



**R**eset™



# BETTER RESULTS BY RESET.

The USANA RESET™ weight-management program is simple, convenient, and it works. Each day, you replace your usual meals and snacks with delicious USANA Foods. Plus, you choose one serving of fruit and one serving of vegetables each day. We also supply you with our top-rated supplements in the HealthPak™ pouches included in this kit. We encourage you to stick to the program, drink at least eight glasses (64 ounces) of water daily, and walk for 30 minutes each day for maximum results.

**Congratulations on joining #RESETNATION!**



## Recommended Fruits and Vegetables

Make sure you eat one serving of fruit and one serving of vegetables every day. Here are our top picks:

### VEGGIES

- 1 c. cooked spinach
- 1 c. raw or cooked broccoli
- 1 c. raw or cooked cauliflower
- 1–2 c. cooked squash
- 1–2 c. cooked green beans
- 1 whole tomato
- 3–4 stalks of celery
- 1 whole pepper (all varieties)
- 1 c. raw or cooked carrots

### FRUIT

- 1 medium apple
- 1 medium orange
- 1 c. berries (all varieties)
- 1 c. watermelon
- 1 c. cantaloupe or honeydew
- 1 small banana
- 1 peach or nectarine
- 10–20 fresh cherries
- 1 c. grapes (all varieties)

## Tips to Succeed

- Drink at least 64 ounces of water every day
- Avoid strenuous exercise during the program
- Eat an additional serving of fruit or vegetables if you feel lightheaded
- Walk for 20–30 minutes each day (about 3,000 steps)

# Reset Checklist

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast Shake					
HealthPak					
Snack					
Lunch Shake					
Snack					
Dinner Shake					
HealthPak					
I Fruit Serving					
I Vegetable Serving					

Write down your goals.

You can do this!

Halfway there!

You are strong. Keep going!

Congratulations!  
You've RESET your body.

**Once you've completed this Jumpstart Phase, keep the momentum going with the Transform and Maintain Phases.**

## Transform Phase

**To help you achieve your ideal weight:**

- Replace two meals a day with Nutrimeal™ shakes
- Eat one low-glycemic meal per day
- Eat one USANA Protein Snack and one other low-glycemic snack per day
- Follow a moderate exercise program
- Take your USANA® Essentials™ or HealthPak™ daily

**What you'll need for a 28-day supply:**

- 6 bags of Nutrimeal™
- 2 boxes of our Protein Snacks
- 1 box of USANA Essentials or one HealthPak

## Maintain Phase

**To help you maintain your ideal weight, follow the Transform Phase directions, but replace only one meal a day with a Nutrimeal shake.**

Remember, RESET is just the beginning to the new, healthier you. Find the support you need through these additional resources:

- USANA.com
- Facebook.com/RESETUSANA
- YouTube.com/USANAHealthSciences
- Twitter.com/USANAinc
- USANAtoday.com (for USANA Associates and Preferred Customers only)
- #RESETNATION

## Save with Auto Order!

Pre-order your Transform Phase and Maintain Phase products now to ensure your weight-loss success and save some cash. You can have delicious USANA products delivered right to your door every 28 days—all with an extra 10% off Preferred Pricing. What are you waiting for?



GreenGrit

# YOU GOT THIS.

YOU'RE STRONG. YOU'RE DETERMINED.

YOU WERE BORN TO LEAD A

# HAPPY, HEALTHY LIFE.

AND YOU'VE ALREADY TAKEN THE FIRST STEPS TO GET ON TRACK.

WE KNOW IT'S NOT EASY. **THE BEST THINGS** BUT YOU'VE SET YOUR GOALS, AND YOU KNOW WE'VE GOT YOUR BACK EVERY STEP OF THE WAY. **NEVER ARE.**

CONGRATULATIONS ON RESTARTING YOUR LIFE AND JOINING

# #RESETNATION. NOW GO GET 'EM!

Individual results may vary. RESET weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in 5 days.

It is suggested that you take these products to your physician and secure his/her 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 RESET program, except on the advice of their physician and/or dietician.

## USANA

your health. your life. your way.®

