



Metagenics
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UltraMeal® Cardio 360°™ Medical Food Program Guide

Easy-to-Follow Program

To help you achieve your goals for better health, the UltraMeal Cardio 360° medical food program includes a clinically designed combination of 5 important elements designed to fit the way you live.



Targeted Nutrition

UltraMeal Cardio 360°, a medical food, has been scientifically formulated to address dyslipidemia. Your healthcare provider may also recommend targeted nutritional supplements based on your individual health needs.



Simple Exercise

It's important to make time for regular physical activity, which has been demonstrated to help lower LDL-cholesterol and triglycerides and benefit overall cardiovascular function.



Stress Relief

Stress can negatively impact cardiovascular health. In addition to getting 7-8 hours of sleep, make time for at least 1 stress relief activity each day.



Personalized Eating Plan

It's easy to create a well-rounded eating plan with simplified daily food group serving guidelines and a broad variety of delicious choices.



Professional Supervision

For successful clinical outcomes, it's important to follow the guidance of your healthcare provider. Program adjustments may be made to better suit your individual health needs and goals.

Targeted Nutrition with UltraMeal Cardio 360° Medical Food



Metagenics has been an industry leader in the formulation, manufacture, and testing of medical foods for over 25 years. Your healthcare practitioner has recommended UltraMeal Cardio 360° medical food for your specific needs and to lead you on the path to better health as part of a strategic nutritional therapy.

UltraMeal Cardio 360° is formulated to provide specialized support within a nutritional management program for dyslipidemia and may be used for patients who have metabolic syndrome, cardiovascular disease, and/or central obesity with dyslipidemia. It delivers a science-based combination of plant sterols, a beneficial macronutrient ratio, antioxidant nutrients (vitamins C and E), soluble prebiotic fiber, and plant-derived omega-3s with pea/rice or soy protein options—plus a variety of delicious natural flavors.

This revolutionary medical food has been formulated to complement the eating plan for successful outcomes and is designed to fit seamlessly with your daily meal planning. Beverage recipes for UltraMeal Cardio 360° have been provided in this guide, as well as online.



Note: This is a medical food for adults to be administered under the supervision of a healthcare provider. Keep out of reach of children. Do not engage in any diet supplying less than 800 calories per day without medical supervision.

Simple Exercise

The basic exercise recommendations for this program include a minimum of 150 minutes of moderate physical activity per week, unless your healthcare professional outlines other instructions.

If you have been inactive, consider starting with 30 minutes of brisk walking 5 days a week. It is best to begin your walking program on level pathways. When you feel ready, try for a walk up some hills to help your body burn calories faster. Over time, increase your pace and distance, but only if you feel comfortable doing it.

To increase muscle mass and tone your body, incorporate a strength training program (e.g., with weights, resistance bands). Don't forget to stretch before and after any exercise activity to improve flexibility and aid muscle recovery. It is important to consult with your healthcare practitioner before beginning an exercise routine.



Stress Relief

You don't have to make big changes in your life to reduce your stress—just lessen the impact that stressful outcomes can have on you. These quick and simple tips make it easy for you to change your stress—and help you live a healthier life. Take the time for at least one of these activities each day:

- Breathe from your belly
- Take a short walk
- Burst into exercise
- Listen to music
- Dance or sing
- Have a good laugh
- Write in your journal
- Take a power nap



Food Groups and Servings by Daily Calorie Plan

Your healthcare practitioner will help you determine the appropriate amount of daily calories you should consume. Use the chart below to determine the number of servings you should eat from each of the 9 food groups every day. Be sure to include the servings of UltraMeal Cardio 360° and the EPA & DHA omega-3 supplement.

	1200-Calorie Plan	1500-Calorie Plan	1800-Calorie Plan	2000-Calorie Plan	2200-Calorie Plan
	Servings Per Day				
UltraMeal Cardio 360° Medical Food (1 serving = 2 scoops)	2	2	2	2	2
EPA & DHA 720 mg Supplement	2 softgels	2 softgels	2 softgels	2 softgels	2 softgels
Protein (choices are lean)	2	3	3	3	4
Legumes, Beans, Peas & Lentils	1	1	2	3	3
Dairy & Dairy Alternatives	0	1	1	1	1
Nuts & Seeds	1	1	1	2	2
Category 1 Vegetables (non-starchy)	5+	5+	5+	5+	5+
Category 2 Vegetables (starchy)	1	1	1	1	2
Fruits	1	2	3	3	3
Grains & Starches	1	1	2	2	2
Oils & Fats	3	3	4	6	6

See **Recommended Foods List & Serving Sizes** at the back of this guide for the complete variety of foods for each individual group, as well as suggestions for beverages, condiments, and seasonings.



Example of a Personalized Eating & Activity Plan: 1500 Calories

For your convenience, a blank form is provided for you on the inside back cover of this guide to help you plan weekly menus and record daily food intake, water consumption, exercise, and stress-relieving activities. The sample menu below helps illustrate how your daily allotment of foods by category can be combined to make satisfying meals and snacks. Recipes listed in bold font are provided for you in this guide. (Calorie breakdowns are included to help you see how planning by food groups/servings helps you get to your recommended daily total calorie intake.)

Suggestions for Planning and Recording Food Intake & Activities

- Plan a week's menu in advance and then buy all the foods you'll need.
- Try to eat 3 small meals and 2 snacks spread evenly throughout the day—preferably every 2½ to 3 hours. Distributing your food choices over frequent, smaller meals produces significant advantages over the traditional breakfast, lunch, and dinner schedule.
- Don't skip breakfast. Skipping breakfast signals a fasting mode to store fat and burn muscle for energy. Eating a nutritious breakfast can reduce the risk of obesity and metabolic syndrome. However, breakfasts of high-glycemic-index foods (e.g., donuts, bagels, and sugary cereals) increase risk of heart disease and type 2 diabetes.
- Don't skip other meals/snacks, it increases hunger and you may eat too much later. Skipping meals deprives your body of nutrients that ensure program success.
- Strive for keeping snacks/meals on a routine schedule. Try not to eat within 2 hours of bedtime.
- Control portions. Comply with the recommend portion sizes noted for foods within the **Recommended Foods List & Serving Sizes**.
- Try to establish a routine bedtime and wake-up time to ensure proper rest.
- Make appointments with yourself to relax and to exercise. (It's okay if you have to reschedule your activity or break it into shorter time periods throughout the day.)
- Follow your healthcare practitioner's suggestions for water intake and record what you drink each day. (See **Tips & Helpful Information** to aid you in drinking enough water.)

	Menu Plan	Food Group Servings	Cal.
Wake-Up Time: 7:45 am Morning Meal Time: 8:45 am	¾ cup cottage cheese Whole grain rye crackers 3-4 1 cup herbal tea (8 oz.)	1 Protein 1 Grain	150 80 [230]
Morning Snack Time: 10:45 am	Tropical Delight made with UltraMeal Cardio 360° soy protein option in vanilla flavor (includes 8 oz. water)	1 Medical Food, 1 Fruit	[230]
Midday Meal Time: 12:30 pm	Pan-Roasted Chicken, Spinach & Mushrooms (1 serving) Tomato, Basil & White Bean Salad (1 serving) 8 oz. glass of water	1 Protein, 3 Cat. 1 Veg., 1 Oil/Fat 1 Legume, 1/3 Protein, 1 Cat. 1 Veg., 1 Oil/Fat	250 200 [450]
Afternoon Snack Time: 3:45 pm	Chocolate Crème made with UltraMeal Cardio 360° soy protein option in chocolate flavor	1 Medical Food, 1 Dairy Alternative	[230]
Evening Meal Time: 6:15 pm	3 oz. Alaskan wild-caught salmon, cooked Roasted Brussels Sprouts (½ serving)* Roasted NewPotatoes (1 serving)* 8 oz. glass of water with lemon slice	1 Protein 1 Cat. 1 Veg., ½ Oil/Fat 1 Cat. 2 Veg., ½ Oil/Fat	155 38 82 [272]
Evening Snack Time: 8:45 pm	1 small apple 1½ tsp. almond butter 8 oz. glass of water	1 Fruit 1 Nut/Seed	60 45 [105]
Total Calories (if instructed to keep track):			[1520]
Water Servings (not listed above):			
<ul style="list-style-type: none"> 16 oz. bottle water with exercise 8 oz. glass water in the afternoon 			
Activity/Exercise:			
<ul style="list-style-type: none"> 30 minutes strength training at gym; 5 minutes cardio; 5 minutes stretching 			
Relaxation/Sleep:			
<ul style="list-style-type: none"> 7.5 hours sleep; 30 minutes reading 			

* To reduce prep and cooking time, roast potatoes and Brussels sprouts together.

	Recommended Servings	Total Planned/ Consumed Servings	Met Goal
Medical Food	2	2	✓
Proteins	3	3 ¹ / ₃	✓
Legumes, Beans, Peas & Lentils	1	1	✓
Dairy & Dairy Alternatives	1	1	✓
Nuts & Seeds	1	1	✓
Category 1 Vegetable	5+	5	✓
Category 2 Vegetable	1	1	✓
Fruits	2	2	✓
Grains & Starches	1	1	✓
Oils & Fats	3	3	✓
Water Servings	48-64 oz.	64 oz.	✓

Recipes for Your Eating Plan

Tomato, Basil & White Bean Salad

(serves 8 at ~3/4 cup serving)

Servings: 1 Legume, 1 Oil/Fat, 1/3 Protein, 1 Cat. 1 Veg.
200 calories, 19 g carbohydrates, 9 g protein,
10 g fat per serving (including mozzarella)

2 cans (15 oz. each) cannellini beans, drained
and rinsed
1/2 lb. cherry tomatoes or small plum tomatoes, cut
into 1" pieces
1/2 cup fresh basil leaves, torn into 1/2" pieces
1 tsp. sea salt
Freshly ground pepper to taste
1/4 lb. part-skim mozzarella cheese
1/4 cup extra virgin olive oil
3 garlic cloves, minced

Combine beans, tomatoes, basil, and salt in a bowl,
and season with pepper. Add cheese if desired. Heat
oil in a skillet over medium heat. Add garlic and cook,
stirring, until fragrant but not browned, 1 1/2-2 minutes.
Pour over bean mixture and gently toss. Let stand 30
minutes to allow flavors to meld. Salad can be kept at
room temperature (covered) up to 4 hours.

Pan-Roasted Chicken, Spinach & Mushrooms

(serves 4)

Servings: 1 Protein, 3 Cat. 1 Veg., 1 Oil/Fat
250 calories, 18 g carbohydrates, 33 g protein,
6 g fat per serving

1 Tbsp. extra virgin olive oil
1 lb. boneless, skinless chicken breasts cut into pieces
1 bunch green onions, sliced thin, green part
discarded OR 1 large shallot, minced
8 oz. mushrooms, cleaned and sliced
1 clove garlic, minced
1 cup chicken broth or vegetable broth
3 sprigs of fresh thyme or tarragon OR 1 tsp. dried
1 bunch spinach (~1 lb.) OR asparagus, washed and
chopped into large pieces
3 Tbsp. grated Parmesan cheese (DF: omit)
Sea salt and freshly ground black pepper to taste

Preheat oven to 350° F. Heat oil in a heavy, ovenproof
pan over medium heat. Sauté chicken pieces for
about 3 minutes on each side. Remove from pan.
Add onions/shallot, mushrooms, and garlic to pan
and sauté, stirring, for about 3-4 minutes. Be careful
that garlic does not burn. Add broth, thyme, spinach/

asparagus, and top with chicken. Bring mixture to a
boil. Cover pan and bake for about 10-15 minutes,
being sure not to overcook chicken. Season with salt/
pepper to taste, and garnish with Parmesan cheese if
desired. Serve immediately.

Roasted Brussels Sprouts

(serves 4)

Servings: 2 Cat. 1 Veg., 1 Oil/Fat
75 calories, 7 g carbohydrates, 3 g protein, 5 g fat per serving

2 Tbsp. extra virgin olive oil
3/4-1 lb. Brussels sprouts
Sea salt to taste

Preheat oven to 425° F. Brush 1 or 2 baking sheets
with some olive oil. Leave the Brussels sprouts
whole if small and cut in half if large. Toss with olive
oil and spread evenly on the baking sheet(s). Roast
for about 10 minutes. Shake around or toss with a
spoon so that they brown evenly. Roast for another
5 minutes. Taste at this point to see if they are done
to your liking. Allow to cool for a few minutes before
sprinkling with salt and serving. May also serve at
room temperature.

Roasted New Potatoes

(serves 8 at 1/2 cup serving)

Servings: 1 Cat. 2 Veg., 1/2 Oil/Fat
82 calories, 14 g carbohydrates, 2 g protein,
2 g fat per serving

8 small-medium new potatoes (Yukon gold, red
potatoes, Yellow Finn, etc.)
1 Tbsp. extra virgin olive oil, plus extra to spray
4-8 garlic cloves (optional)
Rosemary to taste (optional)
Sea salt and freshly ground black pepper to taste

Preheat oven to 400° F. Wash and cut potatoes into
chunks (not necessary to peel). Put 1 Tbsp. olive oil
in a roasting pan large enough to fit the potatoes
without crowding. Add potatoes and toss around in
oil. Distribute garlic cloves and fresh rosemary sprigs
if using, and add salt and pepper to taste. Roast
for about 45 minutes (or more), depending on how
crunchy you like your potatoes. (You may also use
other spices to create a different flavor.)

Beverage Recipes for UltraMeal Cardio 360°



For these recipes, in a blender add ingredients and blend to desired
consistency. Adjust water or ice for desired thickness. Any added ingredients
must come from the recommended number of daily food group servings.
(Calorie estimations based on 150 calories for the pea/rice protein option.)

Chocolate Crème

215-250 calories

Servings: 1 Medical Food, 1/2-1 Dairy Alternative

2 scoops UltraMeal Cardio 360°: chocolate flavor
8 oz. unsweetened vanilla rice milk OR 1/2 cup rice
milk plus 4-8 oz. water*
2 ice cubes

Blueberry Blast

215 calories

Servings: 1 Medical Food, 3/4 Fruit, (optional)
1/2 Dairy Alternative

2 scoops UltraMeal Cardio 360°: chocolate flavor
8-10 oz. cold water (or 1/2 unsweetened almond milk
and 1/2 water)*
1/2 cup blueberries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Choco-Berry Royale

200 calories

Servings: 1 Medical Food, 1/2 Fruit,
(optional) 1/2 Dairy Alternative

2 scoops UltraMeal Cardio 360°: chocolate flavor
8-10 oz. cold water (or 1/2 unsweetened almond milk
and 1/2 water)*
1/2 cup strawberries or raspberries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Orange Coconut Smoothie

310 calories

Servings: 1 Medical Food, 1 Fruit, 1/2 Dairy Alternative,
1 Oil/Fat

2 scoops UltraMeal Cardio 360°: vanilla flavor
1 medium orange
1/2 cup light coconut milk
1 Tbsp. unsweetened, shredded coconut
4 oz. cold water
2 ice cubes

Peachy Melba

190 calories

Servings: 1 Medical Food, 1 Fruit

2 scoops UltraMeal Cardio 360°: vanilla flavor
8-10 oz. cold water
1/2 cup sliced peaches (fresh or frozen)
1/2 cup raspberries (fresh or frozen)
2 ice cubes (omit if using frozen fruit)

Strawberry Smoothie

216 calories

Servings: 1 Medical Food, 1/2 Fruit

2 scoops UltraMeal Cardio 360°: vanilla flavor
1/2 cup strawberries
1-2 ice cubes
8-10 oz. cold water

Sweet Watercress Smoothie

240 calories

Servings: 1 Medical Food, 1 Cat. 1 Veg., 1 1/2 Fruit, 1 Oil/Fat

2 scoops UltraMeal Cardio 360°: vanilla flavor
1 cup raw watercress
1 small orange
5 strawberries
2 Tbsp. avocado
4 oz. cold water
2 ice cubes

Tropical Delight

240 calories

Servings: 1 Medical Food, 1 Fruit

2 scoops UltraMeal Cardio 360°: vanilla flavor
2 oz. mango juice
1/4 cup frozen mango slices
1-2 ice cubes
6-8 oz. cold water

* Substituting half the suggested amount of water with 4-5 oz.
almond milk adds ~20-25 calories.

How to Customize Your Eating Plan

Below are suggestions for those who may have difficulty following the recommended servings, or who may want to make adjustments to the eating plan to suit personal tastes. Please discuss any modifications with your healthcare provider before implementing on your own.

Food Group	Desired Modification	Suggested Alternates
Fruits	Increase by 1 serving	<ul style="list-style-type: none"> Decrease 1 serving of grains & starches
	Eliminate servings	<ul style="list-style-type: none"> Increase category 2 vegetables (starchy) by 1 serving
Legumes, Beans, Peas & Lentils	Eliminate servings	<ul style="list-style-type: none"> Increase nuts & seeds by 2 servings PLUS add a soluble fiber blend, ½-1 scoop per day OR Increase protein by ½ serving PLUS add a soluble fiber blend, ½-1 scoop per day
Nuts & Seeds	Eliminate servings	<ul style="list-style-type: none"> Increase oils & fats by 1 serving
Grains & Starches	Increase by 1 serving	<ul style="list-style-type: none"> Decrease fruits by 1 serving PLUS increase category 1 vegetables (non-starchy) OR Eliminate category 2 vegetables (starchy) PLUS increase category 1 vegetables (non-starchy)
	Avoiding gluten	<ul style="list-style-type: none"> Focus on gluten-free grains in the food list Look for gluten-free recipes and products
Dairy (animal-sourced)	Making substitutions (e.g., vegetarians, lactose sensitive)	<ul style="list-style-type: none"> Substitute with soy, hazelnut, almond, coconut, rice, cashew, flax, or hemp milk Substitute with soy or coconut yogurt
Protein (animal-sourced)	Making substitutions (e.g., vegetarians)	<ul style="list-style-type: none"> Focus on tofu and tempeh Have eggs and cheese if not vegan 1½ extra servings from the legume category are equal to 1 animal protein serving 2 extra servings of nuts & seeds plus 1 extra oz. of seitan or tempeh or 2 oz. tofu are equal to 1 animal protein serving Focus on category 1 vegetables (non-starchy) with higher protein content, such as collards, kale, broccoli, Swiss chard, spinach, and Brussels sprouts

Tips & Helpful Information

Eating & Snacking

- Eat slowly. It takes 20 minutes for your stomach to send the “full” message to your brain.
- Establish a peaceful eating environment at home/work to eat in a calm, unhurried manner.
- Re-organize your kitchen. Get rid of obvious junk foods high in fat and sugars.
- Plan activities that take you out of the kitchen. Don’t use the kitchen table for paying bills, working on your laptop, etc.
- Recognize events that signal you to eat, such as an argument, hard day, or watching TV. Keep healthy snacks at hand or practice a quick stress relief technique.

Socializing & Dining Out

- Snack first before going out to eat or a party—it will help you eat less.
- Select menu items (or offerings at a party buffet) that closely resemble the list of recommended foods.
- Offer to bring an item to a family gathering or potluck dinner that you know you can enjoy and share with others.
- Ask for a doggie bag before you eat, as restaurant portions can be quite large. Leave an adequate portion on your plate to enjoy immediately and take the rest home for later.
- Try to plan events that don’t revolve around food. Instead get together with friends and do something to keep you active—like meeting up to walk, bike, or play tennis.

Ensuring Adequate Water Intake

- Drinking 8 oz. of water before meals helps fill your stomach and curb overeating.
- Buy a water bottle with marked measure, like a 32-oz. bottle. Fill it as you start your day and aim to empty it twice by the time you finish your evening snack.
- Leave reminder notes on your desk, refrigerator or other places. Or set reminders on your phone or computer.
- Create a “buddy system” with a coworker, friend, or family member for encouragement.
- For more flavorful water, add lemon, orange, or lime slices.
- Herbal teas and sparkling water also count toward water intake and add variety.

Shopping

- Don’t shop for groceries on an empty stomach, as you may succumb to temptation for less healthy items.
- Look for foods (fresh, canned, frozen and seasonings that are USDA-certified organic).
- When you get home, rinse and cut up raw vegetables for quick salads and snacks.

Travel & Work

- Choose portable, healthy snacks (e.g., nuts/seeds, carrots, celery, apples, grapes) for work or short travel.
- Pre-measure servings of UltraMeal Cardio 360° into zippered plastic sandwich bags.
- Buy a small battery-operated mixer or shaker cup for times when a blender isn’t available to mix your medical food.

Recommended Foods List & Serving Sizes

To help ensure program success, please choose foods from this list and pay close attention to serving size and number of daily servings. For ease in menu planning, certain food choices are designated as a protein, fat, dairy, vegetable, etc. Some items naturally cross into several categories but are assigned to the category that reflects its primary benefit for inclusion in the food plan. (Calorie estimations are approximations for streamlined menu planning.)

CARBOHYDRATES

Grains & Starches

Serving size: ½ cup cooked or as indicated
1 serving = approx. 80 calories

- Barley, cooked (1/3 cup)**
- Basmati or other brown rice, cooked (1/3 cup)
- Bread: stone ground wheat, mixed whole grain, 100% whole rye (1 slice)**
- Buckwheat groats
- Bulgur, cooked**
- Millet, cooked (1/3 cup)
- Quinoa, cooked (1/3 cup)
- Spelt or kamut berries, cooked (1/3 cup)**
- Spelt or kamut pasta, cooked (1/3 cup)**
- Steal cut oats, cooked
- Teff (1/3 cup)
- Whole oats, cooked
- Whole wheat berries, cooked (3/4 cup)**
- 100% whole wheat pasta**
- Whole grain rye crackers (3-4)**
- Whole wheat tortilla: 10" across (1/2 tortilla)**
- Whole wheat tortilla, low carb: 6" across (1 tortilla)**
- Whole wheat pita bread: 6" across (1/2 pita)**
- Wild rice, cooked

Note: Avoid partially-hydrogenated oils in breads, crackers, etc.

Legumes, Beans, Peas & Lentils

Serving size: ½ cup cooked, or as indicated
1 serving = 100 calories

- Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, soy, etc.
- Beans: vegetarian refried
- Bean soups (3/4 cup)
- Lentils: brown, green, yellow
- Peas: black-eyed, pigeon peas, split

Note: Organic varieties recommended.

Dairy

Serving size: 1 cup, or as indicated
1 serving = 100-150 calories

- Buttermilk
- Kefir: plain
- Milk
- Yogurt: plain, Greek (4 oz.)

Note: Organic, hormone-free dairy products recommended.

Dairy Alternatives

Serving size: 1 cup (8 oz.), or as indicated
1 serving = 25-75 calories

- Almond milk
- Cashew milk
- Coconut milk, boxed
- Flax milk
- Hazelnut milk
- Hemp milk
- Rice milk (4 oz.)
- Soy milk
- Yogurt: coconut or soy (4 oz.)

Note: Organic, plain, unsweetened recommended.

Fruits

Serving size: as indicated
1 serving = 60 calories

- Apple, fresh (1 small)
- Apples: dried, unsweetened (1/3 cup)
- Applesauce: unsweetened (1/2 cup)
- Apricots: fresh (3 small)
- Apricots: dried, halved, unsweetened (1/4 cup)
- Blackberries (3/4 cup)
- Blueberries (3/4 cup)
- Cantaloupe (1 cup cubed)
- Cherries (12)
- Cranberries (1 cup)
- Fresh figs (2 small)
- Grapefruit (1/2 large)
- Grapes (17 small)
- Honeydew melon (1 slice or 1 cup cubed)
- Kiwi (2 small)
- Loganberries (3/4 cup)
- Mango (1/2 cup)
- Nectarine (1 medium)
- Orange (1 small)
- Papaya (1 cup cubed)
- Peach: fresh (1 medium)
- Peaches: dried, unsweetened (1/3 cup)
- Pear (1 small)
- Persimmon (1/2)
- Pineapple (3/4 cup, cubed)
- Plums: fresh (2 small)
- Plums: dried, unsweetened (1/4 cup)
- Raspberries (1 cup)
- Strawberries (1 1/4 cups sliced)
- Tangerines (1 large)
- Watermelon (1 1/4 cups cubed)

Category 1 Vegetables (Non-Starchy)

Serving size: ½ cup cooked (all veggies), ~2-3 cups raw (leafy greens only), 1 cup raw (all other veggies)

1 serving = 25 calories

- Artichoke
- Asparagus
- Bamboo shoots
- Beans: green, wax, Italian, etc.
- Bean sprouts
- Beets
- Broccoli
- Broccoli flower
- Brussels sprouts*
- Cabbage: green, bok choy, etc.
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon radish
- Eggplant
- Garlic
- Gourds: bitter, bottle, bitter melon
- Green onions or scallions
- Greens: arugula, beet, collard, dandelion, endive, escarole, kale, mustard, Swiss chard, watercress
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Lettuce: all varieties
- Mushrooms
- Okra
- Onions
- Peas: sugar snap, snow
- Peppers: all varieties
- Radishes
- Rutabaga
- Shallots
- Spinach
- Sprouts: all varieties
- Squash: summer, crookneck, delicata, spaghetti, zucchini
- Turnips
- Tomatoes
- Water chestnuts

Category 2 Vegetables (Starchy)

Serving size: ½ cup or as indicated

1 serving = 80 calories

- Parsnips (3/4 cup)
- Peas: green
- Potatoes: Yukon gold or red (3/4 cup or 1/2 medium)
- Squash: acorn (3/4 cup)
- Squash: winter, butternut (1 cup)
- Yam/sweet potato (1/2 cup or 1/2 medium)

PROTEINS

Animal Proteins

Serving size: 3-4 oz. (or as indicated) for cooked poultry, beef, etc. and 3-5 oz. (or as indicated) for fish.

- Beef: very lean with 5% or less fat
- Buffalo, venison, elk
- Cheese: feta (2 oz.)
- Cheese: mozzarella (2 oz. or 1/2 cup shredded)
- Cheese: Parmesan (7 Tbsp.)
- Cheese: ricotta (1/4 cup)
- Chicken breast: no skin
- Cornish hen: breast only
- Cottage cheese (3/4 cup)
- Eggs (2 whole)
- Egg whites (1 cup)
- Fish: herring
- Fish: mackerel (2 oz.)
- Fish: pollock (5 oz.)
- Fish: Alaskan, wild-caught salmon (3 oz.)
- Fish: trout (4 oz.)
- Fish: tuna—skipjack, chunk light (4 oz.)
- Lamb: leg, chop, lean roast
- Pork: tenderloin
- Shellfish: wild-caught oysters (5 oz.)
- Shellfish: scallops (5 oz.)
- Shellfish: shrimp (4 oz.)
- Turkey breast: no skin
- Veal, loin chop, roast

Note: Organic, grass-fed recommended. Meat, poultry, and fish should be grilled, baked, or roasted. Fish may also be poached. Keep cheese intake low due to the saturated fat content.

Plant-Based Proteins

Serving size: as indicated
1 serving = 150 calories

- Edamame (1 cup)
- Hummus (6 Tbsp.)
- Tempeh (3 oz.)
- Tofu (6 oz.)
- Seitan (3 oz.)*

Note: Non-GMO soy products recommended.

* Foods containing natural phytosterols
** Likely sources of gluten

Recommended Foods List & Serving Sizes

Continued from previous page

FATS

Oils & Fats

Serving size: as indicated

1 serving = 45 calories

- Avocado (2 Tbsp.)
- Butter (1 tsp.)
- Canola oil (1 tsp.)*
- Coconut milk: light (3 Tbsp.), regular (1½ Tbsp.)
- Coconut oil (1 tsp.)
- Coconut spread (1½ tsp.)
- Flaxseed oil (1 tsp.)
- Ghee/clarified butter (1 tsp.)
- Grapeseed oil (1 tsp.)
- High oleic safflower oil (1 tsp.)
- Mayonnaise: unsweetened from canola, grapeseed, or olive oil (1 Tbsp.)
- Olive oil: extra virgin (1 tsp.)*
- Olives (8-10 medium)
- Sesame oil (1 tsp.)*

Note: Oils should be cold pressed and non-GMO. Look for butter from organic, grass-fed source. Keep flaxseed oil refrigerated.

Nuts & Seeds

Serving size: as indicated

1 serving = 45 calories

- Almonds (6)*
- Almond butter (1½ tsp.)
- Brazil nuts (2)
- Cashews (6)
- Cashew butter (1½ tsp.)
- Chia seeds (1 Tbsp.)
- Coconut: unsweetened, shredded (1½ Tbsp.)
- Flaxseed, whole (1 Tbsp.)
- Flaxseed, ground (1½ Tbsp.)
- Hazelnuts (5)
- Macadamia (3)
- Pecans (4 halves)
- Pistachios (12)
- Pumpkin seeds (1 Tbsp.)
- Sesame seeds (1 Tbsp.)
- Soy nuts (2 Tbsp.)
- Sunflower seeds (1 Tbsp.)
- Tahini (2 tsp.)
- Walnuts (4 halves)

OTHER

Beverages

- Coffee: organic preferred (1 cup daily)
- Espresso (3 oz.)
- Green tea
- Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.
- Mineral water: still or carbonated
- Water

Note: Drinking 48-64 oz. of water (which includes non-caffeinated beverages from this list) is recommended. Bottled or filtered water is preferable to tap water. Milk and milk alternatives count toward allocated Dairy & Dairy Alternative servings. Any permissible servings of unsweetened fruit/vegetable juices also count toward allocated servings in those individual groups.

Condiments, Herbs & Spices

- Cajun pepper/vinegar sauce**
- Carob
- Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme)
- Fresh or dried spices: any (e.g., chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric)
- Flavored extracts (e.g., almond, coconut, vanilla)**
- Horseradish**
- Garlic
- Ginger
- Lemon
- Lime
- Luo han guo (monk fruit)†
- Miso**
- Mustard**
- Salsa
- Soy sauce/tamari
- Stevia†
- Tomato/spaghetti sauce
- Vinegars

†For these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods.

Note: For all condiments listed, look for unsweetened varieties with no (or minimal) added sugars.

* Foods containing natural phytosterols
** Likely sources of gluten

Personalized Eating & Activity Plan

	Menu Plan	Food Group Servings	Calories
Wake-Up Time:			
Morning Meal Time:			
Morning Snack Time:			
Midday Meal Time:			
Afternoon Snack Time:			
Evening Meal Time:			
Evening Snack Time:			
Total Calories (if instructed to keep track):			
Water Servings (not listed above):			
Activity/Exercise:			
Relaxation/Sleep:			

	Recommended Servings	Total Planned/ Consumed Servings	Met Goal
Medical Food			
Proteins			
Legumes, Beans, Peas & Lentils			
Dairy & Dairy Alternatives			
Nuts & Seeds			
Category 1 Vegetable			
Category 2 Vegetable			
Fruits			
Grains & Starches			
Oils & Fats			
Water Servings			

Make copies of this page to record food and activity each day, as well as help plan weekly menus.

You can also download a .pdf of this form at metagenics.com/ultramealcardio360form