

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 1/2 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

1/2 cup fresh or frozen unsweetened
strawberries, raspberries,
blueberries, or blackberries

1/2 cup unsweetened soy milk

2-4 ice cubes

4-8 oz. water

Added servings: 1/2 dairy, 1/2 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

1/2 cup fresh or frozen strawberries
or berries of choice

2-4 ice cubes

4-8 oz. water

Added servings: 1/2 fruit

Chocolate Banana/Berry

170-180 Calories

2 scoops: UltraMeal Dutch Chocolate
or Banana Blast

UltraMeal Plus Dutch Chocolate
UltraGlycemX Natural Chocolate

1/2 cup unsweetened strawberries or
berries of choice

2-4 ice cubes

4-8 oz. water

Added servings: 1/2 fruit

Chocolate/Mocha Crème

205-215 Calories

2 scoops: UltraMeal Dutch Chocolate
or Mocha

UltraMeal Plus Dutch Chocolate
or Mocha

UltraGlycemX Natural Chocolate

1/2 cup soy milk, plain or vanilla

2-4 ice cubes

3-4 oz. water

Added servings: 1/2 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

1/2 fresh peach

1/2 cup fresh or frozen raspberries

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

4-8 oz. water

Added servings: 1 fruit

Basic Salad Dressing (serves 6, serving size 2 Tbsp.)

1/4 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 or flakes 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)

1/2 pound onions, chopped
1 tsp. minced garlic
1/2 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
1/2-1 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

Lentil Soup

(serves 4)

2 garlic cloves, minced
1 medium onion, chopped
2 celery stalks, chopped
2 large carrots, sliced or chopped
2 quarts water or broth

Salt to taste
Pinch thyme or any preferred seasoning
1½ cups red and/or green dried lentils

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)

Lentil-Barley Stew

(serves 8, serving size 1½ cups)

2 Tbsp. olive oil
4 medium carrots, diced
2 medium leeks (with 3" of green left on), diced
2 celery stalks, diced
2 medium zucchini, diced
1 large onion, diced
2 garlic cloves, minced
1 cup dried lentils, rinsed

½ cup barley
1 tsp. dried thyme
6-8 cups chicken or vegetable broth
2 cups diced tomatoes
1 cup chopped fresh basil leaves
½ cup chopped parsley
Salt and pepper to taste

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)

Barley with Vegetables

(serves 8)

1 cup pearl barley, washed
6 cups water
1 tsp. olive oil
1 small onion, finely chopped
1 small red, yellow, or green pepper, finely chopped

2 ripe tomatoes, finely chopped
½ cup parsley, finely chopped
Salt and pepper to taste

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)

Stir-Fried Eggplant and Tomatoes

(serves 6)

1½ Tbsp. olive oil
1 eggplant, peeled and diced
1-2 celery stalks, sliced
1 medium onion, diced
1 garlic clove, minced
2 medium or 4 plum tomatoes, coarsely chopped

2 Tbsp. balsamic or red wine vinegar
1 tsp. dried oregano
2 leaves fresh basil (or ¼ tsp. dried)
Salt and pepper to taste

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)



**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 1/4 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, 1/4 cup each raw red or green pepper, radishes, cauliflower, 1/4 cup cherry tomatoes, topped with 2 Tbsp. Parmesan cheese and tossed with 1 Tbsp. *Basic Salad Dressing*
4 oz. tomato/vegetable juice
1/2 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** 1 1/2 cups fresh sliced strawberries
(servings: 1 fruit)

Sautéed Cabbage and Fennel

(serves 4)

- 1 Tbsp. olive oil
- 2-3 cloves garlic, minced
- 1/2 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	Carbohydrate	Protein	Fat
1246	49%	25%	26%



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 *Lentil Soup*
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. *Basic Salad Dressing*
(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 *Barley with Vegetables* OR *Quinoa Mexican Style*
6 oz. tomato/vegetable juice
 $1\frac{1}{2}$ cup steamed broccoli, red pepper, mushroom, and onion stir-fried in 1 tsp. olive oil; season to taste
(servings: $1\frac{1}{2}$ proteins, 1 grain, 2 oils, free veggies)
- Snack** 15 cherries
(servings: 1 fruit)



Total Calories
1317

Carbohydrate
47%

Protein
25%

Fat
28%



**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	Carbohydrate	Protein	Fat
1613	47%	28%	25%



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. *Basic Salad Dressing*
(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)



Total Calories	Carbohydrate	Protein	Fat
1605	47%	27%	26%

Side Dishes & Salads

Black Bean Salad

Combine in a bowl:

2 cups black beans	1 cup cherry tomatoes
1 tsp. lemon juice or balsamic vinegar	1-2 tsp. cumin
¼ cup chopped red onion	½ cup chopped yellow bell
pepper	
1 Tbsp. olive oil	3 Tbsp fresh chopped parsley
Mix and chill before serving	(optional)

Hummus

2 cups organic canned garbanzo beans (chickpeas)	1/3 cup lemon juice
1 tsp. cumin	2 Tbsp. olive oil
1 Tbsp. Tahini	2 Cloves garlic, crushed
2 Tbsp. sea salt	paprika as garnish
Dash	

Drain beans and mix all ingredients in food processor. Serve with vegetables.

Red Cabbage-Apple Salad *****

1 small head red cabbage coarsely chopped	2 green onions, chopped
10 radishes, sliced	1 stalk celery, diced
2 granny smith apples unpeeled and shredded	1-2 Tbsp lemon juice
¼ cup of walnuts	3 Tbsp. fresh parsley
2 Tbsp. olive oil	2 Tbsp. balsamic vinegar
Sea salt and pepper to taste	(Refrigerate for 1 hour before serving)

Basic Salad Dressing:

¼ cup flaxseed oil plus 2 Tbsp. olive oil	1 Tbsp. water
2 Tbsp. Vinegar (balsamic or apple cider)	1 tsp. Dijon mustard
Minced garlic, oregano, basil or herbs of choice. Keep in glass jar in refrigerator	

Main Entrees

Mediterranean Shrimp (serves 4, 198 cal., 9g carb, 17g protein, 8g fat)

4 tsp. olive oil
2 cups finely chopped peeled eggplant
1 red onion, chopped
3 garlic cloves, minced
6 plum tomatoes, finely chopped
1 cup water
1 tbsp. chopped oregano
1 lb. medium shrimp, peeled and de-veined
1/3 cub of feta cheese
2 tbsp. chopped fresh parsley

Heat the oil, add eggplant and sauté until lightly browned. Stir in onion and garlic. Add tomatoes, oregano, and water and bring to a boil. Reduce heat and simmer, until most of the liquid evaporates. Add the shrimp to the vegetables and cook, until they are pink. Serve sprinkled with the feta and parsley.

Leftover idea: wrap them in a sprouted wheat tortilla and enjoy for another meal.

Asian Salmon

2 salmon fillets (5-6oz each)
1 cup cooked quinoa
2 cups coarsely chopped bok choy
½ cup sliced shitake mushrooms
2 scallions chopped
1 tbsp of oil (olive, vegetable or sesame)
1 tsp. grated fresh ginger root (optional)
1 garlic clove, pressed
2 tbsp. tamari soy sauce (bragg's liquid amino's can be substituted)

Spread half of the cooked quinoa on the center of foil, then layer the greens, mushrooms, fish and scallions on top. Combine oil, ginger, garlic and soy sauce in a small bowl, and pour half over each serving. Fold the foil into airtight packets and bake for 20 minutes on 450. Be careful when opening because hot steam will be released.

Mediterranean Tilapia

2 tilapia filets (or other white fish: orange roughy, turbot, grouper, flounder)
1 tbsp. olive oil
Pinch of salt and pepper
½ tbsp. dried parsley
1 clove garlic pressed
12-15 spanish olives sliced (optional)
2-3 tbsp. sun dried tomatoes, diced
1 fresh plum tomato, diced
2 tbsp. fresh lemon juice

Combine oil, salt, pepper, lemon juice, parsley and garlic in skillet over medium heat. Once heated add tilapia and sauté tilapia about 3-5 minutes on each side. I like to garnish this dish with crumbled feta cheese.

Wild Rice and Almond Stuffed Pork Chops

1/3 cup celery, finely chopped
1 Green Onion, finely chopped
1 tsp. butter
1 cup cooked wild rice
1 tbsp. sliced almonds
¼ tsp. salt; 1/8 tsp. pepper
4 1 inch cut pork loin chops
1/3 cup apricot butter (or just fruit preserves)
1 tbsp. of dry white wine or apple juice
½ tsp ground cinnamon

Cook celery and onion in butter over medium heat until tender. Stir in rice, almonds, salt and pepper. Cut a deep pocket in each pork chop and press about a ¼ of stuffing mixture into each pork chop. Secure openings with a toothpick. Mix apricot, wine and cinnamon. Grill pork chops 30 minutes brushing occasionally with apricot mixture. Cook until pork is no longer pink.

Crunchy Wasabi Salmon with Lime

¾ cup wasabi peas (look for natural-without artificial coloring)
4 8oz. salmon fillets with skin
1 tbsp. freshly ground lime peel (optional)
2 tbsp. olive oil, divided
½ head of thinly sliced red cabbage
8 oz. trimmed sugar snap peas
2 tbsp. fresh lime juice, lime wedges for garnish

Preheat oven to 400. Blend wasabi peas in processor until ground. Lightly salt salmon, and press wasabi mixture over the top. Sprinkle with grated lime peel. Drizzle with 1 tbsp. of oil. Roast salmon until opaque in center, about 13 minutes. Heat 1 tbsp. of oil in pan and add cabbage and sugar snap peas. Saute about 10 minutes until tender. Season with salt and pepper. Transfer this mix over, under, or on the side of the salmon. Drizzle with lime juice and garnish with a wedge. You can also garnish with fresh parsley or cilantro. *This is a really pretty dish, so it's great for company.*

Greek Stuffed Chicken (or turkey cutlets) with BroccoSprouts

Stuffing: 1 ½ cups of fresh wilted spinach chopped
1 clove of garlic minced
1 cup part skim ricotta or cottage cheese
1 12 cup broccosprouts chopped
½ cup grated parmesan cheese
1 tsp oregano

4 chicken breasts
2 tbsp. olive oil
1/3 cup of dry white wine

Mix stuffing ingredients together. Slit breasts horizontally to make a pocket and fill with stuffing. Secure with a toothpick. Heat oil in pan and add breasts, cooking about 2 minutes per side. Pour in wine, cover with a lid, and reduce heat to medium-low heat. Simmer for about 8 minutes.

Another stuffing option:

Add ½ cup of light sour cream and about ½ cup of shredded pepperjack cheese to spinach and garlic mixture. Stuff chicken and wrap with 1 slice of regular bacon, turkey bacon, or Canadian bacon. Secure with a toothpick and bake at 375 for 35 minutes, then broil for 5 minutes to brown the bacon.