

5-Day RESET™ Kit

Reinvent yourself with the RESET weight-management system

It's no secret that the key to effective weight management is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes and improving eating habits can often seem like insurmountable tasks. With that in mind, USANA scientists developed the **RESET** weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy foods.



ITEM #251

HEALTH BASICS

- Can help in weight management†
- Works as a scientific alternative to fad diets
- Provides balanced nutrition, including everything you need for weight-management success

CONTROL THE CRAVINGS

All of the USANA® Foods in RESET are developed to help you not feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you manage your weight.† In addition, the fibre content of RESET helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.

The benefits of RESET go beyond weight management. Consisting of three simple phases, this program will not only help you shed pounds, but it will also assist you in making positive changes to your overall lifestyle.

MANAGE YOUR WEIGHT

The RESET 5-Day Jumpstart Phase is not about starvation. It is a nutritionally balanced, low-calorie system to help you kick carbohydrate cravings and find the motivation to keep working toward your total weight-management goal.

FIND THE NEW YOU

After you have completed the first five days with the 5-Day Jumpstart Phase, make the new healthy habits part of your lifestyle by choosing the next phase that is right for you.

FIVE DAYS TO A NEW YOU

The RESET program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three **Nutrimeal™** shakes and eat a USANA Protein Snack, a serving of fruit, and a serving of vegetables. You should also take the **HealthPak™** packets, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day.

The 5-Day RESET Kit is available in a flavour variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry Nutrimeal—that includes everything you need:

- 15 single-serving pouches of **Nutrimeal**
- 10 **HealthPak** packets
- 5 **Fudge Delite™** Protein Snacks
- 2 **Choco Chip™** Protein Snacks
- 3 **Peanutty Bliss™** Protein Snacks

CUSTOMIZE YOUR RESET KIT

Build your own RESET Kit with your choice of Nutrimeal flavours and Protein Snacks. Each custom kit comes with a five-day supply of HealthPaks, a program booklet and food guide, a reminder wristband, and 15 Nutrimeal pouches and 10 Protein Snacks of your choosing.

References

- Van Horn L. Circulation 1997;95(12):2701-4.



MEALS	5-DAY RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	Nutrimeal shake	Nutrimeal shake	Nutrimeal shake
Snack	Protein Snack	Protein Snack	Protein Snack
Lunch	Nutrimeal shake	Nutrimeal shake	Healthy meal** with plenty of fresh vegetables and fruits
Snack	Protein Snack	Healthy snack**	Healthy snack**
Dinner	Nutrimeal shake	Healthy meal** with plenty of fresh vegetables and fruits	Healthy meal** with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	**Begin to reintroduce grains, breads, cereals, rice, pasta, and potatoes	

†Individual results may vary. Weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Average results are 4.5 lb. in five 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.

No gluten-containing ingredients are used in this product. However, Chocolate Whey Nutrimeal is produced in a facility that manufactures other foods that do contain gluten.