

## Sample Menu

### Breakfast

- 2 scoops\* of your recommended medical food, mixed as desired (see Mixing Variations below)
- Hot or cold cereal such as oatmeal, cream of rice, quinoa flakes, crispy brown rice, or puffed millet mixed with rice or almond milk and sliced banana or berries

### Snack

- Apple, peach, or kiwi *or* mixed nuts (no peanuts)

### Lunch

- 2 rice cakes with hummus or sliced turkey, topped with sliced avocado and tomato
- Cup of bean, lentil, or split pea soup
- Or*
- A hearty salad with a variety of raw and steamed vegetables, kidney beans, chick peas, or leftover chicken or fish, such as salmon, tossed with salad dressing (recipe right)

### Snack

- 2 scoops\* of your recommended medical food, mixed as desired
- Raw carrots, green beans, and celery sticks *or* fruit

### Dinner

- *Choose one:* grilled or baked salmon (or other fish), roast turkey, chicken, lamb, or vegetarian chili
- Baked yam or brown rice
- Steamed or stir-fried vegetables such as broccoli, red kale, spinach, cauliflower, bok choy, *or* Brussels sprouts topped with olive or flaxseed oil and herbs of your choice
- Mixed green salad, topped with salad dressing (recipe above)

### Snack

- Rice crackers *or* rice cakes topped with almond butter

### Basic Product Mixing Instructions

Combine 2 scoops\* of your recommended medical food with 8-10 ounces of water or other liquid to desired consistency. Briskly stir or shake, or use a blender to mix well. You may use the product Mixing Variations below to create delicious shakes.

**Mixing Variations:** Mix ingredients in a blender

### UltraClear SUSTAIN shake:

2 scoops UltraClear SUSTAIN\*

8-10 oz. water, rice, or almond milk *or* unsweetened fruit juice

*Optional:* add 2-3 ice cubes and 1 slice of pineapple, 1/4 cup berries, or 1/2 banana

*\*Adjust the amount of product used based on current day in the 25-Day Program*

### Salad Dressing

Mix in jar:

1/4 cup olive, flaxseed, walnut, or sesame oil (may use a combination)

1-2 Tbsp. apple cider vinegar

1 Tbsp. water

Whisk in 1/4 tsp. dry mustard, salt, pepper, garlic cloves (whole or crushed), and herbs to taste (try one or more: oregano, basil, dill, parsley, rosemary, tarragon, turmeric, ginger, thyme)

Shake well in a jar and keep refrigerated. Mixture will harden and will need to sit out for a few minutes before using.

## Guidelines for Using

UltraClear  
**SUSTAIN**<sup>®</sup>

MEDICAL FOOD

Nutritional Support for the Management of  
Leaky Gut Syndrome

*quick-start  
guide*

**Ready...Set...Go!**

UltraClear SUSTAIN<sup>®</sup> is researched, developed, and manufactured by

 **Metagenics**<sup>®</sup>  
Genetic Potential Through Nutrition  
[www.metagenics.com](http://www.metagenics.com)

Are you interested in a quick start to your UltraClear SUSTAIN program? Simply follow these guidelines...

The program is a stepped process divided into three phases:

**Phase 1 (Days 1-7):** During this phase, you will eliminate potentially allergenic foods while you slowly increase the dosage of the medical food your healthcare practitioner has recommended.

**Phase 2 (Days 8-25):** During this phase, you will follow the recommended dietary program along with two servings a day of your medical food.

**Phase 3 (Day 26 and beyond):** During this phase, you will consult with your healthcare practitioner and decide how to continue the program.

### Basic Guidelines and Suggestions

- For best results on your 25-day program, you must carefully adhere to the Basic Dietary Guidelines. Avoiding potentially allergenic foods that may impair your body's ability to heal is a key component of the program.
- Drink at least 64 ounces (8 cups) of filtered water daily.
- If you normally consume significant amounts of caffeinated beverages or simple sugars, you may experience withdrawal headaches if you stop consuming them all at once. For this reason, you may want to gradually decrease your intake of these items before starting the program.
- Many people begin to feel better within a few weeks. However, you may initially experience mild symptoms such as headaches and joint aches. Additionally, because there is added fiber in this program, you may experience some increased gas. These symptoms are usually minor and temporary. If you experience an increase in gas, you may decrease the medical food dosage for a few days before increasing again.
- Adequate sleep and stress reduction are important to the success of this program. Your body is rebuilding and repairing itself—help it along by getting adequate rest.

### 25-Day Program

Days 1-2	Begin to follow the Basic Dietary Guidelines as outlined on the next page. Take ½ scoop of the medical food your healthcare practitioner has recommended twice a day.
Days 3-7	Continue following the Basic Dietary Guidelines. Take 1 scoop of your medical food twice a day.
Days 8-25	Continue following the Basic Dietary Guidelines. Take 2 scoops of your medical food twice a day.

### Basic Dietary Guidelines

	Foods to Include	Foods to Exclude
<b>Fruits</b>	Unsweetened fresh, frozen, water-packed, or canned; unsweetened fruit juices except orange	Oranges
<b>Vegetables</b>	All fresh raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables
<b>Starch (non-gluten)</b>	Brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
<b>Bread/Cereal</b>	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products
<b>Legumes</b>	All beans, peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy products
<b>Nuts and Seeds</b>	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
<b>Meat and Fish</b>	All canned or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
<b>Dairy Products and Milk Substitutes</b>	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, "non-dairy" creamers
<b>Fats</b>	Cold-exPELLER pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed (hydrogenated) oils, mayonnaise, spreads
<b>Beverages</b>	Filtered or distilled water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
<b>Spices and Condiments</b>	All spices unless otherwise indicated. For example, use: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, other condiments
<b>Sweeteners</b>	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, desserts made with these sweeteners