

"When you focus on what you can change in your life, rather than what limits you, you become empowered to become the person you were meant to be."

~ Dr. Diana Galbraith

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MEASURING MY SUCCESS

Self-Assessment:

This questionnaire is for you to compare your health at the beginning and at the end of the program. Complete it now and then again, in 101 Days.

How much energy do you have? Scale of 1 to 5.

1 – I feel tired all the time.

5 – I feel very energized.

How are your stress levels? Scale of 1 to 5.

1 – I feel stressed most of the day.

5 – I feel relaxed and my life is in control.

How happy do you feel? Scale of 1 to 5.

1 – I feel unhappy often and struggle with depression.

2 – I feel happy and on top of the world most of the time.

Do you often struggle with cravings or eating late into the evening? Y N
If yes, please journal on how this affects you.

Do you often have trouble falling asleep? Y N

Do you often have trouble staying asleep? Y N

Do you struggle with digestive issues, such as bloating, indigestion, or gas? Y N
If yes, how often and how severe?

Do you have any muscular-skeletal or joint problems? Y N
If yes, how much does this affect your life?

Do you struggle with any other specific health concerns that are not mentioned above?

Measurements:

Initial Weight:

Initial Waist:

Initial Chest:

Initial Hip:

101-Day Weight:

101-Day Waist:

101-Day Chest:

101-Day Hip:

Before & After Pictures:

Before – Date:

After – Date:

Your Healthy 1st Food Guide

Structured Plan - This is for you if you...

1. Don't have time to prepare a proper lunch.
2. Often eat lunch out.
3. Struggle with intense food cravings.
4. Reach a plateau in your weight loss.
5. Like a more regulated meal plan.

Breakfast

USANA Nutrimeal Shake –

Optional: Add almond milk and/or fresh or frozen fruit,

USANA Essentials & Biomega daily, USANA Probiotics every 2nd day

Snack

USANA Nutrition bar OR

8 almonds with fruit serving OR

4 pecans with fruit serving

Lunch

USANA Nutrimeal Shake – as per breakfast

PLUS: At least 3 servings veggies:

Salad with ½ to 1 tbsp. oil

Cut up veggies with 1 to 2 tbsp. dip or hummus

Snack

USANA Nutrition bar OR

8 almonds with fruit serving OR

4 pecans with fruit serving

Dinner

Prepare healthy meals. Check out the recipes on the website.

Make sure to have at least 3 servings of veggies (about half your plate).

Avoid breads, pasta, rice, corn or potatoes for the first 4 weeks and then have them in limited amounts.

USANA Essentials & USANA Biomega

Snack - ONLY if you are exceptionally hungry or you have been very active

¾ cup plain Greek yogurt with small amount of natural sweetener and/or fruit

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Flex Plan - This is for you if you...

1. Have less than 10 pounds to lose.
2. Have time to prepare and plan 2 meals a day.
3. Rarely eat out.
4. Want a more flexible plan.

Breakfast

USANA Nutrimeal Shake –

Optional: Add almond milk and/or fresh or frozen fruit

USANA Healthpak or Essentials & USANA Biomega

USANA Probiotics every 2nd day

Snack

USANA Nutrition bar OR

Prepare a healthy snack of your choice – make sure that it includes a healthy protein.

Lunch

Check out the recipes on the 1st Get Healthy website or choose your own.

Make sure that at least ½ your plate is covered with veggies (2 to 3 servings).

Avoid breads, pasta, rice, corn or potatoes for the first 4 weeks and then have them only in small amounts.

Snack

USANA Nutrition bar OR

Prepare a healthy snack of your choice – make sure that it includes a healthy protein.

Dinner

Prepare healthy recipes. Check out the recipes on the website.

Make sure to have at least 3 servings of veggies (about half your plate).

Avoid breads, pasta, rice, corn or potatoes for the first 4 weeks and then have them only in small amounts.

USANA Healthpak or Essentials & USANA Biomega

Snack - ONLY if you are exceptionally hungry or you have been very active

¾ cup plain Greek yogurt with small amount of natural sweetener and/or fruit

These plans are based on a moderate activity level. If you are more or less active, you may need to adjust your food intake.

Product Shopping List

Note: All products are gluten free and use non-GMO ingredient sources.

A. Structured Plan:

Nutritionals

USANA Healthpak or Essentials – 1 of either

USANA Biomega - 1

USANA Probiotics - 1

These are all packaged to last 28 days/4 weeks when used as recommended.

Meal & Snack Replacements:

USANA Nutrimeal Shake – 3 - 4 pouches (Each pouch makes 9 shakes)

Choose from Vanilla, Chocolate or Strawberry

If you struggle with food allergies, you may want to choose the Chocolate Whey (which is soy free) or the Nutrimeal Free (which is soy and dairy free).

USANA Nutrition Bars – 2 boxes

Choose from Choco chip, Peanuttty Bliss, Fudge Delight or Berry Nutty

Berry Nutty is the only bar that is soy and dairy free.

B. Flex Plan:

Nutritionals

USANA Healthpak or Essentials – 1 of either

USANA Biomega - 1

USANA Probiotics - 1

These are all packaged to last 28 days/4 weeks when used as recommended.

Meal & Snack Replacements:

USANA Nutrimeal Shake – 6 - 7 pouches (Each pouch makes 9 shakes)

Choose from Vanilla, Chocolate or Strawberry

If you struggle with food allergies, you may want to choose the Chocolate Whey (which is soy free) or the Nutrimeal Free (which is soy and dairy free).

USANA Nutrition Bars – 2 boxes

Choose from Choco chip, Peanuttty Bliss, Fudge Delight or Berry Nutty

Berry Nutty is the only bar that is soy and dairy free.

Option for both A & B: Add the 5-Day Reset to your first month order.

5-Day Reset Quick Guide

You'll receive more information on the 5-day Reset in the program but I have included a daily guide for your convenience. Plan to start the Reset on or after Day 18 of the program. It is best if you have been on the recommended supplements for at least a week before starting the Reset.

Breakfast

USANA Nutrimeal Shake –

Optional: Add almond milk, frozen fruit

USANA Healthpak or Essentials & USANA Biomega

USANA Probiotics every 2nd day

Snack ~ 3 hours later

USANA Nutrition bar

Lunch ~ 3 hours later

USANA Nutrimeal Shake – as per breakfast AND

Salad with ½ to 1 Tbsp. oil OR

Cut up veggies with 1 to 2 Tbsp. hummus OR

Plate of roasted or steamed veggies OR

Vegetable based soup

Snack ~ 3 hours later

USANA Nutrition bar

Dinner ~ 3 hours later

USANA Nutrimeal Shake and Veggies – same as lunch

USANA Healthpak or Essentials & USANA Biomega

You can add unlimited extra veggies (excluding any starchy vegetables such as potatoes, corn, peas and sweet potatoes).

Limit yourself to 1 serving of fruit daily (except berries which are unlimited).

You can also add a few nuts, hummus, or an extra bar if you are feeling too hungry.

Favorite Nutrimeal Recipes:

Basic Recipe (stick to this recipe during 5 day Reset):

3 scoops of Nutrimeal – your choice of flavor

1½ cups of water or 1 cup almond milk & 1/2 cup water

½ cup frozen berries or ½ cup crushed ice

Place all ingredients in a blender and mix until the mixture is smooth. Pour the smoothie into a glass and enjoy!

Chocolate Banana Blast:

3 scoops of Chocolate Nutrimeal

1½ cups of water or 1 cup almond milk & 1/2 cup water

½ cup crushed ice

½ banana

Razzamatazz:

3 scoops of Wild Strawberry Nutrimeal

1½ cups of water or 1 cup almond milk & 1/2 cup water

½ cup frozen raspberries, strawberries or mixed berries

Cranberry or Pomegranate Shake:

3 scoops of Wild Strawberry or Vanilla Nutrimeal

1 cup **UNSWEETENED** cranberry juice or pomegranate juice

1 cup of ice

½ banana

1 tsp. cinnamon

Optional: Fresh berries

Chocolaty Nutty:

3 scoops of Chocolate Nutrimeal

1½ cups of water or 1 cup almond milk & 1/2 cup water

½ cup crushed ice

1 Tbsp. almond butter

If you have any difficulty with constipation or have less than 1 bowel movement / day, you should add ½ - 1 scoop of Fibergy to any of these recipes.

Top 10 Daily 'Healthy 1st' Reminders:

1. Remember to take your supplements every day & twice a day.
2. Avoid food that spikes your blood sugar.
3. Drink at least 6 to 8 glasses of water daily.
4. Have your 'shake' within 1 hour of rising.
5. Avoid eating within 2 hours of bedtime.
6. Aim to get 10,000 steps daily.
7. Don't sit for longer than 1 hour. Get up and move if only for a few minutes.
8. Get a good night's sleep.
9. Love your food - remember to eat slowly (20 minutes) and savor every bite.
10. Focus on '1st Getting Healthy'! Enjoy the journey and celebrate every step you take!

