

LOSE THE CRAVINGS

RESET™ is the answer to reducing carbohydrate cravings without feeling famished.

The glycemic index is the key to controlling your cravings

It isn't necessary to starve yourself to lose weight. In fact, consistently eating less than 1,000 calories a day may actually slow down your metabolism and make it harder to lose weight. You do, however, need to make smarter choices about what you eat.

When you eat high-glycemic foods it can cause your body's blood glucose levels to quickly spike and then crash, leading to feelings of hunger sooner and seemingly uncontrollable cravings.



A better choice is to eat low-glycemic foods which keep blood glucose levels more stable, helping to reduce carbohydrate cravings, leave you feeling satisfied longer, and control your appetite more easily. All of USANA's Macro-Optimizers are clinically tested and guaranteed to be low glycemic, and nearly 95 percent of RESET participants report significantly reduced carbohydrate cravings after completing the five days.

LOSE THE POUNDS

RESET will help you achieve your ideal weight.

High-glycemic foods and weight gain

After years of continually abusing their bodies through sedentary habits and eating an improper diet of high-glycemic foods that spike their blood glucose levels, many people find it becomes harder and harder for them to lose extra pounds and maintain a healthy weight. A poor lifestyle can cause your body to over-stimulate the release of insulin--the body's storage hormone. In essence, if you keep overeating sugar and high-glycemic carbohydrates, you will be more likely to gain weight.



A nutritionally complete solution to weight loss

RESET is a commonsense approach to nutrition that includes low-glycemic carbohydrates packed with soluble and insoluble fiber, low-fat sources of protein, and beneficial fats. And by eating small, low-calorie meals frequently throughout the day, you will create a caloric deficit without going hungry, making it easier for you to lose weight.

FIND THE NEW YOU

A brand new body and a brand new you.

Whether you want to lose weight or maintain your weight and feel full of energy, RESET™ will help you start a lifetime of healthy habits. When you have completed the five days, you will be on the path to feeling great and looking leaner; your positive results will reinforce your commitment to becoming a healthier you.

THE 5-DAY RESET PROGRAM

A jump-start to healthy living, the 5-Day RESET™ Program can help you overcome carbohydrate cravings and start losing weight as you make a break from the typical Western diet.

A better body through balanced nutrition

The 5-Day RESET is simple and convenient. Each day you replace your meals and snacks with USANA's delicious Macro-Optimizer shakes and bars, plus a bonus snack of one serving of fruit and one serving of vegetables. In addition, you should take your USANA® Nutritionals, drink 64-80 ounces of water, and walk briskly for up to 30 minutes daily.



"In a world filled with fad diets that offer little more than short-term solutions for long-term problems, RESET is the first step in beginning a new, healthier lifestyle."

–Dr. Ray Strand, a leading authority on nutritional medicine

Resetting your body has never been easier

The 5-Day RESET kit combines critical components of nutrition you need for healthy weight loss:

- 15 servings of Nutriméal™ (available in a variety pack of Dutch Chocolate, Wild Strawberry, and French Vanilla)
- 5 Peanut Butter Crunch Nutrition Bars
- 5 Iced Lemon Fibergy Bars™
- 5 HealthPak 100™ AM/PM packets
- 1 RESET DVD
- 1 RESET program guide
- 1 RESET magnet

Alleviating potential side effects

Most people are able to complete the 5-Day RESET Program without difficulty. However, for some, this program represents a significant lifestyle change that may result in some minor discomfort, including headaches, fatigue, lightheadedness, or gastrointestinal upset. It is recommended you consult your physician before beginning RESET if you have specific medical conditions or are taking medications.

- If you experience headaches or fatigue or are hungry or lightheaded, eat an additional serving of fruit or vegetables. You will be more successful with RESET if you aren't too hungry.
- If you experience constipation, increase your intake of water. If you experience excessive flatulence or bloating, take an over-the-counter product, such as Beano® that is designed to help with the digestion of beans and legumes. If symptoms are not resolved within 24 hours, discontinue RESET and consult your physician.

TRANSFORM PHASE

To keep up the momentum after you complete the 5-Day RESET™ Program, continue to make healthy habits a way of life. Achieve your ideal weight and Transform your body* by following this simple formula every day:

- Replace two meals with Nutrimeal™ meal replacement shakes.
- Eat one USANA® bar for a snack.
- Eat one low-glycemic meal and one low-glycemic snack.
- Begin following a moderate exercise program. Start by working up to 10,000 steps.
- Take your ESSENTIALS™ or HEALTHPAK 100™.



BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Nutrimeal shake	USANA bar	Nutrimeal shake	Low-glycemic snack*	Low-glycemic meal*
*Plenty of fresh vegetables and fruits				

28-day supply

6 cans Nutrimeal
2 boxes USANA bars
Essentials or HealthPak 100

*"As an Olympic athlete, I always try to stay in shape, and one thing that helps me do that is sticking to a healthy diet with USANA's **Macro-Optimizers.**"*

–Jennifer Azzi, Olympic Gold Medalist and former NCAA champion

During the Transform Phase, feel free to eat plenty of fresh fruits and vegetables along with low-fat proteins; limit high-glycemic foods like sugar, bread, flour, rice, cereal, pasta, and potatoes. You may coffee, or tea, and you may mix your Nutrimeal shakes with milk or soy milk, just remember to keep an eye out for unnecessary calories.

Stay focused on your goal and believe that you can do it! Soon, you will be ready to move on to the Maintain Phase and the rest of your life.

EXERCISE

Fitness is the fast track to health

While using the RESET kit, you should try to walk up to thirty minutes a day, or about 3,000 steps. Once you begin eating more calories again, it is critical that you make a moderate, consistent exercise program a part of your daily life in order to both continue losing weight and to take advantage of the many health benefits that exercise can bring into your life. Exercise burns calories to speed up weight loss, it builds muscle mass, which raises your metabolism, and it helps reduce stress and depression, which can lead to overeating for many people.



To help get you started, the DVD in the RESET kit includes a beginning level workout program, featuring world-renowned athletes Derek Parra and Jennifer Azzi. If you are not in good physical condition, you may not be able to do the whole workout. That's okay, start where you can and gradually work up to it. Just by using the DVD three times a week, plus adding moderate cardiovascular exercise, you will notice positive changes in your body and your energy level.

LOW-GLYCEMIC MEALS & SNACKS

Eating low-glycemic foods throughout the day can help keep your blood glucose levels stable while providing lasting energy. For tips on maintaining a low-glycemic diet, click one of the links to the right.

Low-glycemic breakfasts

Start your day with a healthy breakfast to boost your metabolism. Eating low-glycemic foods will give you energy to get through the morning and won't leave you feeling hungry again an hour later. Try these suggestions for a healthy breakfast:



- A USANA NUTRIMEAL™ shake
- 100% stone-ground, whole-wheat toast topped with low-sugar, natural peanut butter and sliced banana
- Light yogurt mixed with fresh fruit and low-fat granola or bran buds
- Steel-cut or old-fashioned rolled oats cooked in fat-free milk mixed with dried apricots and nuts
- Low-glycemic cold cereal (look for whole grains, oats, and bran) with low-fat milk and fruit; hardboiled egg
- Whole-wheat pita stuffed with scrambled egg; fruit
- Sourdough French toast topped with natural applesauce
- All-bran muffin with low-sugar fruit topping; fruit
- Buckwheat pancakes topped with fruit
- Multi-grain waffles topped with natural applesauce
- Pumpernickel toast topped with melted low-fat cheese; fruit
- Rye toast topped with light cream cheese, fruit
- Vegetable omelet; extra lean turkey bacon; whole-grain toast
- Low-fat cottage cheese with fresh fruit and almonds

Low-glycemic lunches

A light afternoon meal will help you get through the day. If you order out, substitute vegetables or cottage cheese for high-glycemic sides such as chips or fries, choose whole-grain breads, and include some low-fat protein. Here are some other ideas for lunch:

- Homemade or canned soups--vegetable, lentil, black bean, split pea, minestrone, or barley (feel free to add extra vegetables)
- Sandwiches made with lean meats on whole-grain wheat, rye, pumpernickel, or pita bread; fresh vegetables; fruit salad
- Veggie burger with lettuce, tomato, onion, and mustard on whole-wheat bun; cottage cheese
- Pasta salad with vinaigrette dressing; assorted fresh vegetables and low-fat cheese
- Mixed green salad with grilled chicken and vinaigrette dressing; whole-wheat toast topped with natural peanut butter
- Vegetable quiche; sliced tomatoes; fruit
- Light yogurt with fruit; whole-grain muffin with melted low-fat cheese

Low-glycemic dinner

Enjoy the many low-glycemic possibilities available for dinner. Watch out for high-glycemic side dishes and large portion sizes that could sideline your weight loss efforts. Here are some tips to keep your dinner healthy:

- Limit intake of high-glycemic starches--baked or instant mashed potatoes, fries, instant rice, boxed side dish or stuffing mixes, refined white breads
- Choose low-glycemic starches like pasta salad, whole-grain or sourdough breads, baked sweet potatoes, small new potatoes, corn, peas, or basmati rice
- Fill up on fresh, non-starchy vegetables and leafy green salads
- Include lean meats, such as chicken and fish, or substitute legumes for protein
- Try any of the breakfast or lunch suggestions for your evening meal

Low-glycemic desserts

You may not be able to have your cake and eat it too, but you can eat some tasty low-glycemic treats. Try some of these sweets for dessert:

- Home-made pudding lightly sweetened with Agave and topped with fruit
- Natural applesauce with light whipped topping
- A small piece of dark chocolate
- A few chocolate-covered strawberries
- A few chocolate-covered almonds or peanuts
- A couple oatmeal cookies with low-fat milk
- Poached fruit
- Baked apples with dried fruits and nuts

Low-glycemic snacks

Snacking can be the quickest way to undo all of your weight loss efforts. You can stay on track by grabbing some healthy alternatives when you get the munchies. Try these smart snacks:

- A USANA NUTRITION BAR or FIBERGY BAR™
- A small handful of mixed nuts or trail mix
- A small bowl of low-fat popcorn
- A few whole-wheat crackers topped with low-fat cheese
- Celery or a banana topped with natural peanut butter
- Some whole-wheat pita chips topped with hummus
- A handful of baked tortilla chips with fresh salsa
- String cheese and an apple
- Fresh or dried fruit
- A hardboiled egg
- Fresh cut vegetables
- An oat bran muffin
- A 100-percent-juice bar

Tips for maintaining a low-glycemic diet when eating out

Let's face it, everybody loves eating at a restaurant now and then, but it seems almost impossible to make good food choices when faced with so many options. Here are some suggestions for eating well when you're eating out:

- Avoid buffets and other all-you-can-eat restaurants
- Don't go when you're starving; eat a small snack first
- Limit alcoholic beverages
- Keep your hands out of the breadbasket, or even better, ask the server not to bring it
- Go for the salad bar
- Order items that have been prepared healthfully: steamed, broiled, roasted, etc.
- Don't be afraid to ask for substitutions
- If portions are large, split yours with someone
- Keep low-glycemic foods in mind and order the best choice available

The following are some tips for specific types of restaurants:

Chinese

- Order traditional dishes that feature moderate portions of proteins (meat or tofu) stir-fried with an assortment of vegetables and flavorful sauces
- Avoid the fried foods and white sticky rice, order brown rice if available
- Broth-based soups like hot and sour, egg drop, or wonton are good choices
- Order foods cooked in black bean, oyster, Szechwan, or hot mustard sauce

French

- Look for Mediterranean-style items
- Avoid the bread and high-fat sauces
- Order broiled, steamed, or poached foods
- Choose tomato/wine sauces, broth-based soups

Greek

- Choose roasted lamb or chicken dishes prepared with lemon and yogurt
- Order gyros and Greek salads
- Avoid the filo-dough, mounds of feta cheese, and puddles of olive oil
- Try baked fish and chicken dishes that are healthfully prepared

Italian

- Steer clear of the white bread and cheesy, creamy sauces
- Choose tomato or marsala sauces
- Order a half-portion of pasta and combine with a salad
- Go for the thin-crust pizza loaded with vegetables and low-fat cheese

Mexican

- Stay away from the cheese and refried beans
- Order grilled seafood and chicken dishes: tacos, burritos, fajitas
- Ask for low-fat cheese, whole-wheat tortillas, and light sour cream
- Limit guacamole if watching your weight

Thai

- Order dishes that combine proteins (meat or tofu) with vegetables
- Choose curry, chili, basil, lime, and fish sauces
- Opt for long-grain rice over white rice
- Try pad Thai and other stir-fried noodle dishes, ask for less oil to be used in the preparation

MAINTENANCE PHASE

The Maintain Phase is the healthy regimen you will follow for the long-term. Not only will you look great, the USANA® Nutritionals, including the Macro-Optimizers, can help you feel great when used consistently every day:

- Replace one meal with a Nutrimeal™ meal replacement shake, fortified with Fibergy® or SoyaMax™ if desired
- Eat one USANA bar for a snack
- Eat two healthy, low-glycemic meals and one snack
- Continue to develop your fitness level with a consistent exercise program
- Take your ESSENTIALS™ or HEALTHPAK 100™ along with any other Nutritionals you have chosen for your needs (see your Independent Associate for more information)

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Nutrimeal shake	USANA bar	Low-glycemic meal**	Low-glycemic snack	Low-glycemic meal**
** Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes				

28-day supply

3 cans Nutrimeal
2 boxes USANA bars
Essentials or HealthPak 100

"I started taking USANA® Nutritionals one year ago and as a result I feel healthier and stronger. Despite all that I put my body through, I now feel better than ever. Seeing and feeling the results that USANA products had on me inspired me to become a USANA Independent Associate. Let me tell you—I will never look back!"

—José Antonio Rivera, former WBA welterweight champion of the world

During the Maintain Phase, you may begin to reintroduce low- to moderately low-glycemic carbohydrates, such as whole grains, pasta, and potatoes. No food is prohibited; just remember to eat anything in moderation, keeping an eye on calories and the glycemic index. With these healthy habits forming the foundation of your lifestyle, you will have discovered the difference of true health with USANA.