



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® Nutrimeal™ shake mixed with 10-12 oz. 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 yogurt (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)

About 30 raw almonds (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 Nutrimeal shake mixed with 10-12 oz. of water

AFTERNOON SNACK (PICK ONE)

PM HealthPak

Examples:

Mixed green salad with 1 large hard-boiled egg, 2 oz. 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 1-oz. slices of turkey, each rolled with 1-oz. slice of Swiss cheese (275 calories)



DINNER

USANA Nutrimeal shake mixed with 10-12 oz. of water

HEALTHY 100-CALORIE SNACK OPTIONS

FRUITS

- 1 medium apple
- 1 large orange
- 2 tangerines
- 1 grapefruit
- 1 medium pear
- 1.5 cup fresh berries (all varieties)
- 2 cups cantaloupe, honeydew, or watermelon
- 1 medium banana
- 1 extra-large peach or nectarine
- 5 apricots
- 2 plums
- 2 star fruits
- 1 mango
- 20 fresh cherries
- 30 grapes (red or green)



3 cups eggplant

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



DAIRY

- 5 fluid oz. of whole milk
- 1 oz. mozzarella cheese
- 5–6 oz. 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



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 64 ounces 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: For a rich, creamy shake, combine contents of one pouch with 10–12 ounces of cold water to taste, and thoroughly mix in a blender or BlenderBottle® for 45 seconds. Perfect for replacing one or more meals a day.

Nutrition Facts		Dutch Chocolate Flavor	French Vanilla Flavor
Serving Size: 1 pouch		(60 g)	(60 g)
Servings per Container		8	7
		Amount Per Serving	Amount Per Serving
Calories		240	240
Calories from Fat		70	70
		% Daily Value*	% Daily Value*
Total Fat		7 g	11%
Saturated Fat		1 g	5%
Trans Fat		0 g	0%
Cholesterol		0 mg	0%
Sodium		420 mg	18%
Potassium		600 mg	17%
Total Carbohydrate		32 g	11%
Dietary Fiber		8 g	32%
Soluble Fiber		3 g	3 g
Insoluble Fiber		5 g	5 g
Sugars		17 g	18 g
Protein		15 g	30%
* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.		Vitamin A 15%	15%
		Vitamin C 15%	15%
		Calcium 35%	30%
		Iron 35%	30%
		Vitamin D 25%	25%
		Vitamin E 15%	15%
		Thiamin 20%	20%
		Riboflavin 25%	25%
		Niacin 15%	15%
		Vitamin B6 20%	20%
		Folate 15%	20%
		Vitamin B12 8%	8%
		Phosphorus 30%	30%
		Iodine 25%	25%
		Magnesium 25%	25%
		Zinc 25%	25%
		Copper 15%	10%
		Manganese 8%	8%
		Molybdenum 10%	20%

DUTCH CHOCOLATE INGREDIENTS: PROTEIN BLEND (SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN), CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, COCOA, FIBER BLEND (SOY FIBER, CANE FIBER, GUM ARABIC, OLIGOFRUCTOSE, CELLULOSE GUM, XANTHAN GUM, ORGANIC AGAVE INULIN), NATURAL FLAVORS, POTASSIUM PHOSPHATE, PRUNE POWDER (PRUNE, CALCIUM STEARATE), CALCIUM CARBONATE, SODIUM CASEINATE (A MILK DERIVATIVE), SEA SALT, MAGNESIUM OXIDE, SOY LECITHIN, ZINC GLUCONATE, ASCORBIC ACID (VITAMIN C), FERROUS FUMARATE, D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), VITAMIN A PALMITATE, NIACINAMIDE (NIACIN), CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1).

CONTAINS: SOYBEAN AND MILK.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

FRENCH VANILLA INGREDIENTS: SOY PROTEIN ISOLATE, CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, FIBER BLEND (SOY FIBER, CANE FIBER, OLIGOFRUCTOSE, GUM ARABIC, XANTHAN GUM, ORGANIC AGAVE INULIN, CELLULOSE GUM), NATURAL FLAVORS, PRUNE POWDER (PRUNE, CALCIUM STEARATE), POTASSIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM CASEINATE (A MILK DERIVATIVE), MAGNESIUM OXIDE, SOY LECITHIN, SEA SALT, ZINC GLUCONATE, ASCORBIC ACID, FERROUS FUMARATE, D-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), VITAMIN A PALMITATE, NIACINAMIDE (NIACIN), CHOLECALCIFEROL (VITAMIN D), FOLIC ACID, CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1).

CONTAINS: SOYBEAN AND MILK.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

Store at room temperature (25° C).

USANA PROBIOTIC

Dairy free, sugar free, and gluten free.

Directions for Use: Adults, add the contents of one stick pack to your favorite cold food or beverage and consume immediately. Take one stick pack every 1–2 days, or as needed to promote digestive health.*

Supplement Facts

Serving Size: 1 Stick Pack	
Servings Per Container: 14	
Amount Per Serving	%DV
Proprietary Blend (<i>Lactobacillus rhamnosus</i> LGG® †, <i>Bifidobacterium</i> BB-12® †† 12 billion CFU)	†
†Daily Value (DV) not established.	

Ingredients: Mannitol, Inulin, Silicon Dioxide.

†LGG® is a registered trademark of Valio Ltd.

††BB-12® is a registered trademark of Chr. Hansen.

Keep out of reach of children. Consult your physician if you have an autoimmune disorder, are taking immunosuppressant medication, are pregnant or nursing, taking a prescription drug or have a medical condition.

Store at room temperature (25° C).

ORDER EXPRESS: 1-888-950-9595



BIENVENIDO

a su programa

RESET DE 5-DÍAS

Siga estos sencillos lineamientos durante los próximos cinco días para sentir la diferencia que puede hacer un estilo de vida saludable.

USANA

Rutina Diaria



DESAYUNO

Malteada USANA® Nutrimeal™ mezclada con 10-12 oz. de agua (280-340 ml)
Agregue USANA® Probiotic a su malteada de la mañana

HealthPak™ AM

COLACIÓN DE MEDIA MAÑANA (ESCOJA UNA OPCIÓN)

Ejemplos:

Dos huevos duros, espolvoreados con sal y pimienta al gusto, junto con medio pimiento rebanado o 1.5 tazas de guisantes (arvejas) dulces (200 calorías)

Yogurt griego sin sabor (170g) mezclado con media manzana cortada en cubos o con medio plátano cortado en pedacitos, espolvoreado con nueces picadas (1 cucharadita) y una pizca de canela (aprox. 200 calorías)

Unas 30 almendras enteras sin tostar (200 calorías)

1 manzana mediana con 2 cucharadas de mantequilla sin endulzar de almendra o de otro tipo de nueces (300 calorías)

2 zahatorias grandes o 2 tazas de guisantes (arvejas) dulces y 4 cucharadas de hummus de buena calidad (aprox. 200 calorías)



ALMUERZO

Malteada USANA Nutrimeal mezclada con 10-12 oz. de agua (280-340 ml)

COLACIÓN DE LA TARDE (ESCOJA UNA OPCIÓN)

HealthPak PM



Ejemplos:

Ensalada verde mixta con un huevo grande duro, 2 oz. (56 g) pechuga de pollo y 100 calorías de aderezo para ensaladas, conforme a la etiqueta (350 calorías)

1 papa al horno pequeña, 1 cucharada de mantequilla y 1 taza de brócoli cocinado (250 calorías)

1 manzana mediana con 1 porción de almendras (23 almendras) (250 calorías)

2 rebanadas de 1 oz. (28 g) de pavo, cada una enrollada con una rebanada de 1 oz. (28 g) de queso suizo (275 calorías)



CENA

Malteada USANA Nutrimeal mezclada con 10-12 oz. de agua (280-340 ml)

OPCIONES SALUDABLES DE COLACIONES DE 100 CALORÍAS

FRUTAS

1 manzana mediana
1 naranja grande
2 mandarinas
1 toronja
1 pera mediana
1.5 tazas de moras frescas (todas las variedades)
2 tazas de melón, melón chino o sandía
1 plátano mediano
1 durazno o nectarina extra grande
5 chabacanos
2 ciruelas
2 carambolos
1 mango
20 cerezas frescas
30 uvas (rojas o verdes)



VERDURAS (cocinadas o crudas)

2 zanahorias medianas
3 tazas de brócoli, col, bok choy o kale
3 tazas de calabaza, todas las variedades
2 tazas de judías verdes (ejotes)
3 tomates completos grandes
3 pimientos grandes
3 tazas de berenjena

3 taza de espárragos
1 taza de cebolla
Lechuga (ilimitada)
Pepinos (ilimitados)
Apio (ilimitado)



LÁCTEOS

5 oz. fluidas de leche entera (147 ml)
1 oz. de queso mozzarella (28 g)
5-6 oz. De yogurt griego natural, sin grasa (147-177 ml)
½ taza de queso cottage 2% o 1 taza de queso cottage sin grasa

NUECES

30 pistaches
13 nueces
15 almendras
14 nueces de la India
10 mitades de nueces pecanas
1 cucharada de crema de cacahuete



GRANOS

3 tazas de palomitas de maíz sin mantequilla
1/3 taza de avena seca



Los Extras

• Mujeres procuren consumir entre **200 y 250 calorías** por colación.

• Hombres procuren consumir entre **300 y 400 calorías** por colación.

• Siempre tome sus suplementos con sus alimentos.

• Trate de beber 64 onzas (2L) de agua al día.

• Haga entre 20 y 30 minutos de ejercicio de bajo impacto al día.

• No coma después de las 8:00 p.m.

• Trate de dormir entre siete y nueve horas cada noche.

• Tome colaciones adicionales saludables según sea necesario, enfóquese en las verduras como primera opción.

• HealthPak PM también puede tomarse en la cena si así lo prefiere.

No lo olvide...

¡Diviértase! Disfrute su proceso hacia una mejor salud y asegúrese de compartir su éxito utilizando el hashtag **#USANAreset**

USANA HEALTHPAK

Directions: Take one (1) packet in the morning and one (1) packet in the evening, preferably with food.

Supplement Facts

Amount Per Serving	%DV
Vitamin A (as 25% (516 mcg) Retinyl Acetate and 75% (2700 mcg) as Beta Carotene, Mixed Carotenoids)	1804 µg RAE 200%
Vitamin C (as Magnesium, Calcium, Potassium, and Zinc Ascorbates)	500 mg 556%
Vitamin D3 (as Cholecalciferol)	31 µg 155%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg 447%
Vitamin K (as K1 (Phytanadione) 240 µg, and K2 (MK-7 Menaquinone) 30 µg)	210 µg 225%
Thiamine (Vitamin B1)	15 mg 1250%
Riboflavin (Vitamin B2)	15 mg 1154%
Niacin (as Niacin and Nicotinamide)	20 mg NE 125%
Vitamin B6 (as Pyridoxine HCL)	18 mg 941%
Folate (as 300 µg Folic Acid)	500 µg DFE 125%
Vitamin B12 (as Cyanocobalamin)	100 µg 4167%
Biotin	150 µg 500%
Pantothenic Acid (as D-Calcium Pantothenate)	45 mg 900%
Choline (as Choline Bitartrate)	51 mg 9%
Calcium (as Calcium Citrate, Carbonate, and Ascorbate)	238 mg 18%
Iodine (as Potassium Iodide)	250 µg 167%
Magnesium (as Magnesium Citrate, Carbonate, and Ascorbate)	238 mg 97%
Zinc (as Zinc Citrate)	10 mg 91%
Selenium (as L-selenomethionine and Sodium Selenite)	100 µg 182%
Copper (as Copper Gluconate)	1 mg 111%
Manganese (as Manganese Gluconate)	1 mg 43%
Chromium (as Chromium Polynicotinate)	150 µg 429%
Molybdenum (as Molybdenum Citrate)	25 µg 56%
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	40 mg †
Inositol	64 mg †
N-Acetyl L-Cysteine	80 mg †
Coenzyme Q10	6 mg †
Lutein	300 µg †
Lycopene	500 µg †
Silicon (as Calcium Silicate)	4.25 mg †
Boron (as Boron Citrate)	1.83 mg †
Vanadium (as Vanadium Citrate)	20 µg †
Ultra Trace Minerals	1.5 mg †
Intelligence™ Complex and CellSentials™ Booster	
Alpha Lipoic Acid	125 mg †
Quercetin Dihydrate	90 mg †
Pterocarpus Marsupium Extract (Containing Pterostilbene (Pterocarpus marsupium, wood))	50 mg †
Meriva® Bioavailable Curcumin Complex (Curcuma longa L., root)**	35 mg †
Green Tea Extract (Camellia sinensis huml., leaves)	35 mg †
Olivo!® (Olive Fruit Extract, Olea europaea L., fruit)***	25 mg †
Resveratrol	20 mg †
Rutin	20 mg †
Hesperidin (Citrus spp. L., fruit)	20 mg †

† Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Modified Starch, Silicon Dioxide, Vegetable Fatty Acid, Organic Maltodextrin, Ascorbyl Palmitate, Pregelatinized Starch, Modified Cellulose, Vanilla Extract, Organic Sunflower Lecithin, Organic Palm Olein, Organic Guar Gum.

Laboratory tested. Quality guaranteed. Meets USP specification for uniformity, potency, and disintegration, where applicable.

**Meriva® is a registered trademark of Indena S.p.A.

*** Protected under US Patents 6,358,542 or 6,361,803.

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition.

Store in cool, dry conditions. (Below 23° C (73° F))

Individual results may vary. The 5-Day RESET weight-management program lowers your daily caloric intake and recommends moderate exercise for best results. Results will vary.

It is suggested that you take these products to your physician and secure their advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician.

Children under the age of 18 should not participate in the 5-Day RESET program, except on the advice of their physician and/or dietician.

*These statements have not been evaluated by the Food and Drug Administration. The components of the RESET program are foods and are not intended to diagnose, treat, cure, or prevent any disease. As with any health or fitness program, a sensible eating plan and regular exercise are required to achieve long-term results. Results will vary.

Los resultados individuales pueden variar. El programa RESET de 5 días reduce su ingesta calórica diaria y recomienda hacer ejercicio moderado para obtener mejores resultados. Los resultados variarán.

Recomendamos pedir a su médico su opinión respecto al uso de estos productos si pretende cambiar su dieta, comenzar un programa de ejercicios, si padece alguna alergia, si está tomando actualmente algún medicamento o está bajo cuidados médicos, así como durante el embarazo y la lactancia.

Los menores de 18 años no deben seguir el programa RESET de 5 días a menos que sea por recomendación de su médico o nutriólogo.

*Estas afirmaciones no han sido evaluadas por la Administración de Fármacos y Alimentos de los Estados Unidos. Estos productos no tienen como fin diagnosticar, tratar, curar ni prevenir enfermedad alguna.

USANA HEALTH SCIENCES, INC. 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA

ORDER EXPRESS: 1-888-950-9595

MS.000362



歡迎參加五天 健康重整

在接下來的五天，請按照這些簡單的指導方針去做，並感受健康生活方式的差異。

USANA

每日常規



早餐

USANA®營養餐™奶昔，用10-12盎司的水沖泡
將USANA®益生菌添加到早晨的奶昔
健康套裝™上午包



上午點心 (選擇一個)

範例:
水煮蛋兩個，撒上鹽和胡椒粉調味，加上一片中等大小甜椒或1.5杯甜豌豆 (200大卡)
原味希臘優酪乳 (170克)，與中等大小蘋果半個或中等大小香蕉半根，撒上碎核桃 (1湯匙) 和一小片肉桂 (約200大卡)
天然的生杏仁，約30粒 (200大卡)
1個中等大小蘋果，配2湯匙無糖杏仁醬或其他堅果醬 (300大卡)
2根大胡蘿蔔或2杯甜豌豆，和4湯匙優質鷹嘴豆泥 (約200大卡)



午餐

USANA營養餐綜合奶昔，用10-12盎司的水沖泡



下午點心 (選擇一個)

健康套餐下午包
範例:
綠色綜合沙拉配1個大的水煮蛋、2盎司雞胸肉和100大卡的沙拉醬 (按標示取用，每份標示350大卡)
1個小烤番薯，1湯匙奶油和1杯煮熟的青花菜 (250大卡)
1個中等大小蘋果配1份杏仁 (23粒) (250大卡)
2片1盎司火雞肉片，每片卷上1盎司的瑞士奶酪片 (275大卡)



晚餐

USANA營養餐奶昔，用10-12盎司的水沖泡

健康的100大卡點心

水果

1個 中等大小蘋果
1個 大橙子
2個 橘子
1個 葡萄柚
1個 中等大小梨子
1.5杯 新鮮漿果 (所有品種)
2杯 哈密瓜、甜瓜或西瓜
1根 中等大小香蕉
1個 超大桃子或油桃
5個 杏桃
2個 李子
2個 楊桃
1個 芒果
20顆 新鮮櫻桃
30顆 葡萄 (紅色或綠色)



蔬菜 (熟食或生食)

2根 中等大小胡蘿蔔
3杯 切碎的西蘭花、捲心菜、白菜或羽衣甘藍
3杯 南瓜，各種品種
2杯 青豆
3個 大蕃茄
3個 大甜椒
3杯 茄子

3杯 蘆筍

1杯洋蔥
萵苣 (數量無限制)
黃瓜 (數量無限制)
芹菜 (數量無限制)



乳製品

5液盎司 全脂牛奶
1盎司 莫扎里拉乳酪
5-6盎司 脫脂原味希臘優酪乳
½杯2%乳酪 或1杯脫脂乳酪

堅果

30顆 開心果
13顆 核桃
15顆 杏仁
14顆 腰果
5個 山核桃
1湯匙 花生醬



穀物

3杯 原味爆米花
1/3杯 乾燕麥片



補充提示

- 女性每餐點心應攝入200-250大卡。
- 男性每餐點心應攝入300-400大卡。
- 補充品要隨餐服用。
- 每天喝64盎司的水量。
- 每天進行20至30分鐘的低衝擊運動。
- 晚上8點以後不再吃東西。
- 每晚睡足七到九個小時。
- 若需要額外點心，要吃健康的點心—以蔬菜為首選。
- 如果您願意，健康套餐下午包可以和晚餐一起服用。



不要忘記...

享受樂趣！享受踏上更健康的旅程。務必使用
#USANareset標籤與人分享您的成功。