eat all your meals and snacks in one place, while you are sitting down.
4. Reorganize your kitchen. Get rid of obvious high-fat foods, or put them in inconvenient, hard-to-reach places (in the back of the cupboard, on a high shelf, in the freezer). Plan activities that take you out of the kitchen. Don't use the kitchen table for paying bills, balancing your checkbook, or reviewing the kids' homework. Use the telephone in a room other than the kitchen.
5. 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, immediately wash and cut up raw vegetables for salads and snacks.
6. 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, your favorite t.v.

- show. Plan nonfood-related activities for these times. Knit a sweater, groom your pet, take a long, hot bath and read a good book, cultivate your houseplants, walk the dog. (You obviously would not start knitting a sweater or read a good book during an argument, but it's a good idea to plan to have these activities for the "decompression" period following such events.)
7. Indulge yourself. As you retrain your eating habits with the help of UltraMeal, you can still pamper yourself in low-fat ways. Select the choicest fresh fruits and vegetables and prepare them with care.
  8. Be your own best friend. If your friend makes a mistake, you don't call him a failure or tell him to give up. If you stray from your new eating plan temporarily, don't give up on yourself. Treat each lapse as a temporary problem, not as a sign of failure. Simply resume your program and don't look back.
  9. 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, it assists with intestinal regularity.

### *Mixing Instructions*

Mix 2 scoops of UltraMeal with 8 ounces of pure cold water in a blender. Drop in 2 or 3 ice cubes for a thicker shake, and blend until smooth.

### **The Ultrameal Program:**

With the UltraMeal program, you should be able to lose undesirable body fat each week. During the first week, you will drink an UltraMeal beverage three times a day, along with the listed foods. During the ensuing weeks, you will have UltraMeal twice a day (at breakfast and lunch) and a healthy, low-fat evening meal. Although the calorie count of the diet is low (between 1,000 and 1,200 calories a day), UltraMeal helps ensure you are getting sufficient high-quality nutrition to meet all of your body's basic needs.

For most men and many active women, 1,000 calories a day may be too few to maintain their energy level as they lose weight. To meet the increased needs of these individuals, we have included a supplemental food lists at the end of the diet. In it you will find 100-, 150-, and 200-calorie foods from which to select to supplement the basic diet so you need not feel hungry, irritable, or weak. By monitoring the number of calories you consume, you can determine how many calories are necessary for you as an individual to lose weight.



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Do not try to lose weight too quickly. After the first week, you should be satisfied with losing approximately 1-2 pounds per week. Remember, most of the weight you will be losing is unhealthy, unattractive fat; at the same time, you should be maintaining your lean muscle.

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 require fewer calories, and you stop losing weight. The only effective way to maintain your metabolic rate is to continue to remain physically active. In the UltraMeal research study, UltraMeal dieters lost fat and maintained healthy muscle when they followed a diet similar to the one that follows *and engaged in a program of about 30 minutes of brisk walking three times a week.*

We believe your long-term goal should be to stabilize your weight at a healthy level (which should be about 19-22 percent body fat for a young woman, 25 percent for an older woman, 15-18 percent for a young man, and 22 percent for an older man). "Going on a diet" implies "going off" again. Repeated dieting is not the way to achieve good health. Instead, as you follow this program, you should look for ways to incorporate healthy, low-fat snacks and vegetable-based meals into your menu plans, and make it your 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 carbohydrate. This 60:20:20 eating plan will help you maintain a lean, healthy body composition. (For weight loss, as the following diet plan reflects, fat content is cut back still further.)

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 eating plan to maintain your lean body composition. Incorporated as one meal a day, for example, it can help ensure you are getting high-quality nutrition at a cost of little fat and few calories. This calorie saving can help you keep from regaining the weight you worked so hard to lose. We can keep you supplied with UltraMeal for use in a maintenance program.



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## WEEK ONE:

### Day 1

Breakfast	1 serving UltraMeal beverage		
Morning Snack	1 medium apple		
Lunch	1 serving UltraMeal beverage <i>Tossed salad:</i> (1/2 cup raw broccoli, 1 medium carrot, 1 stalk celery, 2 cups shredded romaine lettuce, 1/2 medium tomato) 2 Tbsp. oil-free salad dressing		
Afternoon Snack	1 fresh peach (or 2 halves, canned without sugar)		
Dinner	1 serving UltraMeal beverage 1 cup steamed spinach 1 medium boiled potato		
Evening Snack	1 cup fresh pineapple chunks		
<u>Calories</u> 1,079	<u>Protein</u> 59 grams 237 calories (22% of the day's total)	<u>Carbohydrate</u> 195 grams 780 calories (72%)	<u>Fat</u> 7 grams 63 calories (6%)

### Day 2

Breakfast	1 serving UltraMeal beverage		
Morning Snack	1 medium banana		
Lunch	1 serving UltraMeal beverage 2 cups steamed broccoli and cauliflower, topped with no-salt herbal seasoning		
Afternoon Snack	2 rice or popcorn cakes		
Dinner	1 serving UltraMeal beverage <i>Tossed salad:</i> (1/2 cup raw broccoli, 1 medium carrot, 1 stalk celery, 2 cups shredded romaine lettuce, 1/2 medium tomato) 2 Tbsp. oil-free salad dressing		
Evening Snack	2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning		
<u>Calories</u> 1,078	<u>Protein</u> 83 grams 332 calories	<u>Carbohydrate</u> 164 grams 656 calories	<u>Fat</u> 10 grams 90 calories

	(31% of the day's total)	(61%)	(8%)
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## Day 3

Breakfast		1 serving UltraMeal beverage	
Morning Snack		1 medium orange	
Lunch		1 serving UltraMeal beverage <i>Julienne raw vegetables</i> (1/2 green pepper, 1 carrot, 2 stalks celery) 2 rice cakes	
Afternoon Snack		1 medium fresh pear (or 2 halves, canned without sugar)	
Dinner		1 serving UltraMeal beverage 1/3 cup steamed rice 1/2 cup steamed pea pods 1/2 cup steamed carrots	
Evening Snack		2 medium kiwi fruit	
<u>Calories</u> 1,093	<u>Protein</u> 58 grams 232 calories (21% of the day's total)	<u>Carbohydrate</u> 204 grams 816 calories (75%)	<u>Fat</u> 5 grams 45 calories (4%)

## Day 4

Breakfast		1 serving UltraMeal beverage	
Morning Snack		2 fresh apricots (or 4 halves, canned without sugar)	
Lunch		1 serving UltraMeal beverage 2 cups fresh, raw spinach 1/2 tomato 1/2 cucumber 1 Tbsp. rice vinegar 2 rice or popcorn cakes	
Afternoon Snack		1 cup low-salt tomato juice 2 Ry-Krisp triple crackers	
Dinner		1 serving UltraMeal beverage 2 cups steamed vegetables (broccoli, red pepper, mushrooms, onion) 1 medium baked potato	
Evening Snack		1 medium grapefruit	



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<u>Calories</u> 1,086	<u>Protein</u> 63 grams 252 calories (23% of the day's total)	<u>Carbohydrate</u> 195 grams 780 calories (72%)	<u>Fat</u> 6 grams 54 calories (5%)
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### Day 5

Breakfast	1 serving UltraMeal beverage		
Morning Snack	1 medium apple		
Lunch	1 serving UltraMeal beverage 1 tomato 1 cup raw broccoli florets 2 Tbsp. oil-free salad dressing 1 medium orange 2 rice cakes		
Afternoon Snack	1 medium cucumber		
Dinner	1 serving UltraMeal beverage 1 small baked sweet potato or yam 1 cup steamed green beans		
Evening Snack	1 cup cantaloupe cubes		
<u>Calories</u> 1,074	<u>Protein</u> 60 grams 240 calories (22% of the day's total)	<u>Carbohydrate</u> 195 grams 780 calories (73%)	<u>Fat</u> 6 grams 54 calories (5%)

### Day 6

Breakfast	1 serving UltraMeal beverage		
Morning Snack	2 small plums		
Lunch	1 serving UltraMeal beverage <i>Tossed salad:</i> (1/2 cup raw broccoli, 1 medium carrot, 1 stalk celery, 2 cups shredded romaine lettuce, 1/2 medium tomato) 2 Tbsp. oil-free salad dressing 1 Ry-Krisp triple cracker		
Afternoon Snack	1 medium apple		
Dinner	1 serving UltraMeal beverage 1 cup steamed rice		

		1 cup steamed broccoli 1 fresh peach (or 2 halves, canned without sugar)	
Evening Snack		2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning	
<u>Calories</u> 1,091	<u>Protein</u> 62 grams 248 calories (23% of the day's total)	<u>Carbohydrate</u> 195 grams 780 calories (71%)	<u>Fat</u> 7 grams 63 calories (6%)

## Day 7

Breakfast		1 serving UltraMeal beverage	
Morning Snack		2 rice cakes 2 Tbsp. raisins	
Lunch		1 serving UltraMeal beverage 1 medium carrot 1 medium cucumber 2 stalks celery	
Afternoon Snack		1 medium banana	
Dinner		1 serving UltraMeal beverage 1/2 medium baked potato 1/2 cup nonfat yogurt No-salt herbal seasoning	
Evening Snack		2 medium kiwi fruit	
<u>Calories</u> 1,074	<u>Protein</u> 61 grams 244 calories (23% of the day's total)	<u>Carbohydrate</u> 194 grams 776 calories (72%)	<u>Fat</u> 6 grams 54 calories (5%)

## WEEK TWO:

### Day 1

Breakfast		1 serving UltraMeal beverage 1 medium orange	
Morning Snack		1 medium banana	
Lunch		1 serving UltraMeal beverage 1 medium baked potato, topped with 1/2	



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	cup chopped tomato, chives and Butter Buds® or Molly McButter®		
Afternoon Snack	1 cup raw cauliflower pieces		
Dinner	3 ounces broiled salmon 1 cup steamed broccoli 1 cup sliced cucumber and green onion salad 1 Tbsp. rice vinegar		
Evening Snack	2 rice cakes		
<u>Calories</u> 1,194	<u>Protein</u> 81 grams 324 calories (27% of the day's total)	<u>Carbohydrate</u> 186 grams 744 calories (62%)	<u>Fat</u> 14 grams 126 calories (11%)

### Day 2

Breakfast	1 serving UltraMeal beverage 1/2 cup unsweetened applesauce, dusted with cinnamon		
Morning Snack	1 tangerine		
Lunch	1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water) 1 cup tossed mixed green salad 1/2 tomato, chopped 2 Tbsp. oil-free salad dressing		
Afternoon Snack	1 medium carrot, 1 stalk celery, cut into sticks		
Dinner	3 ounces broiled extra lean ground beef 1 whole-wheat hamburger bun Lettuce, tomato, onion, cucumber slices Mustard 1 Tbsp. ketchup		
Evening Snack	1 cup melon cubes		
<u>Calories</u> 1,062	<u>Protein</u> 81 grams 320 calories (30% of the day's total)	<u>Carbohydrate</u> 135 grams 540 calories (51%)	<u>Fat</u> 22 grams 198 calories (19%)



## Day 3

Breakfast		1 serving UltraMeal beverage 1/2 fresh grapefruit	
Morning Snack		4 unsweetened apricot halves	
Lunch		1 serving UltraMeal beverage 2 cups steamed vegetables (choose from broccoli, cauliflower, green or red pepper, spinach, carrots, celery) Sliced jicama, approximately 1/2 cup	
Afternoon Snack		1 medium apple	
Dinner		<i>Tuna Salad</i> (1/2 cup drained water-packed canned tuna, 1/4 cup plain nonfat yogurt, 2 Tbsp. low-fat mayonnaise, 1/2 cup chopped celery, 1 green onion, chopped, freshly ground pepper, served on a bed of chopped romaine lettuce) 1 small whole-wheat dinner roll	
Evening Snack		2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning	
<u>Calories</u> 1,082	<u>Protein</u> 84 grams 336 calories (31% of the day's total)	<u>Carbohydrate</u> 155 grams 620 calories (57%)	<u>Fat</u> 14 grams 126 calories (12%)

## Day 4

Breakfast		1 serving UltraMeal beverage 1/2 fresh grapefruit	
Morning Snack		1 cup raw broccoli and cauliflower	
Lunch		1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water) 2 rice cakes	
Afternoon Snack		1 cup grapes	
Dinner		3 ounces skinned, roasted turkey breast 1/2 cup cooked pasta 1 cup steamed zucchini 1 medium raw carrot, cut into sticks	
Evening Snack		1 medium banana	
<u>Calories</u> 1,090	<u>Protein</u> 76 grams	<u>Carbohydrate</u> 174 grams	<u>Fat</u> 10 grams

	304 calories (28% of the day's total)	696 calories (64%)	90 calories (8%)
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## Day 5

Breakfast	1 serving UltraMeal beverage 1/2 fresh grapefruit		
Morning Snack	1 fresh peach (or 2 halves, canned without sugar)		
Lunch	1 serving UltraMeal beverage 2 cups fresh spinach 1 cup chopped celery, mushrooms, radish 2 Tbsp. oil-free salad dressing 1 cup low-salt tomato juice		
Afternoon Snack	1 medium apple		
Dinner	3 ounces lean flank steak, marinated in oil-free dressing and stir-cooked in oil-free liquid with 1 cup red and green pepper strips 1 cup mushrooms, water chestnuts and broccoli, stir-cooked		
Evening Snack	2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning		
<u>Calories</u> 1,055	<u>Protein</u> 84 grams 336 calories (32% of the day's total)	<u>Carbohydrate</u> 137 grams 548 calories (52%)	<u>Fat</u> 19 grams 171 calories (16%)

## Day 6

Breakfast	1 serving UltraMeal beverage 1/2 cup unsweetened applesauce, dusted with cinnamon		
Morning Snack	1 cup melon cubes		
Lunch	1 serving UltraMeal beverage 2 cups tossed salad (lettuce, celery, carrot, tomato, green onion, cucumber) 2 Tbsp. oil-free salad dressing or flavored vinegar		
Afternoon Snack	1 medium peach		

Dinner		3 ounces baked Cornish game hen 1/2 cup cup cooked brown rice 1 cup steamed green beans	
Evening Snack		1 medium carrot, 1 medium raw turnip, cut into sticks	
<u>Calories</u> 1,112	<u>Protein</u> 87 grams 348 calories (31% of the day's total)	<u>Carbohydrate</u> 164 grams 656 calories (59%)	<u>Fat</u> 12 grams 108 calories (10%)

## Day 7

Breakfast		1 serving UltraMeal beverage 3 medium unsweetened prunes	
Morning Snack		1 pear	
Lunch		1 serving UltraMeal beverage 1 cup steamed broccoli 1 cup steamed cauliflower, with no-salt seasoning	
Afternoon Snack		1 medium apple	
Dinner		3 ounces fillet of sole, poached in white wine 1/2 cup steamed carrots 1 to 1 1/2 cups steamed zucchini	
Evening Snack		2 plums	
<u>Calories</u> 1,143	<u>Protein</u> 74 grams 296 calories (26% of the day's total)	<u>Carbohydrate</u> 196 grams 784 calories (69%)	<u>Fat</u> 7 grams 63 calories (5%)

## WEEK THREE:

### Day 1

Breakfast		1 serving UltraMeal beverage 1 large kiwi fruit	
Morning Snack		2 popcorn cakes	
Lunch		1 serving UltraMeal beverage	



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	2 cups fresh spinach 1 cup chopped celery, mushrooms, radish 2 Tbsp. oil-free salad dressing or flavored vinegar		
Afternoon Snack	1 cup low-salt tomato juice		
Dinner	3 ounces roasted turkey, skinless 1 small baked sweet potato 1 cup steamed zucchini 1 sliced tomato		
Evening Snack	1 medium orange		
<u>Calories</u> 1,148	<u>Protein</u> 87 grams 348 calories (30% of the day's total)	<u>Carbohydrate</u> 164 grams 656 calories (57%)	<u>Fat</u> 16 grams 144 calories (13%)

### Day 2

Breakfast	1 serving UltraMeal beverage 1 cup melon cubes		
Morning Snack	2 medium apricots (or 4 halves, canned without sugar)		
Lunch	1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water)		
Afternoon Snack	2 Ry-Krisp triple crackers		
Dinner	<i>Beef kabob:</i> (made with 3 ounces beef round marinated in oil-free dressing, 2 cups green pepper pieces, onion, cherry tomatoes) 2 cups mixed salad greens 1 green onion, chopped 2 Tbsp. oil-free salad dressing		
Evening Snack	1 cup frozen seedless grapes		
<u>Calories</u> 1,079	<u>Protein</u> 88 grams 352 calories (33% of the day's total)	<u>Carbohydrate</u> 148 grams 592 calories (55%)	<u>Fat</u> 15 grams 135 calories (12%)

### Day 3

Breakfast	1 serving UltraMeal beverage
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	3 medium unsweetened prunes		
Morning Snack	1 medium peach (or 2 halves, canned without sugar)		
Lunch	1 serving UltraMeal beverage 2 cups raw broccoli and cauliflower florets 1 cup romaine 3 sliced radishes 2 Tbsp. oil-free salad dressing		
Afternoon Snack	1 large kiwi fruit		
Dinner	<i>Chicken stir-"fry"</i> (3 ounces skinless chicken breast, 1/4 cup chopped onion, 1 cup edible pea pods, 1 cup chopped broccoli) 1/2 cup steamed rice		
Evening Snack	1 medium carrot, cut into sticks		
<u>Calories</u> 1,153	<u>Protein</u> 95 grams 380 calories (33% of the day's total)	<u>Carbohydrate</u> 173 grams 692 calories (60%)	<u>Fat</u> 9 grams 81 calories (7%)

### Day 4

Breakfast	1 serving UltraMeal beverage 1 cup unsweetened applesauce, dusted with cinnamon		
Morning Snack	1 medium banana		
Lunch	1 serving UltraMeal beverage 2 cups fresh spinach leaf salad 4 sliced radishes 1/2 cup sliced mushrooms 2 Tbsp. oil-free salad dressing 1 chopped tomato		
Afternoon Snack	1 medium orange		
Dinner	2 ounces grilled red snapper 1 small new potato 1 cup green beans 1 cup sliced cucumber, green onion, radish salad with 2 Tbsp. rice vinegar		
Evening Snack	2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning		



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<u>Calories</u> 1,055	<u>Protein</u> 73 grams 292 calories (28% of the day's total)	<u>Carbohydrate</u> 175 grams 700 calories (66%)	<u>Fat</u> 7 grams 63 calories (6%)
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### Day 5

Breakfast	1 serving UltraMeal beverage 1/2 cup unsweetened orange juice 1/2 toasted, unbuttered, whole-wheat bagel		
Morning Snack	2 Tbsp. raisins		
Lunch	1 serving UltraMeal beverage 1 medium cooked and chilled artichoke 2 Tbsp. oil-free salad dressing		
Afternoon Snack	1 cup frozen seedless grapes		
Dinner	3 ounces broiled salmon 1/2 cup green peas 2 cups mixed green salad 2 Tbsp. oil-free salad dressing		
Evening Snack	1 medium pear (or 2 unsweetened canned halves)		
<u>Calories</u> 1,183	<u>Protein</u> 83 grams 332 calories (28% of the day's total)	<u>Carbohydrate</u> 179 grams 716 calories (61%)	<u>Fat</u> 15 grams 135 calories (11%)

### Day 6

Breakfast	1 serving UltraMeal beverage 1/2 fresh grapefruit		
Morning Snack	1 large nectarine		
Lunch	1 serving UltraMeal beverage 2 cups mixed salad greens 1/2 cucumber 1 tomato 1 carrot 2 Tbsp. oil-free salad dressing		
Afternoon Snack	1 medium orange		
Dinner	3 ounces roasted turkey breast, skinless		

		1 cup steamed spinach with lemon juice 1/2 cup cooked pasta 1 cup mixed green salad 2 Tbsp. oil-free salad dressing	
Evening Snack		1 medium apple	
<u>Calories</u> 1,191	<u>Protein</u> 79 grams 316 calories (27% of the day's total)	<u>Carbohydrate</u> 185 grams 740 calories (62%)	<u>Fat</u> 15 grams 135 calories (11%)

## Day 7

Breakfast		1 serving UltraMeal beverage 1/2 cup low-salt tomato juice 1 slice unbuttered raisin toast	
Morning Snack		2 plums	
Lunch		1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water) 2 cups fresh spinach salad (spinach, cucumber, green onion, tomato) 2 Tbsp. oil-free salad dressing	
Afternoon Snack		1 large kiwi fruit	
Dinner		3 ounces broiled halibut 1/2 cup peas 1/2 cucumber, 1 green onion, sliced	
Evening Snack		2 double graham crackers	
<u>Calories</u> 1,113	<u>Protein</u> 84 grams 336 calories (30% of the day's total)	<u>Carbohydrate</u> 165 grams 660 calories (59%)	<u>Fat</u> 13 grams 117 calories (11%)

## WEEK FOUR:

### Day 1

Breakfast		1 serving UltraMeal beverage 1 medium orange	
Morning Snack		1 medium banana	



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Lunch		1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water) 1 cup tossed mixed green salad, 1/2 tomato, chopped 2 Tbsp. oil-free salad dressing	
Afternoon Snack		1 medium carrot, 1 stalk celery, cut into sticks	
Dinner		<i>Tuna Salad</i> (1/2 cup drained water-packed canned tuna, 1/4 cup plain nonfat yogurt, 2 Tbsp. low-fat mayonnaise, 1/2 cup chopped celery, 1 chopped green onion, freshly ground pepper, served on a bed of chopped romaine) 1 small whole-wheat dinner roll	
Evening Snack		2 rice cakes	
<u>Calories</u> 1,134	<u>Protein</u> 85 grams 344 calories (30% of the day's total)	<u>Carbohydrate</u> 175 grams 700 calories (62%)	<u>Fat</u> 10 grams 90 calories (8%)

### Day 2

Breakfast		1 serving UltraMeal beverage 1/2 fresh grapefruit	
Morning Snack		1 cup grapes	
Lunch		1 serving UltraMeal beverage 1 cup steamed broccoli 1 cup steamed cauliflower, with no-salt seasoning	
Afternoon Snack		1 medium apple	
Dinner		3 ounces baked Cornish game hen 1/2 cup cooked brown rice 1 cup steamed green beans	
Evening Snack		2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning	
<u>Calories</u> 1,072	<u>Protein</u> 82 grams 328 calories (30% of the day's total)	<u>Carbohydrate</u> 159 grams 636 calories (60%)	<u>Fat</u> 12 grams 108 calories (10%)



## Day 3

Breakfast		1 serving UltraMeal beverage 1 cup unsweetened applesauce, dusted with cinnamon	
Morning Snack		2 Tbsp. raisins	
Lunch		1 serving UltraMeal beverage 1 medium artichoke, cooked and chilled 2 Tbsp. oil-free salad dressing or flavored vinegar	
Afternoon Snack		1 medium orange	
Dinner		2 ounces grilled red snapper 1 small new potato 1 cup green beans 1 cup sliced cucumber, green onion, radish salad with 2 Tbsp. rice vinegar	
Evening Snack		2 cups air-popped popcorn (no butter or salt), sprinkled with no-salt herbal seasoning	
<u>Calories</u> 1,058	<u>Protein</u> 72 grams 288 calories (27% of the day's total)	<u>Carbohydrate</u> 179 grams 716 calories (68%)	<u>Fat</u> 5 grams 54 calories (5%)

## Day 4

Breakfast		1 serving UltraMeal beverage 1/2 cup unsweetened orange juice	
Morning Snack		1 large nectarine	
Lunch		1 serving UltraMeal beverage 2 cups mixed salad greens 1/2 cucumber 1 tomato 1 carrot 2 Tbsp. oil-free salad dressing or flavored vinegar	
Afternoon Snack		1 cup seedless grapes	
Dinner		3 ounces roasted turkey breast, skinless 1 cup steamed spinach with lemon juice 1/2 cup cooked pasta 1 cup mixed green salad	

	2 Tbsp. oil-free salad dressing		
Evening Snack	1 medium pear (or 2 unsweetened canned halves)		
<u>Calories</u> 1,181	<u>Protein</u> 90 grams 360 calories (30% of the day's total)	<u>Carbohydrate</u> 185 grams 740 calories (63%)	<u>Fat</u> 9 grams 81 calories (7%)

## Day 5

Breakfast	1 serving UltraMeal beverage 1/2 fresh grapefruit		
Morning Snack	2 plums		
Lunch	1 serving UltraMeal beverage 1 cup vegetable soup (canned, reconstituted with water) 1 medium carrot, cut into sticks		
Afternoon Snack	1 cup low-salt tomato juice		
Dinner	3 ounces broiled salmon 1/2 cup green peas 2 cups mixed green salad 2 Tbsp. oil-free salad dressing or flavored vinegar		
Evening Snack	1 medium apple		
<u>Calories</u> 1,100	<u>Protein</u> 82 grams 328 calories (30% of the day's total)	<u>Carbohydrate</u> 157 grams 628 calories (57%)	<u>Fat</u> 16 grams 144 calories (13%)

## Day 6

Breakfast	1 serving UltraMeal beverage 1/2 cup low-salt tomato juice 1 slice unbuttered raisin toast		
Morning Snack	1 large kiwi fruit		
Lunch	1 serving UltraMeal beverage 2 cups steamed broccoli and cauliflower, topped with no-salt herbal seasoning		
Afternoon Snack	2 rice or popcorn cakes		



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Dinner		<i>Chicken stir-"fry":</i> (3 ounces skinless chicken breast, 1/4 cup chopped onion, 1 cup edible pea pods, 1 cup broccoli) 1/2 cup steamed brown rice	
Evening Snack		1 medium carrot, cut into sticks	
<u>Calories</u> 1,166	<u>Protein</u> 93 grams 372 calories (32% of the day's total)	<u>Carbohydrate</u> 176 grams 704 calories (60%)	<u>Fat</u> 10 grams 90 calories (8%)

### Day 7

Breakfast		1 serving UltraMeal beverage 3 medium unsweetened prunes	
Morning Snack		1 medium peach (or 2 halves, canned without sugar)	
Lunch		1 serving UltraMeal beverage 1 tomato 1 cup raw broccoli florets 2 Tbsp. oil free dressing or flavored vinegar 2 rice cakes	
Afternoon Snack		1 medium banana	
Dinner		3 ounces broiled extra-lean ground beef 1 whole-wheat hamburger bun Lettuce, tomato, onion, cucumber slices Mustard 1 Tbsp. ketchup	
Evening Snack		1 cup melon cubes	
<u>Calories</u> 1,201	<u>Protein</u> 79 grams 316 calories (26% of the day's total)	<u>Carbohydrate</u> 174 grams 696 calories (58%)	<u>Fat</u> 21 grams 189 calories (16%)

*Note: Repeat Weeks three and four until desired weightloss has been achieved. Once achieved create an eating plan based on this template.*

## Supplementary Foods:

Following are lists of foods you can add if you need extra calories to meet your energy needs as you diet. The first list contains foods having between 50 and 100 calories, the second between 100 and 150 calories, and the third between 150 and 200 calories. Calories are listed to the right.

### Foods with 50 to 100 Calories

1 oz. light cream cheese	62
1 oz. part skim milk mozzarella	72
3 Tbsp. grated parmesan	69
3 cups plain air-popped popcorn	69
1 large egg	79
2 oz. tuna canned in water	60
1 medium apple	81
1 cup blueberries	82
1 medium orange	65
2 breadsticks	77
1 slice cracked wheat bread	66
1 corn tortilla	67
1 chicken drumstick, roasted, without skin	76
1 cup nonfat milk	86
1 Tbsp. peanut butter	95
1 cup buttermilk	99

### Foods with 100 to 150 Calories

1 oz. Swiss cheese	107
1 oz. cheddar cheese	114
1 oz. pretzels	111
1 pita pocket	106
1 apple-spice oatbran muffin	120
1 plain English muffin	135
1 medium banana	105
1 medium pomegranate	104
1/2 medium cantaloupe	100
1 1/2 cup baked squash	120
1/2 chicken breast, roasted, without skin	142
1 chicken thigh, roasted, without skin	109
1/2 cup garbanzo beans	135
1 ear corn on the cob	120
1 cup 1% milk	102

