

Medical Foods

UltraMeal

*Nutritional Support for the
Management of Conditions
Associated with Metabolic
Syndrome*

UltraMeal Plus

*Nutritional Support for the
Management of Conditions
Associated with Metabolic
Syndrome &
Cardiovascular Disease*

UltraGlycemX

*Nutritional Support for
Individuals with
Type 2 Diabetes or
Hypoglycemia*



*Patient
Guide*

Personal Program Notes

Patient name _____ Date _____

Healthcare practitioner _____ Phone _____

INSTRUCTIONS (To be completed by your healthcare practitioner)

Mixing Instructions

- ☐ Mix with water only
- ☐ Mix with soy milk (or other milk)

UltraMeal/UltraMeal Plus/UltraGlycemX Recommendations

Product	Amount	Frequency	Duration

Recommended daily calories _____

Additional recommendations _____

Restricted foods _____

Additional lifestyle recommendations _____

Exercise recommendations _____

Rest/relaxation recommendations _____



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Disclaimer: Metagenics, Inc. makes no representations or warranties, expressed or implied, regarding the use of the UltraMeal, UltraMeal Plus, and UltraGlycemX Programs, other than those specifically set forth in the printed Patient Guide received with the purchase of the product from a 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 or dietary/medical food product. Consult your healthcare practitioner immediately if you feel any discomfort or experience any adverse health effects during the time you are involved in this program.

Allergy Statement: These products are produced in a facility that produces other products containing soy, fish, dairy, and crustacean shellfish.

Introduction



What are the UltraMeal/UltraMeal Plus/ UltraGlycemX Medical Food Programs?

The programs outlined in this guidebook consist of a medical food—UltraMeal, UltraMeal Plus, or UltraGlycemX—and a specially designed dietary plan. These powdered beverages contain a combination of selected nutrients and phytonutrients that support important metabolic (biochemical) functions in your body. You can use the medical foods with the dietary plan described in this guide or with an alternative dietary plan individually tailored by your healthcare practitioner. In some cases, he or she may recommend additional nutritional support to meet your individual needs.

Why is this Medical Food Program Recommended for You?

Your healthcare practitioner has determined that some of your health concerns are associated with metabolic syndrome—such as excess body fat, high cholesterol, and other cardiovascular disease (CVD) issues—and/or type 2 diabetes, and has recommended that you use UltraMeal, UltraMeal Plus, or UltraGlycemX along with the dietary plan outlined in this Patient Guide.

In order to fully understand these programs, you may find it helpful to know how the body regulates blood sugar—the basic fuel source of all the cells in your body. Although it may be circulating in your body, blood sugar, or glucose, can only be utilized and transformed into energy when it is actually inside the cell—not in the bloodstream.

In an optimal state, the body maintains blood glucose levels in a fairly narrow range—which is neither too low (hypoglycemia) nor too high (hyperglycemia). Stability of blood sugar is important because imbalances, particularly raised levels, can cause serious health problems. To maintain stable blood sugar and remain healthy, the body needs to secrete insulin—the hormone that allows glucose to be transported from the bloodstream into the cells.

Fortunately, most people have the ability to produce insulin. However, research shows that many individuals don't respond to the insulin “signal” that allows glucose to move from the bloodstream into cells. Left unattended, this would cause blood glucose levels to rise. But because the body tries to keep blood sugar in a normal range, its first response to the cells' failure to “get the message” is to secrete more insulin. This leads to high blood levels of unutilized insulin—a condition known as insulin resistance—which contributes to fat storage.

Many people with insulin resistance have excess fat around the waist, high LDL (bad) blood cholesterol levels, low HDL (good) cholesterol levels, high levels of triglycerides (another fat in the blood), and high blood pressure—all conditions that impact the heart. This combination of problems is commonly referred to as metabolic syndrome. Insulin resistance may also be associated with hypoglycemia, type 2 diabetes, and other blood sugar problems.

Along with a specially designed diet, the medical foods outlined in this program are scientifically designed to provide advanced nutritional support for many of these concerns:



Metabolic Syndrome:

- Central obesity
- Altered body composition
- Insulin resistance

UltraMeal®

Metabolic Syndrome & CVD:

- High cholesterol
- High blood pressure
- High triglycerides

**UltraMeal®
Plus**

Dysglycemia:

- Type 2 diabetes
- Hypoglycemia

UltraGlycemX®

What if I have additional questions?

Many commonly asked questions are answered in the back of this guide. If you have further questions about your health care or the use of these products, discuss them with your healthcare provider.

How to use UltraMeal/UltraMeal Plus/ UltraGlycemX

These medical foods should be used with a special dietary plan recommended by your healthcare practitioner. Medical foods may be used as a meal option or meal supplement.

Mixing a medical food is as simple as combining 2 level scoops of powder with 8-12 ounces of liquid in a blender or shaker. Great-tasting beverage recipes and mixing instructions are provided on page 7.

Everyone is different. Because of the dietary plan's increased fiber content, some individuals occasionally experience gas, bloating, or loose stools, which typically disappear as your body adjusts. If you experience such symptoms, reduce your serving size to one scoop and build up slowly to the recommended two scoops.



The UltraMeal/UltraMeal Plus/UltraGlycemX Programs at a Glance

- 1 Consume 1 serving of medical food in the morning (as breakfast or as a meal supplement) and another serving of medical food in the afternoon. Choose recipes listed in the **Recipes & Mixing Instructions** on page 7.
- 2 Follow the **Dietary Guidelines** below as closely as possible and drink plenty of water throughout the day. The Dietary Guidelines emphasize low-glycemic-index foods, which produce a lower glucose and insulin response. Your healthcare provider will determine the appropriate daily caloric intake and the number of servings from each food group. Refer to **Food Choices** on pages 8-9 for serving sizes and specific food recommendations. **Do not make substitutions unless directed by your healthcare provider.** You may also refer to the set of **Sample Menus & Recipes** on pages 10-15 to help create daily meal plans without having to do any calculations. Additional recipes and menu planning ideas are available at www.metagenics.com/UltraMeal.

Dietary Guidelines

Category	Recommended Daily Servings			
	1300-calorie	1600-calorie	1800-calorie	2000-calorie
Medical Food Shake	2 servings	2 servings	2 servings	2 servings
Legumes	1 serving	2 servings	2 servings	2 servings
Category 1 Vegetables	Unlimited	Unlimited	Unlimited	Unlimited
Category 2 Vegetables	1 serving	1 serving	1 serving	2 servings
Concentrated Protein	2 servings	3 servings	3 servings	3 servings
Oils	4 servings	4 servings	6 servings	6 servings
Nuts and Seeds	1 serving	1 serving	1 serving	2 servings
Fruits	2 servings	2 servings	3 servings	3 servings
Dairy	0 servings	1 serving	1 serving	1 serving
Whole Grains	1 serving	1 serving	1 serving	1 serving

3 Recipes & Mixing Instructions

Basic Recipe (160 calories)

2 scoops UltraMeal/UltraMeal Plus/
UltraGlycemX (using the scoop provided)

8-10 oz. of pure water

*Add ice if desired. Shake or blend the product
until mixed. Drink within ½ hour.*

Based on the dietary plan you and your practitioner select, this product may be mixed with a variety of other liquids and fruits. But if you are restricting calories, adding ingredients adds calories as well. And if mixed with fruit or a dairy product, please calculate this in your exchanges for that day. Depending on variety, a serving of UltraGlycemX alone is approximately 150 calories; a serving of UltraMeal/UltraMeal Plus is 160 calories.

*For all recipes below, put ingredients in a blender and blend to desired consistency.
Adjust liquid for personal taste.*

Soynog 205-215 Calories

2 scoops: UltraMeal Vanilla, Dutch
Chocolate, Mocha
UltraMeal Plus Vanilla, Dutch
Chocolate, Mocha
UltraGlycemX Original, Natural
Chocolate

6 oz. unflavored soy milk

2-4 oz. cold water

2-4 ice cubes (optional)

1 tsp. vanilla extract and a sprinkle
of nutmeg

Added servings: 1 dairy

Eggnog 150-160 Calories

2 scoops: UltraMeal Vanilla
UltraMeal Plus Vanilla
UltraGlycemX Original

3 tsp. rum extract

2 tsp. butter flavor extract

2-4 ice cubes

4-8 oz. water

Piña Colada 160-170 Calories

2 scoops: UltraMeal Vanilla
UltraMeal Plus Vanilla

1 tsp. coconut extract

2 tbsp. frozen unsweetened
pineapple juice concentrate

2-4 ice cubes

4-8 oz. water

Cran/Berry 155-165 Calories

2 scoops: UltraMeal Vanilla,
Raspberry, or Strawberry Supreme
UltraMeal Plus Vanilla or
Strawberry Supreme

1 tbsp. cranberry juice concentrate

2-4 ice cubes

4-8 oz. water

Berry Malt 215-225 Calories

2 scoops: UltraMeal Vanilla,
Raspberry, or Strawberry Supreme
UltraMeal Plus Vanilla or
Strawberry Supreme

½ cup fresh or frozen unsweetened
strawberries, raspberries,
blueberries, or blackberries

½ cup unsweetened soy milk

2-4 ice cubes

4-8 oz. water

Added servings: ½ dairy, ½ fruit

Fruity Delight 185-195 Calories

2 scoops: UltraMeal Raspberry,
Country Peach, Banana Blast, or
Strawberry Supreme
UltraMeal Plus Strawberry Supreme

1 tbsp. unsweetened orange/pineapple
juice concentrate

½ cup fresh or frozen strawberries
or berries of choice

2-4 ice cubes

4-8 oz. water

Added servings: ½ fruit

Chocolate Banana/Berry

170-180 Calories

2 scoops: UltraMeal Dutch Chocolate
or Banana Blast
UltraMeal Plus Dutch Chocolate
UltraGlycemX Natural Chocolate

½ cup unsweetened strawberries or
berries of choice

2-4 ice cubes

4-8 oz. water

Added servings: ½ fruit

Chocolate/Mocha Crème

205-215 Calories

2 scoops: UltraMeal Dutch Chocolate
or Mocha
UltraMeal Plus Dutch Chocolate
or Mocha
UltraGlycemX Natural Chocolate

½ cup soy milk, plain or vanilla

2-4 ice cubes

3-4 oz. water

Added servings: ½ dairy

German Chocolate

150-160 Calories

2 scoops: UltraMeal Dutch Chocolate
or Mocha
UltraMeal Plus Dutch Chocolate
or Mocha
UltraGlycemX Natural Chocolate

1 tsp. coconut extract

2-4 ice cubes

4-8 oz. water

Peach Melba 200-210 Calories

2 scoops: UltraMeal Vanilla or
Country Peach
UltraMeal Plus Vanilla

½ fresh peach

½ cup fresh or frozen raspberries

2-4 ice cubes (omit if using frozen fruit)

4-8 oz. water

Added servings: 1 fruit

Food Choices

LEGUMES



average serving size =
1/2 cup cooked, or as
indicated

Servings: ___ per day
(1 serving = 110 calories)

Split peas, sweet green
peas, lentils

Beans: garbanzo, pinto,
kidney, black, lima,
cannellini, navy,
mung beans, fat-free
refried, green soy
beans (edamame)

Hummus, 1/4 cup

Bean soups, 3/4 cup

NUTS & SEEDS



serving size as indicated

Servings: ___ per day
(1 serving = 100 calories)

Almonds or hazelnuts,
10-12 whole nuts

Walnut or pecan halves,
7-8

Peanuts, 18 nuts or 2
Tbsp.

Pistachios, sunflower,
pumpkin, or sesame
seeds, 2 Tbsp.

Nut butter, 1 Tbsp. made
from above nuts

DAIRY



average serving size =
6 oz., or as indicated

Servings: ___ per day
(1 serving = 80 calories)

Lowfat yogurt, plain,
4 oz.

Fat-free yogurt, plain

Nonfat, 1% or 2% milk

Soy milk, plain

Buttermilk

Category 1 VEGETABLES

Servings: Unlimited
(1/2 c. serving = 10-25
calories)

Fresh juices made from
these vegetables are
also allowed

Asparagus

Artichokes

Bamboo shoots

Bean sprouts

Bell or other peppers

Broccoli, broccoflower

Brussels sprouts

Cauliflower

Celery

Chives, onion, leeks,
garlic

Cucumber/Dill pickles

Cabbage (all types)

Eggplant

Green beans

Greens: bok choy,
escarole, Swiss
chard, kale, collard
greens, spinach,
dandelion, mustard,
or beet greens

Lettuce/Mixed Greens:
romaine, red and
green leaf, endive,
spinach, arugula,
radicchio,
watercress, chicory

Mushrooms

Okra

Radishes

Snow peas

Sprouts

Tomatoes, mixed
vegetable juice,
tomato juice

Water chestnuts, 5 whole

Zucchini: yellow,
summer, or
spaghetti squash

Salsa (sugar-free)

Sea vegetables (kelp, etc.)

Category 2 VEGETABLES

average serving size =
1/2 cup, or as indicated

Servings: ___ per day
(1 serving =
approximately 45
calories)

Beets, winter squash,

such as acorn or
butternut squash
Sweet potatoes or yams,
1/2 medium baked
Carrots, 1/2 cup cooked
or 2 med. raw or 12
baby carrots

FRUITS



serving size as indicated
Fresh fruit or fruit canned
in water/own juice

Servings: ___ per day
(1 serving = 80 calories)

Apple, 1 med.

Apricot, 3 med.

Berries: blackberries &
blueberries, 1 cup;
raspberries &
strawberries, 1 1/2 cups

Cantaloupe, 1/4

Cherries, 15

Fresh figs, 2

Grapes, 15

Grapefruit, 1 whole

Honeydew melon, 1/4
small

Mango, 1/2

Nectarine, 2 small

Orange, 1 large

Peach, 2 small

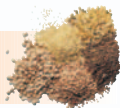
Pear, 1 medim

Plum, 2 small

Tangerine, 2 small

Watermelon, 2 cups

WHOLE GRAINS



average serving size =
1/2 cup, or as indicated

Servings: ___ per day

(1 serving = approximately
75-100 calories—
measure after cooking)

Amaranth, teff, or
quinoa

Basmati or other
brown rice, wild rice

Barley, buckwheat
groats, or millet

Bulgur (cracked wheat)

Natural wheat and
barley cereal, 1/4 cup

Whole oats, raw, 1/3
cup; cooked oatmeal
3/4 cup

Whole-wheat, spelt, or
kamut berries

100% whole-wheat,
spelt, or kamut
pasta

Whole-grain rye,
sesame, or wheat
crackers, 3 each

Bread: mixed whole-
grain or 100% whole
rye, 1 slice

Low-carb tortilla, 2

Whole-wheat tortilla
or pita, 1/2

CONCENTRATED PROTEIN SOURCES

(other than medical food)

average serving size = 3
oz., or as indicated—

measure after cooking.

(Meat, poultry, and fish
should be grilled, baked
or roasted; fish can also
be poached. Keep cheese
intake low due to its
saturated fat content.)

Servings: ___ per day

(1 serving = approximately
150 calories)

Eggs, 2 whole or 3 egg
whites plus 1 whole
egg

Egg substitute, 2/3 cup

Fish, inc. shellfish, 3 oz.
fresh or 3/4 cup
water-packed

Poultry: chicken or
Cornish hen (breast
only), turkey

Leg of lamb, lean roast

Wild game: venison, 3
oz.; elk or buffalo, 4
oz.

Tofu, 8 oz. or 1 cup
(fresh), or 3.5 oz.
cube (baked)

Tempeh, 3 oz. or 1/2
cup

Soy burger, 4 oz.

Cottage cheese, nonfat
or low-fat, 3/4 cup

Ricotta, part skim or
nonfat, 1/2 cup

Mozzarella, part skim
or nonfat, 2 oz. or 1/2
cup shredded

Parmesan cheese, 2
Tbsp. grated = 1/2
serving

TVP soy protein
concentrate, 1/3 cup
dry = 1/2 serving

OILS



average serving size = 1
tsp., or as indicated

**Servings: ___ teaspoons per
day**

(approx. 40 calories)

(Oils should be cold-
pressed)

Flaxseed oil (keep
refrigerated)

Walnut oil

Grapeseed oil

Extra virgin olive oil
(preferable) &
canola oil for
cooking

Mayonnaise (from
canola or
grapeseed oil)

Ripe or green olives,
10 medium

Avocado, 1/8

BEVERAGES



Servings: unlimited

(0 calories per serving)

Decaffeinated, herbal,
or green tea;
decaffeinated
coffee; water:
seltzer, plain, or
flavored

CONDIMENTS



Servings: unlimited

Cinnamon, mustard,
tamari soy sauce,
vinegar, lime, lemon,
flavored extracts
(e.g., vanilla or
almond), other
herbs/spices, stevia



Sample Menus & Recipes

Sample Menus: 1300-calorie dietary program

Note: Daily caloric calculations are approximate and will depend on the amount of unlimited Category 1 vegetables consumed.

Breakfast	1 serving medical food mixed with water
Snack	1 medium pear or 2 small nectarines and 8 walnuts (servings: 1 fruit and 1 nut)
Lunch	$\frac{3}{4}$ cup <i>Lentil Soup</i> Spinach salad: 1-2 cups chopped spinach, 1 sliced hard-boiled egg, $\frac{1}{2}$ cup each mung bean sprouts, chopped red pepper, diced beets (steamed), and grated carrot, $\frac{1}{4}$ cup sliced mushrooms, 4 cherry tomatoes, tossed with 1 Tbsp. <i>Basic Salad Dressing</i> (servings: 1 legume, $\frac{1}{2}$ protein, 2 oils, 1 category 2 vegetable, free veggies)
Snack	1 serving medical food mixed with water
Dinner	4 oz. rainbow trout or bass (Vegetarian option: substitute 6 oz. tempeh or tofu) 1 serving <i>Barley with Vegetables</i> OR <i>Quinoa Mexican Style</i> 6 oz. tomato/vegetable juice $\frac{1}{2}$ cup steamed broccoli, red pepper, mushroom, and onion stir-fried in 1 tsp. olive oil; season to taste (servings: $\frac{1}{2}$ proteins, 1 grain, 2 oils, free veggies)
Snack	15 cherries (servings: 1 fruit)



Sample Menus: 1300-calorie dietary program

Note: Daily caloric calculations are approximate and will depend on the amount of unlimited Category 1 vegetables consumed.

- Breakfast** 1 serving medical food mixed with water
- Snack** 1 medium sliced apple topped with 1 Tbsp. walnut or almond butter
(servings: 1 fruit and 1 nut)
- Lunch** 1 serving *Lentil-Barley Stew*
Celery and cucumber sticks with ¼ cup salsa
(servings: 1 legume, 1 grain, 1 category 2 vegetable, free veggies)
- Snack** 1 serving medical food mixed with water
- Dinner** 3 oz. snapper or halibut (**Vegetarian option: substitute 5 oz. baked marinated tofu**)
Tossed salad: 1-2 cups mixed greens, ¼ cup each raw red or green pepper, radishes, cauliflower, ¼ cup cherry tomatoes, topped with 2 Tbsp. Parmesan cheese and tossed with 1 Tbsp. *Basic Salad Dressing*
4 oz. tomato/vegetable juice
½ cup butternut squash, baked
1 serving *Sautéed Cabbage and Fennel*
OR *Stir-Fried Eggplant and Tomatoes*
(servings: 2 proteins, 3 oils, 1 category 2 vegetable, free veggies)
- Snack** 1½ cups fresh sliced strawberries
(servings: 1 fruit)

Sautéed Cabbage and Fennel

(serves 4)

1 Tbsp. olive oil
2-3 cloves garlic, minced
½ cup thinly sliced fresh fennel
or 1 Tbsp. fennel seeds
4 Tbsp. minced shallots

4 cups shredded green cabbage
2 Tbsp. freshly grated Parmesan
cheese (for dairy-free,
substitute sesame seeds)

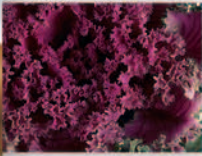
In a heavy skillet or wok, stir-fry all ingredients except Parmesan cheese. Continue for about 5 minutes until cabbage is still slightly crunchy. Sprinkle with Parmesan cheese or sesame seeds and serve immediately. (servings: 1 oil, free veggies)

Total Calories
1246

Carbohydrate
49%

Protein
25%

Fat
26%



Sample Menus: 1600-calorie dietary program

Note: Daily caloric calculations are approximate and will depend on the amount of unlimited Category 1 vegetables consumed.

Breakfast	1 serving medical food mixed with water
Snack	1 pear and 8 walnut halves (servings: 1 fruit, 1 nut)
Lunch	1 cup of black bean soup from health food store (quick and easy) 1/2 sandwich: 3 oz. roast turkey breast on 1 slice 7-grain bread with 1 tsp. canola mayonnaise, lettuce, and sliced tomato [Vegetarian option: substitute egg salad (2 hard-boiled eggs with 1 tsp. canola mayonnaise) in 1/2 large pita or whole-wheat tortilla with 1/8 avocado, sliced, lettuce, and sliced tomato] 1 cup fresh blueberries 6 oz. plain yogurt, nonfat or lowfat (servings: 1 legume, 1 grain, 1 protein, 1 oil, 1 fruit, free veggies, 1 dairy)
Snack	1 serving medical food mixed with water
Dinner	3 oz. broiled salmon (Vegetarian option: substitute 3 oz. tempeh for salmon) 1/2 cup steamed spinach topped with garlic sautéed in 1 tsp. olive oil 1 small baked sweet potato Tossed salad: 1-2 cups mixed greens, 1/3 cup green soy beans, 1/4 cup each raw broccoli and cauliflower, 1/2 stalk diced celery, 1/2 medium tomato, diced, and 1/8 avocado with 1 Tbsp. <i>Basic Salad Dressing</i> (servings: 1 protein, 1 legume, 3 oils, 1 category 2 vegetable, free veggies)
Snack	Vegetable salsa dip: 1/3 cup salsa with 1 whole cucumber, 1/2 cup each raw green beans and sliced red peppers (servings: free veggies)



Sample Menus: 1600-calorie dietary program

Note: Daily caloric calculations are approximate and will depend on the amount of unlimited Category 1 vegetables consumed.

- Breakfast** Vegetable omelet with 2 whole eggs or 1 whole egg and 3 whites, ¼ cup chopped spinach, and 2 Tbsp. sliced mushrooms; spray pan with olive oil before cooking (or coat with ¼ tsp. oil)
(servings: 1 protein, free veggies)
- Snack** 1 serving medical food mixed with water
- Lunch** Large tossed salad: 2 cups shredded mixed greens, 2 oz. white tuna (Vegetarian option: substitute ¾ cup cottage cheese for tuna), ½ cup each garbanzo or kidney beans, raw broccoli, and cauliflower, ¼ cup cucumber slices, ½ medium tomato, diced, with 1 Tbsp. Basic Salad Dressing
3 approved crackers with 1 Tbsp. almond butter
1 medium peach or 1 whole grapefruit
(servings: 1 protein, 1 legume, 1 grain, 1 nut, 1 fruit, free veggies, 2 oils)
- Snack** 1 serving medical food mixed with water
- Dinner** ¾ cup of Split Pea Soup
Chicken vegetable stir-fry: 3 oz. chicken breast (cut into strips), stir-fried in 1 tsp. olive oil (remove from pan before stir-frying the veggies); 1 cup asparagus, cut into chunks, ½ cup each red or green pepper strips, sliced onion, and 1 clove minced garlic, stir-fried with 1 tsp. each olive oil and fresh minced ginger until softened; add stir-fried chicken (or tofu) and 1-2 tsp. soy sauce; salt and pepper to taste
½ cup baked acorn squash, sprinkled with cinnamon
(servings: 1 protein, 1 legume, 1 category 2 vegetable, free veggies, 2 oils)
- Snack** Peach/Apricot Frothy topped with 4 oz. plain yogurt
(servings: 1 dairy, 1 fruit)

Total Calories
1613

Carbohydrate
47%

Protein
28%

Fat
25%

Lentil Soup

(serves 4)

- | | |
|------------------------------------|--|
| 2 garlic cloves, minced | Salt to taste |
| 1 medium onion, chopped | Pinch thyme or any preferred seasoning |
| 2 celery stalks, chopped | |
| 2 large carrots, sliced or chopped | 1½ cups red and/or green dried lentils |
| 2 quarts water or broth | |

Combine first 5 ingredients and bring to boil. Add seasonings and lentils. Reduce heat to medium-low and simmer covered 45 minutes to 1 hour, or until lentils are soft. Puree half in the blender if you like a creamy soup. (*servings: 1 legume*)

Barley with Vegetables

(serves 8)

- | | |
|--|---------------------------------|
| 1 cup pearl barley, washed | 2 ripe tomatoes, finely chopped |
| 6 cups water | |
| 1 tsp. olive oil | ½ cup parsley, finely chopped |
| 1 small onion, finely chopped | Salt and pepper to taste |
| 1 small red, yellow, or green pepper, finely chopped | |

Simmer barley in water for 1 hour, until softened, then drain. Heat oil and sauté the onion and peppers until soft and slightly brown. Add the tomatoes and parsley and cook for 2-3 additional minutes. Combine vegetables with cooked barley and add salt and pepper to taste. (*servings: 1 grain*)

Lentil-Barley Stew

(serves 8, serving size 1½ cups)

- | | |
|--|-------------------------------------|
| 2 Tbsp. olive oil | ½ cup barley |
| 4 medium carrots, diced | 1 tsp. dried thyme |
| 2 medium leeks (with 3" of green left on), diced | 6-8 cups chicken or vegetable broth |
| 2 celery stalks, diced | 2 cups diced tomatoes |
| 2 medium zucchini, diced | 1 cup chopped fresh basil leaves |
| 1 large onion, diced | ½ cup chopped parsley |
| 2 garlic cloves, minced | Salt and pepper to taste |
| 1 cup dried lentils, rinsed | |

Heat olive oil in a large heavy pot and add carrots, leeks, celery, zucchini, onion, and garlic. Cook over low heat, stirring occasionally, for about 10 minutes until vegetables have softened. Add lentils, barley, thyme, and 6 cups broth. Bring to a boil and reduce heat to a simmer. Cook uncovered about 30 minutes, stirring often. Add remaining 2 cups of broth as needed if dry. Add tomatoes, basil, salt, and pepper to taste, and cook 10 more minutes. Stir in parsley and serve. (*servings: 1 legume, 1 grain, 1 category 2 vegetable, 1 oil, free veggies*)

Stir-Fried Eggplant and Tomatoes

(serves 6)

- | | |
|---|--|
| 1½ Tbsp. olive oil | 2 Tbsp. balsamic or red wine vinegar |
| 1 eggplant, peeled and diced | 1 tsp. dried oregano |
| 1-2 celery stalks, sliced | 2 leaves fresh basil (or ¼ tsp. dried) |
| 1 medium onion, diced | Salt and pepper to taste |
| 1 garlic clove, minced | |
| 2 medium or 4 plum tomatoes, coarsely chopped | |

Heat olive oil in a wok or large skillet and stir-fry eggplant, celery, and onion over medium heat for 7-10 minutes. Add remaining ingredients; cover and simmer for an additional 25 minutes. Add salt and pepper to taste. Serve immediately. (*servings: 1 oil, free veggies*)

Basic Salad Dressing

(serves 6, serving size 2 Tbsp.)

¼ cup flaxseed oil and olive oil
3 Tbsp. Balsamic vinegar (any
vinegar is fine but this one
has the richest flavor)
2-3 Tbsp. water
1 tsp. Dijon-type mustard

1-3 cloves fresh garlic (use either
whole pieces for flavor, or
crushed for a stronger taste)
Salt and pepper to taste
Oregano, basil, parsley, tarragon,
or any herbs of your liking,
fresh or dried

In a jar that has a secure lid, add vinegar, water, and mustard and shake well to thoroughly dissolve mustard. Then add oil and remaining ingredients and shake well again. Store in refrigerator and shake well before using. It will harden when refrigerated and will need 5-10 minutes to reliquefy. (Amounts are approximate—you may wish to use less or more of certain ingredients to suit your personal taste.) (*servings: 2 oils*)

Peach/Apricot Frothy

(serves 8)

2 envelopes unflavored gelatin
2 Tbsp. apple juice
concentrate*
6 Tbsp. water
7 cups sliced fresh or frozen
peaches or apricots (or
substitute canned in its own
juice)

In small mixing bowl, soften gelatin in apple juice concentrate mixed with 6 Tbsp. water. Put peach or apricot slices in blender and blend until they become liquid. Bring to boil and add to gelatin; stir until thoroughly dissolved. Chill until it begins to thicken. Beat on high speed with mixer until fluffy and doubled in volume. Chill again. Mound into sherbet glasses or serve from glass serving bowl. Garnish with 1 whole strawberry. (*servings: 1 fruit*)

*While fruit juice is generally not allowed on this program, the amount contained in this recipe is insignificant.

Quinoa Mexican Style

(serves 8)

½ pound onions, chopped
1 tsp. minced garlic
½ Tbsp. olive oil
1 cup quinoa, rinsed in
cool water
1 cup chicken stock
1 cup drained, Italian plum
tomatoes

1 cup tomato juice from
canned tomatoes
½-1 whole jalapeño or serrano
chili, seeded or chopped
2 Tbsp. chopped fresh
coriander

Sauté the onion and garlic in hot oil in a large heavy-bottom pot. When onions are soft, add quinoa, chicken stock, plum tomatoes, tomato juice, and chili pepper. Bring to boil; reduce heat; cover and cook for about 10 minutes, until quinoa is tender. Sprinkle the coriander over quinoa mixture and serve. (*servings: 1 grain*)

Split Pea Soup

(serves 10)

3 cups split peas, well rinsed
1 bay leaf
8 cups chicken broth or water
1 tsp. mustard powder
1 large onion, chopped
3 stalks celery, chopped
3 medium carrots, diced
2 cloves garlic, minced
Salt and pepper

In a 6-quart pot, combine peas, desired liquid, and bay leaf. Bring to a boil, lower heat, and simmer, partially covered for 20 minutes, stirring occasionally. Add remaining ingredients and continue to simmer for 40 additional minutes, stirring occasionally. Salt and pepper to taste. (*servings: 2 legumes*)

To build your own dietary plan, refer to the **Food Choices** on pages 8-9. Recipes and additional menu planning ideas are available at www.metagenics.com/ultrameal



Exercise Guidelines

It is likely that your healthcare practitioner will recommend adequate exercise while on these plans. 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 5 times a week. (This level of exercise led to improved muscle mass in our UltraMeal research studies).

Tips for Travel and Dining Out

If you travel or take the medical food to work, you can purchase a portable battery-operated mixer (found in many kitchen appliance stores) to use when a blender isn't available. An 8-12 ounce shaker cup with a secure lid is also convenient for mixing the product. For those using UltraMeal, the UltraMeal Bar medical food makes a convenient travel option.

Important note: *Do not premix the medical food and save it for later consumption. The medical food should be consumed within 30 minutes of mixing. Discard any unused portion.*

If you are traveling within the country, you can pack pre-measured servings (2 scoops each) of the medical food into plastic sandwich bags. You can also pack or purchase bottled water to mix with the product. (Bottled or filtered water is preferable to tap water.) When traveling, the medical foods make an excellent breakfast beverage or a simple afternoon meal supplement. Just remember to consume 2 servings of the recommended product daily.

When you know you will be eating meals away from home, it may be best to have the beverage (or bar) before you go out, as you may not be hungry enough to consume the medical food afterwards. Plan ahead.



Questions & Answers

1 Why do I need this dietary plan and medical food?

It appears that some of your health challenges are associated with metabolic syndrome—such as excess body fat, high cholesterol, and other cardiovascular disease (CVD) issues—and/or type 2 diabetes. Underlying these concerns is typically a problem with using insulin efficiently. The dietary program presented in this guide, combined with your medical food, is designed to support insulin and glucose utilization and more, depending on which product your healthcare practitioner has recommended:

UltraMeal Medical Food to nutritionally support the management of metabolic syndrome and associated conditions: central obesity, altered body composition, insulin resistance.

UltraMeal Plus Medical Food to nutritionally support the management of metabolic syndrome and associated cardiovascular issues: hypercholesterolemia, hypertriglyceridemia, hypertension.

UltraGlycemX Medical Food for individuals with hypoglycemia or type 2 diabetes.

2 Why are Metagenics medical foods unique?

Metagenics nutrient-dense medical foods are comprised of specifically selected high quality

proteins, carbohydrates, and fats. They also contain specific blends of fibers, vitamins, minerals, and phytonutrients to nutritionally support your health.

3 What if I am pregnant or nursing?

These programs have not been tested in these situations; therefore, it is not recommended for use at these times.

4 Are these appropriate programs for children?

No. But Metagenics does offer a medical food program geared specifically for children, the Ultracare™ First Start medical food program to nutritionally support the management of metabolic syndrome.

5 I am sensitive to soy. Can I use these products?

UltraGlycemX, UltraMeal, UltraMeal Bar, and UltraMeal Plus medical foods contain soy protein; therefore, if you have a soy sensitivity, these products are not recommended. Metagenics also offers UltraMeal® RICE and UltraMeal® WHEY functional food formulas with a low-glycemic-index to promote healthy body composition in those who may be sensitive to soy.

6 How long do I need to remain on this program?

That really depends on your health goals. Clinical experience suggests that you should begin to see benefit within 4 weeks. Depending on your health goals, and in consultation with your healthcare provider, you may decide to continue the program as is or in some modified version for a longer period of time.

7 Should I discontinue prescription medications while on this program?

No. Medications should be carefully monitored by your healthcare provider. Only in conjunction with him or her should you make a decision to change a prescription medication.

8 Can I drink coffee, tea, or alcohol?

Although 1 cup of caffeinated coffee or tea per day and 3-4 (5 oz.) glasses of red wine per week are acceptable, this is an individual decision best left up to you and your healthcare practitioner. Large amounts of caffeine may have an effect on blood sugar and therefore insulin release, so it is generally recommended to consume herbal teas or decaffeinated coffee or tea. While alcohol in general may raise blood sugar and insulin, a limited amount of red wine over the course of a week may not have a negative effect.

9 Can I drink low-calorie soft drinks and beverages?

While some soft drinks and drink mixes contain few or no calories, because of their sweet taste, they often leave people desiring other sweet snacks. We therefore do not recommend them. We do recommend consuming 6-8 glasses of water a day, and low-sodium seltzer or mineral water may be used.

10 Can I use this program if I am gluten- and dairy-sensitive?

Yes. The medical foods are formulated to be free of gluten and dairy ingredients. Using the allowable foods in the program, you can make food choices within the program that are gluten- and dairy-free as well.

11 Why are some vegetables (Category 2) found in a separate food group from others (Category 1)?

Category 2 vegetables have more calories and a higher glycemic index than most vegetables. They are to be eaten on a more limited basis than those “unlimited” Category 1 vegetables. Please note that while sweet potatoes and yams are acceptable Category 2 vegetables, corn and other potatoes are not acceptable as either Category 1 or 2 vegetables because they have a very high glycemic index.

12 Can I substitute foods from one food group for another?

Generally not, as each food group has certain characteristics. Because there are some similarities, you may occasionally substitute the dairy group for a fruit group and vice versa. You may also substitute 2 servings oil for 1 serving nuts, and vegetarians may wish to substitute legumes for animal protein.

13 What can I use as a sweetener?

Stevia is an herb that appears to have no negative effects on blood sugar or insulin levels and is many times sweeter than table sugar. Found in most health food stores, stevia is available as a white powder or liquid, and can be used in cooking or added directly to foods. However, if you normally crave sweet foods, you should avoid all sweeteners, including stevia, in order to give your taste buds a chance to appreciate naturally sweet foods such as fruits, carrots, tomatoes, etc.

14 Can I drink juice?

Several pieces of fruit are needed to produce one glass of juice. It is advisable to spread out your 2 or 3 servings of fruit throughout the day rather than to consume them all at once in a glass of juice. Vegetable juice, on the other hand, is mentioned in the “unlimited” Category 1 vegetable list and is acceptable when prepared from the vegetables in that list.

15 Why is flaxseed oil only used in dressings or directly on food?

Flaxseed oil is easily oxidized and becomes rancid if heated. Olive, grapeseed, and canola oils, which are more heat stable, should be used for cooking.

16 If I am allergic to dairy products, will UltraMeal/UltraMeal Plus/UltraGlycemX supply enough calcium in my diet?

UltraGlycemX, UltraMeal, UltraMeal Plus, UltraMeal Rice, and UltraMeal Bar are all excellent sources of non-dairy calcium. Each serving of UltraGlycemX contains 500 mg of calcium, and UltraMeal and UltraMeal Plus contain 600 mg. 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 1-2 servings a day of these medical foods can be a healthy start to maintaining healthy bones. UltraMeal WHEY is suitable for lactose-intolerant individuals and provides non-dairy calcium.

17 Is it true that consumption of soy protein may have beneficial effects on heart disease?

Yes. The FDA has determined that 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.

18 What are plant sterols?

UltraMeal Plus contains 2 grams of plant sterols for heart health. The NIH recommends the consumption of 2 grams of plant sterols daily to promote healthy cholesterol levels. And the American Heart Association recognizes the possible cholesterol-lowering effects of soy protein and adds it to the limited number of foods it recommends for individuals to eat daily to reduce heart disease risk.

19 What should I eat when I've completed the program?

Once you have reached your health goals, you and your healthcare provider should reassess your needs to determine whether you should continue with supplements or dietary changes, continue with UltraMeal/UltraMeal Plus/UltraGlycemX, or possibly, one of the other Metagenics medical food products. A long-term maintenance plan involving the dietary program described in this booklet may help you maintain the health improvements you've made. The dietary portion of the program is a well-balanced, nutrient-dense plan and is acceptable for long-term use.

UltraMeal®
UltraMeal® Plus
UltraGlycemX®
Medical Foods

Researched, developed, and manufactured
by Metagenics, Inc.



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