



# WELCOME to your 5-DAY RESET

Follow these simple guidelines for the next five days to feel the difference a healthy lifestyle can make.

USANA

## Daily Routine



### BREAKFAST

USANA® Nutriméal™ shake mixed with 290-340mL of water  
Add USANA® Probiotic to your morning shake



### AM HealthPak™

### MID-MORNING SNACK (PICK ONE)

Examples:

Two hard-boiled eggs, sprinkled with salt and pepper to taste, along with a sliced medium bell pepper or 1.5 cup of sugar snap peas (200 calories)

Plain Greek yoghurt (170g), mixed with ½ diced medium apple or ½ diced medium banana, sprinkled with crushed walnuts (1 Tbsp.) and a dash of cinnamon (approx. 200 calories)

Whole, raw almonds, about 30 (200 calories)

1 medium apple with 2 Tbsp. unsweetened almond or other nut butter (300 calories)

2 large carrots or 2 cups sugar snap peas and 4 Tbsp. good-quality hummus (approx. 200 calories)



### LUNCH

USANA Nutriméal shake mixed with 290–340mL of water

### AFTERNOON SNACK (PICK ONE)



### PM HealthPak

Examples:

Mixed green salad with 1 large hard-boiled egg, 60g chicken breast, and 100 calories of salad dressing, per label (350 calories)

1 small baked sweet potato, 1 Tbsp. butter, and 1 cup cooked broccoli (250 calories)

1 medium apple with 1 serving of almonds (23 almonds) (250 calories)

2 30g slices of turkey, each rolled with 30g slice of Swiss cheese (275 calories)



### DINNER

USANA Nutriméal shake mixed with 290-340mL of water

## HEALTHY 100-CALORIE SNACK OPTIONS

### FRUITS

1 medium apple  
1 large orange  
2 mandarines  
1 grapefruit  
1 medium pear  
1.5 cup fresh berries (all varieties)



3 cups eggplant  
3 cups asparagus  
1 cup onion  
Lettuce (unlimited)  
Cucumbers (unlimited)  
Celery (unlimited)



### DAIRY

150mL of whole milk  
30g mozzarella cheese  
140–170g nonfat, plain Greek yogurt  
½ cup of 2% cottage cheese or 1 cup nonfat cottage cheese

### NUTS

30 pistachios  
13 walnuts  
15 almonds  
14 cashews  
10 pecan halves  
1 Tbsp. peanut butter



### VEGGIES (cooked or raw):

2 medium carrots  
3 cups chopped broccoli, cabbage, bok choy, or kale  
3 cups squash, all varieties  
2 cups green beans  
3 large whole tomatoes  
3 large bell peppers



### GRAINS

3 cups plain popped popcorn  
1/3 cup dry oatmeal



## The Extras

- Women should strive for **200–250 calories** per snack.
- Men should strive for **300–400 calories** per snack.
- Always take your supplements with food.
- Aim for 2L of water each day.
- Get 20 to 30 minutes of low-impact exercise each day.
- Incorporate an 8:00 p.m. eating cutoff time.
- Shoot for seven to nine hours of sleep each night.
- Make additional healthy snacks as needed - focus on veggies as a first choice.
- PM HealthPak may also be taken with dinner, if preferred.



## Don't Forget

Have fun! Enjoy the journey to better health.

Be sure to share your success using **#USANAreset**

## NUTRIMEAL

**Directions:** Add three (3) scoops of Nutriméal to 290–340 mL of cold water to taste. Blend or shake.

|                      | FRENCH VANILLA         |                      | WILD STRAWBERRY        |                      | DUTCH CHOCOLATE        |                      |
|----------------------|------------------------|----------------------|------------------------|----------------------|------------------------|----------------------|
|                      | Quantity per serving** | Quantity per 100 g** | Quantity per serving** | Quantity per 100 g** | Quantity per serving** | Quantity per 100 g** |
| Energy               | 1082 kJ (259 Cal)      | 1804 kJ (432 Cal)    | 1068 kJ (256 Cal)      | 1781 kJ (427 Cal)    | 1070 kJ (256 Cal)      | 1780 kJ (426 Cal)    |
| Protein              | 15 g                   | 25 g                 | 15 g                   | 25 g                 | 15 g                   | 25 g                 |
| Fat, Total           | 7.4 g                  | 12.3 g               | 7.3 g                  | 12.2 g               | 7.4 g                  | 12.3 g               |
| - Saturated          | 0.8 g                  | 1.3 g                | 0.8 g                  | 1.3 g                | 1 g                    | 1.7 g                |
| - Trans              | 0 g                    | 0 g                  | 0 g                    | 0 g                  | 0 g                    | 0 g                  |
| - Polyunsaturated    | 0.6 g                  | 1.0 g                | 0.7 g                  | 1.2 g                | 0.7 g                  | 1.2 g                |
| - Monounsaturated    | 5.6 g                  | 9.3 g                | 5.7 g                  | 9.5 g                | 5.5 g                  | 9.2 g                |
| Cholesterol          | 0 mg                   | 0 mg                 | 0 mg                   | 0 mg                 | 0 mg                   | 0 mg                 |
| Carbohydrate         | 33 g                   | 55 g                 | 33 g                   | 55 g                 | 32 g                   | 53.7 g               |
| - Sugars             | 18 g                   | 30 g                 | 18 g                   | 30 g                 | 17.2 g                 | 28.7 g               |
| Dietary Fibre, Total | 8.8 g                  | 13.8 g               | 8 g                    | 13.3 g               | 8.2 g                  | 13.6 g               |
| - Soluble Fibre      | 2.8 g                  | 4.7 g                | 4 g                    | 6.7 g                | 2.8 g                  | 4.7 g                |
| - Insoluble Fibre    | 5.2 g                  | 8.7 g                | 4 g                    | 6.7 g                | 5 g                    | 8.3 g                |
| Sodium               | 316 mg                 | 527 mg               | 427 mg                 | 712 mg               | 418 mg                 | 686 mg               |
| Potassium            | 461 mg                 | 768 mg               | 495 mg                 | 825 mg               | 598 mg                 | 986 mg               |
| Vitamin A            | 193 µg (26% RDI†)      | 322 µg               | 192 µg (26% RDI†)      | 320 µg               | 192 µg (26% RDI†)      | 320 µg               |
| Vitamin D            | 2.5 µg (25% RDI†)      | 4.2 µg               | 2.5 µg (25% RDI†)      | 4.2 µg               | 2.5 µg (25% RDI†)      | 4.2 µg               |
| Vitamin E            | 3.5 mg (35% RDI†)      | 5.8 mg               | 3.5 mg (35% RDI†)      | 5.8 mg               | 3.5 mg (35% RDI†)      | 5.8 mg               |
| Vitamin C            | 10.1 mg (25% RDI†)     | 16.8 mg              | 13.8 mg (35% RDI†)     | 23 mg                | 10.3 mg (26% RDI†)     | 17.2 mg              |
| Thiamin              | 0.3 mg (27% RDI†)      | 0.5 mg               | 0.3 mg (27% RDI†)      | 0.5 mg               | 0.3 mg (27% RDI†)      | 0.5 mg               |
| Riboflavin           | 0.5 mg (29% RDI†)      | 0.8 mg               | 0.5 mg (29% RDI†)      | 0.8 mg               | 0.5 mg (29% RDI†)      | 0.8 mg               |
| Niacin               | 2.6 mg (26% RDI†)      | 4.3 mg               | 2.6 mg (26% RDI†)      | 4.3 mg               | 3.3 mg (33% RDI†)      | 5.6 mg               |
| Vitamin B12          | 0.4 mg (25% RDI†)      | 0.67 mg              | 0.4 mg (25% RDI†)      | 0.67 mg              | 0.4 mg (25% RDI†)      | 0.67 mg              |
| Folate               | 81 µg (41% RDI†)       | 135 µg               | 69 µg (35% RDI†)       | 115 µg               | 68 µg (34% RDI†)       | 113 µg               |
| Vitamin B2           | 0.5 µg (25% RDI†)      | 0.8 µg               | 0.5 µg (25% RDI†)      | 0.8 µg               | 0.5 µg (25% RDI†)      | 0.8 µg               |
| Calcium              | 312 mg (39% RDI†)      | 520 mg               | 352 mg (44% RDI†)      | 587 mg               | 338 mg (42% RDI†)      | 563 mg               |
| Phosphorus           | 323 mg (32% RDI†)      | 538 mg               | 283 mg (28% RDI†)      | 472 mg               | 302 mg (30% RDI†)      | 503 mg               |
| Iron                 | 4.8 mg (40% RDI†)      | 8 mg                 | 4.8 mg (40% RDI†)      | 8 mg                 | 4.8 mg (40% RDI†)      | 8 mg                 |
| Magnesium            | 92 mg (29% RDI†)       | 153 mg               | 88 mg (28% RDI†)       | 147 mg               | 107 mg (33% RDI†)      | 178 mg               |
| Zinc                 | 3.4 mg (28% RDI†)      | 5.7 mg               | 3.5 mg (29% RDI†)      | 5.8 mg               | 3.7 mg (31% RDI†)      | 6.2 mg               |
| Iodine               | 40 µg (26% RDI†)       | 67 µg                | 41 µg (27% RDI†)       | 68 µg                | 41 µg (27% RDI†)       | 68 µg                |
| Glycemic Index       | 25 [Low]               | 25 [Low]             | 25 [Low]               | 25 [Low]             | 25 [Low]               | 25 [Low]             |

Serving Size: 1 pouch (60 g)  
Servings Per Container: 30

\* Recommended Dietary Intake (Aust/NZ)  
\*\* Average Quantities

### FRENCH VANILLA

Ingredients: Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Xanthan Gum, Cellulose Gum (Sodium Carboxymethylcellulose)], Oligofructose, Prune Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Milk Protein (Sodium Caseinate), Inulin, Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Sea Salt, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

### WILD STRAWBERRY

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Soy Fibre, Cane Fibre, Strawberry Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Natural Flavours, Inulin, Oligofructose, Colour (Beet Red), Milk Protein (Sodium Caseinate), Sea Salt, Flavour Enhancer (Citric Acid), Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Flavour Enhancer (Malic Acid), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk and wheat. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

### DUTCH CHOCOLATE

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Cocoa (Processed with Alkali), Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oligofructose, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Natural Flavours, Inulin, Oligofructose, Colour (Beet Red), Milk Protein (Sodium Caseinate), Sea Salt, Flavour Enhancer (Citric Acid), Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk and wheat. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame and shellfish.

No gluten-containing ingredients are used in all the three flavours of Nutriméal. However, Nutriméal is produced in a facility that manufactures other products that do use gluten-containing ingredients.

## USANA PROBIOTIC

**Directions:** Add the contents of one stick pack to water, Nutriméal™ or other favourite cold beverage and drink immediately. Take one stick pack every 1-2 days, or as needed, to maintain health intestinal balance of good bacteria.

| NUTRITIONAL INFORMATION |                       |                     |
|-------------------------|-----------------------|---------------------|
|                         | QUANTITY PER SERVING† | QUANTITY PER 100 g† |
|                         | 9 kJ (2 Cal)          | 917 kJ (219 Cal)    |
| Energy                  |                       |                     |
| Protein                 | 0 g                   | 2 g                 |
| Fat, Total              | 0 g                   | 0 g                 |
| - Saturated             | 0 g                   | 0 g                 |
| - Trans                 | 0 g                   | 0 g                 |
| Cholesterol             | 0 g                   | 0 g                 |
| Carbohydrate            | 0.935 g               | 93.5 g              |
| - Sugars                | 0 g                   | 0 g                 |
| Dietary Fibre, total    | 0.3 g                 | 28 g                |
| Sodium                  | 0 mg                  | 0 mg                |

† AVERAGE QUANTITIES

Ingredients: Mannitol, Inulin, Lactobacillus rhamnosus LGG® and Bifidobacterium (BB-12™) strains, Silicon Dioxide.

\*BB-12® is a registered trademark of Chr. Hansen.  
LGG® is a registered trademark of Valio Ltd.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.  
STORE AT ROOM TEMPERATURE (25°C).