



BIOBALANCE DIET PLAN:

Each meal consists of a balance of Protein, Fat, and Carbohydrates. Choose 1 serving from from each category to compose your meal.

1 PROTEIN, 1 CARBOHYDRATE, 1 FAT.

You may combine partial servings to equal 1 serving, such as two ½ protein servings or ½ grain + ½ vegetable serving to = 1 carbo serving, etc.

If you are losing weight too rapidly, increase your servings to 2 servings from each group. 2 protein, 2 carbohydrate, 2 fat servings per meal for 3-4 meals per day.

Always compose each meal with a balance from each food group! This will aid in better blood sugar control and effective weight control.

Three to four meals are recommended per day. You should discuss this with your physician.

Exercise is also very important and should be individually tailored to your tolerance. Once again, seek your physicians advice concerning your specific exercise program.

BIO BALANCE DIET PLAN

DESIGNED TO BE USED WITH THE ULTRALEAN FAMILY

THE BIOBALANCE DIET PLAN rounds out our approach to better blood sugar management and weight loss. While you the physician may need to fine tune each individual's diet and exercise plan, the BioBalance Diet Plan should get your patient started in the right direction. The basic idea of the BioBalance Diet Plan is to eat whole foods with high nutritional value and low glycemic values. Low glycemic foods are those that digest slowly and promote more steady blood sugar levels. This helps to minimize large fluctuations in blood sugar levels. Foods high in sugar or carbohydrates are minimized or avoided. Foods high in fiber, which slows down the absorption of starch and carbohydrates, are promoted. Protein and essential fatty acids are promoted. These foods naturally help to maintain a steady blood sugar level and aid in keeping you satisfied on your diet. Consider the BioBalance diet to be a lifestyle diet to be followed for good health the rest of your life!

PROTEIN 1 serving per meal (meat, fish, and poultry should be grilled, baked, poached, or roasted)
EACH SERVING EQUALS APPROXIMATELY 150 CALORIES - CHOICES INCLUDE:

- PROTEIN DRINK:** UltraLean, BioCleanse, or BioInflammatory nutrition drink - 1 serving.
- EGGS:** 2 whole eggs, 3 egg whites, or 2/3 cup egg substitute.
- DAIRY:** 1 cup (8oz) nonfat or low fat yogurt or cottage cheese, or nonfat or 1% milk or buttermilk. ½ cup of Ricotta (skim or nonfat). 2 oz or ½ cup shredded Mozzarella (skim or nonfat) cheese. 4 Tablespoons grated Parmesan cheese.
- NON-DAIRY BEVERAGE:** 1 cup of soy milk.
- FISH:** 3 oz Fish/shellfish (occasional shell fish is allowed but not recommended on a regular basis). ¾ cup canned Fish (water packed).
- MEAT & POULTRY:** 3 oz of Chicken, Turkey, Venison, elk, lamb, or buffalo. Beef should be only the leanest cuts and limited to 1x per week. Hamburger is allowed 1-2 times per month (broiled only)
- VEGETARIAN PROTEIN:** 1 cup of Tofu. 3 oz of Tempeh.

FATS 1 serving per meal - CHOICES INCLUDE:

- FATS & OILS:** Each 1 tsp serving equals approximately 40 calories. Use only cold processed oils. Keep oils refrigerated. Olive oil (extra virgin), canola, sesame oil. Non-cooking oils, apply on food cold: flax, pumpkin, walnut. 1 tbsp Avocado, 1 tbsp Eggless Mayonnaise, 1 tsp butter, 8-10 medium ripe or green olives.
- NUTS & SEEDS:** Each 1 tbsp/seed butter serving equals approximately 100 calories. 10-12 whole Almonds or hazelnuts. 7-8 Walnut or pecan halves. 9 Peanuts, 2 tbsp Pistachios, sunflower, pumpkin, sesame seeds.



BIO BALANCE DIET PLAN

ULTRA LEAN FUNCTIONAL FOOD

COMES IN TWO FLAVORS:

Chocolate
Vanilla

RECOMMENDED FOUNDATIONAL SUPPORT:

UltraGenesis Multivitamin/Mineral Complex (with or without iron): It is recommended that all your patients be on a therapeutic balanced multivitamin/mineral supplement. With this in mind, we recommend UltraGenesis. This multivitamin/mineral is rich in antioxidants, coenzyme B vitamins, macro and micro-nutrients chelated to the best mineral transporters for ease of absorption.

CARBOHYDRATES 1 serving per meal. Eat a balance of fruits, vegetables, whole grains and legumes. You may have partial servings from each group to equal 1 serving. As an example you could have 1/3 fruit + 1/3 vegetable + 1/3 whole grain to equal your 1 carbo serving at a particular meal. - CHOICES INCLUDE:

- FRUITS:** LOW GLYCEMIC - Each serving equals approximately 80 calories.
1 med. Apple, 3 med. Apricots, 1 c. Blackberries or Blueberries, 1 ½ c. Raspberries, Strawberries or Watermelon. ½ c. Cherries, Grapes, Loganberries, Mulberries, 1 whole Grapefruit, Cantaloupe, Orange (lg), Guava, Mango, Lemon (lg), Lime (lg), Nectarine (med), Papaya, Peach, Plum (med), Tangerine (med), or Pear (med).
- FRUITS:** HIGH GLYCEMIC - Limit or avoid Bananas, figs, prunes or any dried fruit.
- VEGETABLES:** LOW GLYCEMIC - Each ½ cup serving equals approximately 10-25 calories. Eat fresh, steamed, or juiced. Asparagus, Bean sprouts, Artichokes, Bamboo shoots, Bell peppers, Beet greens, Bok Choy, Broccoli, String Beans, Beets, Brussels Sprouts, Cauliflower, Chives, Celery, Swiss Chard, Collards, Cucumber, Dill Pickles, Eggplant, Parsley, Onions, Leeks, Garlic, Cabbage (all types), Lettuce (all types), Spinach, Radish, Watercress, Kale, Kohlrabi, Mushrooms, Okra, Snow Peas, Sprouts, Tomatoes (technically a fruit), Salsa (sugar free), **SQUASH:** zucchini, yellow, summer or spaghetti. Kelps (all types: dulce, wakami, nori, etc.)
- VEGETABLES:** HIGH GLYCEMIC - These vegetables are best avoided or only eaten occasionally. Each ½ c. serving equals approx. 45 calories. **SQUASH:** Winter, acorn, butternut. **POTATOES:** Sweet or Yams, russet, white, red, etc. Carrots, ½ cup cooked or 2 med. Raw or 12 baby.
- GRAINS:** Preferably whole, unrefined grains: Each ½ cup serving equals approximately 75-100 calories after cooking. Amaranth, teff, quinoa, rice (basmati, brown or wild), barley, buckwheat groats, millet, cracked bulgur wheat, whole wheat, spelt, kamut. **PASTA:** whole wheat, spelt or kamut. **CEREALS:** Whole oats raw 1/3 cup, oatmeal cooked ¾ cup. **CRACKERS:** 3 Rye crackers. **BREADS:** 1 slice sprouted whole grain wheat or whole mixed grains, or rye. **TORTILLA OR PITA BREADS:** ½ slice.
- LEGUMES:** Each ½ cup serving equals approximately 110 calories. Split peas, sweet green peas, lentils, garbanzo beans, pinto beans, kidney beans, black beans, lima beans, navy beans, mung beans, ¼ cup Hummus, ¾ cup Bean soups.

BEVERAGES - UNLIMITED - Decaffeinated Teas (herbal, green), Decaffeinated Coffee, Purified Water, Mineral Water (flavored unsweetened or plain).

CONDIMENTS - UNLIMITED - Cinnamon, mustard, tamari soy sauce, turmeric, ginger, vinegar, lime, lemon, extracts of vanilla, almond, etc., herbs and spices, stevia noncaloric sweetener.