



# PQ GuideBook

Optimal Protein for Optimal Fat Loss

$$\begin{matrix} \uparrow \text{Protein} \\ \downarrow \text{Carbs} \end{matrix} = \begin{matrix} \uparrow \text{Muscle}^* \\ \downarrow \text{Fat} \end{matrix}$$



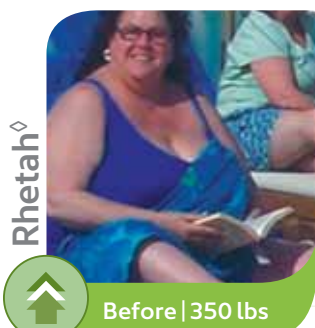
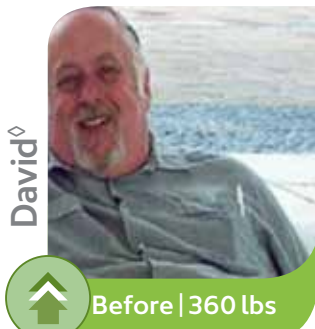
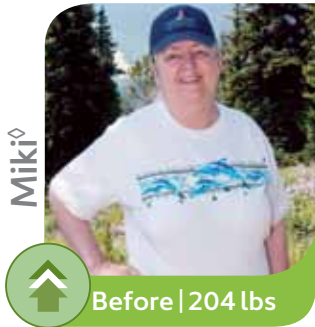
## What's Your PQ?

\*Maintain a higher % of muscle



## How is Protein Quotient™ different?

The PQ Diet™ is a scientifically based weight loss program that delivers optimal protein ratios designed to retrain your body to turn stored **FAT** into **ENERGY!**



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HOW SMART IS THAT?  
LOSE THE **FAT** AND  
MAINTAIN A HIGHER  
% OF **MUSCLE!**  
VERY SMART INDEED!  
WHAT'S YOUR PQ?

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This is not just another "diet." It's a **weight management program** designed to help you **get it off and keep it off!**

### Independent Univera Associates

Happy, healthy (and much thinner) people who have succeeded with PQ after trying and failing on multiple diets.



*"Eat less, exercise more" is useless advice unless it is followed by specific, scientific, sensible and proven instructions. That's the PQ advantage.*

*Stephen Cherniske, CSO, Univera*



## Need more reasons to try PQ?

### Easy to prepare.

- Delicious, fun foods are easy to prepare on your stovetop or in your microwave. Or, easily blend beverages in a Univera Shaker Bottle. Just add water, shake, and enjoy!

### Perfect for on-the-go!

- PQ foods are perfect for on-the-go. Easily fit a day's worth of meals in your purse, laptop case, coat pocket, backpack, gym bag, notebook or travel bag.

### Nutritionally complete.

- Univera supplements provide a combination of plant foods, vitamins, minerals, essential fatty acids, fiber, and a digestive support formula.

### Control hunger and cravings.

- Curbing hunger is important if you are trying to lose weight. Many studies have shown that diets high in protein can help promote satiety, or a feeling of fullness.<sup>1</sup> What's more, because protein helps you feel full with fewer calories, you eat less!

1. Paddon-Jones D et al. Protein, weight management and satiety. *Am J Clin Nutr.* 2008;87(suppl):1558S-1561S.

### Maintain lean muscle mass.

- Studies show that 1 gram of protein for every 2.2 pounds (1 kg) of body weight can help sustain and fuel repair of lean muscle mass.

### Fat loss for good!

- Research suggests that higher protein diets can provide superior results; not only in weight lost, but also in the percentage of fat lost.<sup>2</sup> And...PQ is easy to use with an easy to follow maintenance plan.

2 1. Li Z, Heber D, Sarcopenic obesity in the elderly and strategies for weight management. *Nutr Rev.* 2012 Jan;70(1):57-64. doi: 10.1111/j.1753-4887.2011.00453.x.

Marsett-Baglieri A, Frometin G, et al. Increasing the Protein Content in a Carbohydrate-Free Diet Enhances Fat Loss during 35% but not 75% Energy Restriction in Rats. *J. Nutr.* October 1, 2004vol. 134 n0. 10 2646-2652

Fromentin G, Darcel N, Chaumontet C, Marsset-Baglieri A, Nadkarni N, Tomé D. Peripheral and central mechanisms involved in the control of food intakes by the dietary amino acids and proteins. *Nutr Res Rev.* 2012 May 29:1:11.

### No calorie counting required!

- Nuff said.

**GET STARTED TODAY!**



## Start by putting **FOOD** in perspective!

There are 3 different types of food...

### Foods that can make you **FAT**

Foods with a high carb and fat content, and foods high in sugar



### Foods that can **KEEP YOU FROM LOSING FAT**

While healthy, these foods have a higher sugar or carb content. But not to worry. You will be able to enjoy these delicious foods again after you reach your goal!



### Foods that can **HELP YOU BURN STORED FAT**

Lean proteins, select foods are the key to shifting into fat burning mode!







## What do I get to eat?

The PQ Diet™ provides a delicious variety of protein foods in simple to use packets! You will have several choices for breakfast, lunch, dinner, dessert and snacks...**and we LOVE CHOICES!**

You will also be able to enjoy your own lean protein food selections and a wide variety of vegetables.

Essential nutritional supplements complete this easy to follow **4 Stage program!**

Just what you need to **KEEP THE MUSCLE**  
and **LOSE THE FAT FOR GOOD!**



**PACKET = Strawberry  
Banana Gelatin**  
15 Grams of protein  
2 grams of carbs



**PACKET = Herb &  
Cheese Omelet**  
18 grams of protein  
8 grams of carbs



**PACKET = Café Latte  
Smoothie**  
15 grams of protein  
4 grams of carbs



### THE PROGRAM'S PROTEIN PACKETS INCLUDE A VARIETY OF DELICIOUS CHOICES SUCH AS:

Peach Mango Drink	Flatbread
Café Latte Smoothie	Pancake
Chocolate Pudding/ Mix Drink	Yogurt & Fieldberry Drink
Strawberry Banana Gelatin	Maple Oatmeal
Vanilla Pudding /Mix Drink	Vegetable Chili
Cream of Chicken Soup	Chocolate Cake
Cocoa Drink	Caramel Delight Bar
Herb & Cheese Omelet	Chocolate Decadence Bar

Use these easy-to-prepare foods in a number of delicious recipes!

After | 152 lbs



Carol

Before | 225 lbs



Independent Univera Associate

The PQ Diet™ includes these nutritional supplements with essential nutrients to support optimal health and **maximize your results!**

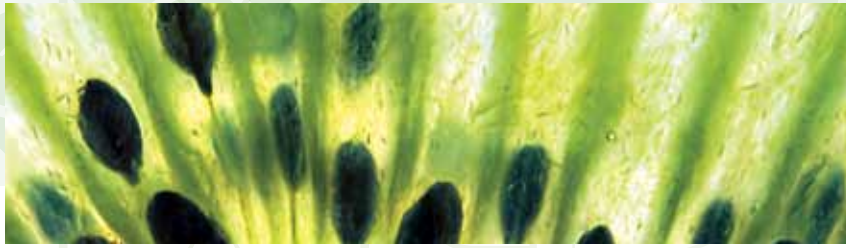
**Calcium and Magnesium™** – Delivers what your body needs for maximum health benefits in a liquid form with zinc and vitamin D3 for maximum absorption.\*

**MegaVitamins™** – Essential vitamins and minerals, plus fruit and vegetable concentrates.\*

**Optimum Omega-3™** – Delivers the highest quality Omega-3 fatty acids, rich in EPA and DHA to support cardiovascular health.\*

**Km®** – Rich in phytonutrients, Km® provides digestive support and is a great source of recommended daily minerals, in particular, potassium and iodine.\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



*You may also want to consider these additional supplements which can...*

## **Promote healthy digestion**

**AloeDophilus<sup>®</sup>** – (sold as VeraDophilus<sup>™</sup> in Canada) – An advanced probiotic designed to fortify the digestive system and replenish intestinal flora.\*

**EnzyDigest<sup>®</sup>** – A comprehensive multi-enzyme formula designed to support the digestive process.\*

**Aloe Gold<sup>®</sup>** – Good health begins with a healthy digestive tract. Drinking Aloe Gold<sup>®</sup> on a daily basis can help support digestion to maintain a healthy GI system.\*

## **Support glucose metabolism**

**Level G<sup>®</sup>** – Represents the latest breakthrough in metabolic support to help maintain normal glucose levels.\*

## **Promote good circulation**

**Rhythmatix<sup>®</sup>** – Supports cardiovascular health and healthy blood circulation.\* Contains Unibex<sup>™</sup>, a proprietary and patented extract, plus heart-healthy resveratrol and coenzyme Q10.

## **Maintain joint flexibility & ease of movement**

**RegeniFREE<sup>®</sup>** – Improve joint comfort and flexibility with Protectin<sup>™</sup>, an award winning, internationally patented compound. Also contains Curcumin, a powerful antioxidative derived from Turmeric root.\*

## **Fill the phytonutrient gap**

**MetaGreens<sup>®</sup>** – A quick, easy burst of nutrition with alkalizing phytonutrients from land and sea.\*

*...all factors which contribute to a successful weight management program.*





## STAGE 1: Lose the FAT!

Follow Stage One until you reach 80% of your goal.

### BREAKFAST

1 Protein packet with tea or coffee  
(1oz of milk and approved sweetener if desired)



### LUNCH

1 Protein packet with 2 cups of  
vegetables and unlimited salad



### DINNER

1 Portion lean protein packet , 2 cups  
of vegetables and unlimited salad



### SNACK

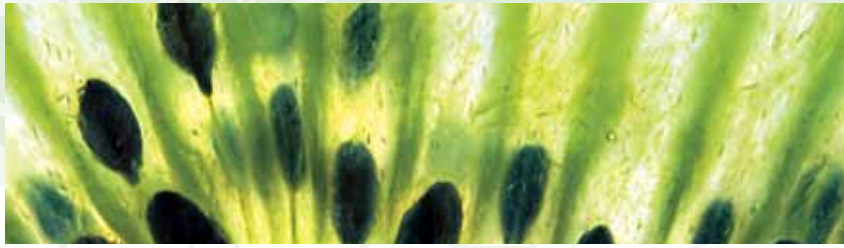
1 Protein packet of your choice, after dinner,  
before bed. Isn't that lovely!



## AND REMEMBER YOUR NUTRITIONAL SUPPLEMENTS!

- **Km<sup>®</sup>**: 1-2 tablespoons (30 ml), twice a day, at any hour, morning and night.
- **Optimum Omega-3<sup>™</sup>**: 3 capsules daily, at any time.
- **MegaVitamins<sup>™</sup>**: 4 caplets daily, with water, preferably in the morning.
- **Calcium and Magnesium<sup>™</sup>**: 1 tablespoon (15 ml) twice a day, with meals.
- **Optional: AloeDophilus<sup>®</sup>** (sold as VeraDophilus<sup>™</sup> in Canada): 1 capsule one or two times daily.
- **Optional: EnzyDigest<sup>®</sup>**: 2 capsules twice a day with food.





## RECOMMENDED LEAN PROTEIN SELECTIONS

**1 portion = 15-20 grams of protein** (1 protein packet or other protein sources)

### Animal source:

Lean cuts of beef, veal, pork and lamb, or poultry, 5 oz. (150g)  
fish or shellfish, 7 oz. (200g)

### Plant source:

Tofu or other **vegetable protein** with zero sugar, approx. 15-20g protein, 9g fat (or less) and 7g carbs (or less).

## VEGETABLES

**Unlimited: at least 2 cups during lunch and dinner**

**Enjoy as much as you'd like!**

Alfafa sprouts, bok choy, celery, cucumber, daikon, endive, fennel, lettuce and greens (all varieties), radish, seaweed, soy bean sprouts, spinach, swiss chard and kale varieties.

**Up to 2 cups per meal**

Asparagus, beet greens, broccoli, cabbage (collard greens, napa, red, savoy), cauliflower, celeriac, eggplant, fiddle heads, garlic, leeks, mushrooms, raw onions and shallots, green peppers, turnip, zucchini.

**Enjoy once or twice per week**

**One selection only! Example: pumpkin once per week and string beans once per week, but not in the same meal.**

1/2 avocado, brussels sprouts, 2-3 hearts of palm, orange and red peppers, pumpkin, sauerkraut, snow peas, string beans (yellow and green), tomatoes and squash (summer, spaghetti).

**Season to Taste!**

Sea salt, pepper, garlic, fresh or dried ginger, zest of lemon or lime, your favorite spices, fresh or dried herbs, chili peppers, curry, curcuma, hot mustard or hot mustard powder, wasabi powder, even soy or tamarind sauce, sparingly. You can vary the taste of your PQ Diet™ puddings with cinnamon, nutmeg, a drop of rose water, fresh ginger, unsweetened cocoa powder, and again, the list goes on and on. Be cautious of commercial condiments with hidden sugar content.

**Allowable Oils (2 tbs per day)**

Extra virgin olive oil, coconut oil, grape seed oil.



## **STAGE 2: Hang in there and reach your goal!**

**Follow Stage 2 until you have lost the last 20% of your weight loss goal.**

You only make one small change. At lunch, have a portion of lean protein of your choice instead of the protein packet. Everything else remains the same.

## **STAGE 3: Transition!**

**Over the next 14 days, reintroduce healthy foods like whole grain bread, muffins or cereal, and fruit.**

- For breakfast, instead of a protein packet, enjoy some lean protein, like 2 eggs, and some healthy carbs or some fruit.
- For lunch, lean protein with vegetables and salad.
- For dinner, lean protein with vegetables and salad.
- For an evening snack: have a yummy protein packet of your choice.

## **STAGE 4: Maintain!**

**Maintenance for life!**

**How can you maintain that fabulous new you? It's EASY with PQ!**

- Eat the healthy foods that you have learned to love during the fat loss phase of the PQ Diet™!
- Start adding healthy carbs, fruit, and healthy fats.
- Continue to enjoy a yummy protein packet as an evening snack.
- Watch your weight...practice healthy body awareness!
- We all have parties and vacations and times when our diet isn't the best, but now you have a great tool to undo the damage. If you see that you are gaining a few pounds, a couple of days of **STAGE 1** eating, and the weight comes right off! Remember, you have trained your body to burn fat!



## ADDITIONAL OPTIONS FOR STAGES 3 and 4:

### Healthy Fats and Proteins

- Lean breakfast meats
- Eggs or egg whites
- 1 sugar-free yogurt
- 6oz (180g) low fat milk
- 2oz (60g) low fat cheese
- 4oz cottage cheese
- ½ avocado
- Small handful of assorted nuts and seeds (Stage 4 only)

### Fruits

- ½ apple, ½ banana, fresh fig, orange, nectarine, tangerine, grapefruit, peach, mango, passion fruit
- 2 apricots or plums
- 7oz (200g) fresh berries, papaya, melon or pineapple
- 1-2 kiwis
- 10 cherries or grapes



Michele

Before | 210 lbs

Independent  
Univera Associate

\*Disclaimer: This statement reflects the actual experience of an independent Univera Associate, is anecdotal only, and may not be typical.

**Testimonial** - When I was approached with the program, I was the most skeptical person there was. I absolutely was NOT interested in another weight loss scheme. However, once I understood the science behind the program, I figured there was something more to this. I started at 210 pounds and lost over 14 pounds in the first two weeks. I am so thrilled to report that as of my last weigh-in I had released 67 pounds and over 50 inches! The PQ Diet™ is the healthiest, safest and easiest program I have ever found. How can it get any better than that?

After | 143 lbs



## Let's Get Started!

Follow the steps below to embark on your journey to a healthier you!

Date	Starting Weight	Chest	Waist	Hips	Thighs
Weight Loss Goal:					

1. **Record Your Starting Numbers** – Enter your starting weight and measurements in the fields above. As you go through your weight loss journey, record your progress weekly in the Program Progress Chart, located on page **24** in this Guidebook. You'll be amazed when you see your numbers (and your waist line) shrink.
2. **Set a Weight Loss Goal** – How many pounds or inches do you want to lose? Set your goal and write it down! Make sure you select a realistic, healthy weight for your body type. Consult with your physician if necessary.
3. **Take a Before Photo** – Choose a plain background and get both full front and side-view images of your full body. You will be glad you did! It is easy to forget (believe it or not) where we came from, how we felt and how we looked. Your picture can be an inspiration for you and the people you know. Don't forget to smile!
4. **Prepare Your House and Kitchen** – First, remove all the foods that will prevent you from reaching your goals, and designate a space to house your PQ foods. Then, use the Shopping Guide in this book to help you stock up on vegetables, whole lean proteins and tasty seasonings you will be enjoying during your transformation!
5. **Make the PQ Commitment** – Dive into the PQ Diet™ 100% and you will be amazed at your results!





## More Tips!

You are now committed and ready to achieve your weight loss goals with the PQ Diet™! Remember, it's not just about losing weight. It's about developing a healthy lifestyle. Follow these recommended tips to create your total body transformation, for life!

### Get Moving!

Exercise will only enhance your success by boosting your metabolism and your well-being. If you don't already exercise, start by taking a daily walk after you complete your first three weeks in Stage 1. A minimum of 20 minutes is all you need to start reaping the benefits.

#### Then, step it up by:

- Parking at the far end of the parking lot row.
- Taking a fifteen minute walk before work.
- Using the stairs instead of the elevator.
- Pacing while you're on the phone.

**If you perform strenuous exercise, (e.g. running) consume an extra protein packet a day.**

The American College of Sports Medicine and the Centers for Disease Control suggest walking 10,000 steps a day as a guideline.

### Drink Plenty of Water!

Water is a vital part of everyone's diet. Consider these important benefits.

- Water helps to flush out toxins.
- Water keeps your kidneys functioning properly.
- Water creates volume in your stomach and can act as an appetite suppressor.

It is suggested you drink the amount of water in ounces equal to half your body weight in pounds, every day. As an example: If you weigh 200 pounds, drink 100 ounces of water a day.



## Select an Accountability Partner

The objective of an accountability partner is to listen and support you to better help you achieve your weight loss goal. Plan to schedule weekly check-ins with your partner by phone, email or in person to log your progress, talk about what is working and what is not, or brainstorm ideas to better support your progress.

## Stick With it

Your body may experience symptoms of withdrawal from sugar and carbohydrates (irritability, fatigue, or cravings for sugar or carbohydrates) during the first three days of the program. These temporary symptoms will improve as your body learns how to burn stored fat. To help you through this transition, increase your water intake and enjoy an extra packet of an everyday food as needed, (but no more than twice a day). Your accountability partner is also there to help and support you. Just remember, it gets easier every day. You CAN do it!

## Record Your Progress

Regularly recording your weight, measurements and food intake will help you track your success and keep you motivated. A Program Progress Chart and a Healthy Meal Planner Form are included in this Guidebook. Use these tools to keep you on track and on target.

## Get to Know Yourself a Little Better

All of life's transitions come with a wide array of feelings and emotions. A healthy way to recognize your thoughts is to write them down. It's an effective way to better understand yourself while also tracking patterns, improvement and growth. Dedicate at least 20 minutes to yourself every day and freely write how you feel in a personal journal. You'll be amazed at what you learn about, well, you!

## Master Your Cravings

Remember, this diet is low in sugar and carbohydrates, so if you wish to add some extra sweetness to your foods, use Stevia, Truvia® or sucralose, avoiding sugar and other artificial sweeteners. If you are a self-described sugar lover, you may want to add Level-G® to your diet program!



## Worried About Salt? Don't Be

As if the PQ Diet™ wasn't already the best weight loss plan, you don't need to worry about salt intake. In fact, adding moderate portions of mineralized sea salt to your food promotes a healthy mineral balance in the body. **Viva la flavor!**

## Discover Delicious PQ Recipes

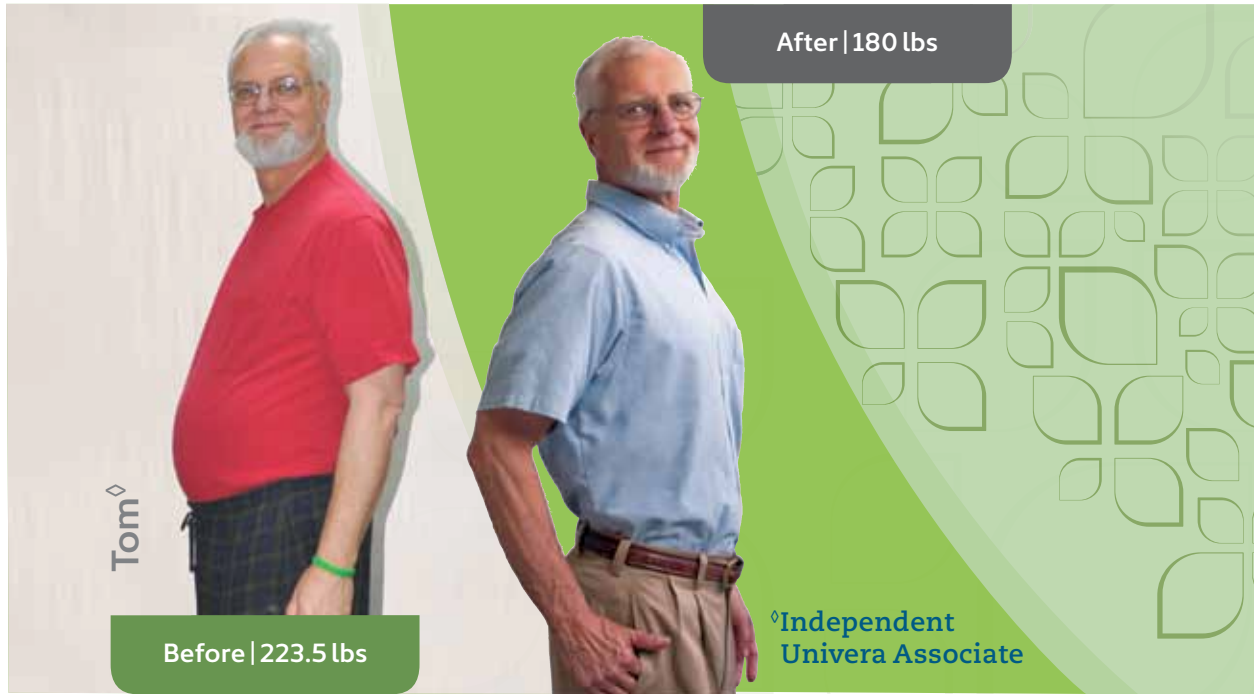
The PQ Diet™ offers creative and delicious ways to prepare your protein packed meals. Flip to the back of this guidebook or visit [PQDiet.com](http://PQDiet.com) regularly for tasty new recipe ideas. Or, don your chef hat and create your own PQ recipe to share with others!

## Keep up with PQ

Visit [PQDiet.com](http://PQDiet.com) or visit our **Facebook** page at [facebook.com/pqdiet](https://facebook.com/pqdiet) for the latest PQ news, recipes, success stories and more!

**SHARE YOUR SUCCESS!** AS YOU LOSE WEIGHT, FRIENDS, FAMILY, CO-WORKERS, ETC. WILL WANT TO KNOW ABOUT YOUR PROGRAM. BE SURE TO ASK YOUR UNIVERA SPONSOR HOW YOU CAN EARN LUCRATIVE INCOME BY REFERRING OTHERS.

**Disclaimer:** If you have any concerns or conditions, or are on any medications, consult your health care professional before starting the Protein Quotient Diet™. Neither Univera, Inc. nor the person who introduced you to this program can accept liability for your health and safety. You alone are responsible for your health. Dieters are strongly recommended to approach this diet program with the close guidance of a health professional, and, in the event of any ill effects from this program, are advised to discontinue use of the products and to seek medical guidance. Univera, Inc., its employees, consultants, and its independent associates will not be liable for any harm or injury caused by failure to follow program instructions. Results are not guaranteed, and individual experiences can, and do, vary.



**NEED SOME HELP CREATING YOUR NEW EATING PLAN? USE THESE MENU SAMPLES, RECIPES AND TIPS TO HELP YOU GET STARTED.**

Simple Menu	
<b>BREAKFAST</b>	<b>AM Supplements</b> <b>1 Pancake packet</b> (use only sugar free syrup if desired)
<b>LUNCH</b>	<b>1 Vegetable Chili packet</b> Large salad with 2 cups of vegetables
<b>DINNER</b>	<b>5oz Steak on the grill</b> 2 to 4 cups of cauliflower and broccoli Salad of allowable vegetables
<b>SNACK</b>	<b>Cocoa Drink</b>

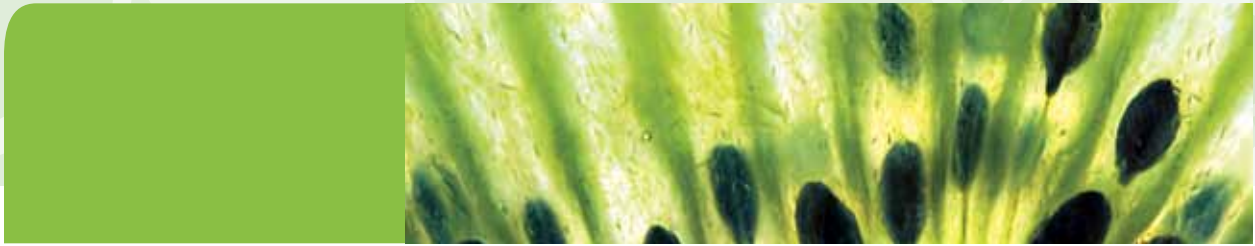




## Gourmet Menu

<b>BREAKFAST</b>	<b>AM Supplements</b>
	Cocoa Drink
<b>LUNCH</b>	
	<p><b>Asparagus and Avocado Wraps (serves 1-2)</b>            12 asparagus spears                      ½ avocado, pitted and peeled            1 clove garlic, minced                      6 large lettuce leaves            1/3 cup fresh cilantro leaves            1 packet of Cream of Chicken Soup</p>
	<p>In a medium-sized saucepan over high heat, bring 2 inches water to a boil. Place the asparagus in a steamer basket, cover, and steam until just tender, approximately 5 minutes. Remove the asparagus and immediately rinse in cold water to stop the cooking process. Drain thoroughly.            In a small bowl, mash the avocado and garlic into a coarse puree.            Top each lettuce leaf with an equal amount of the asparagus and cilantro.  <b>Wrap and serve.</b>            Prepare Cream of Chicken Soup (or other protein packet of your choice) according to package instructions.</p>
<b>DINNER</b>	<b>PM Supplements</b>
	<p><b>Roasted Cauliflower &amp; Garlic (2 or more servings)</b>            1 medium (2 pound) head of cauliflower, cut into 1 1/2-inch florets            16 medium to large cloves garlic, unpeeled but separated from each other            1 6-inch sprig rosemary            2 tbsp olive oil            Salt and freshly ground black pepper</p>
	<p>Preheat oven to 400 degrees. Spray a rimmed baking sheet with nonstick cooking spray. Place the cauliflower, garlic and rosemary sprig on the baking sheet. Drizzle with the olive oil, season with salt and pepper, and toss to coat the vegetables with the oil. Arrange the cauliflower in a single layer and place the garlic cloves in the center of the baking sheet (they tend to burn if they are cooked near the hot corners and edges). Bake the vegetables for 10 minutes. Turn the cauliflower pieces over with tongs and continue to roast until the cauliflower is browned and tender, 10 more minutes.</p>

continued on pg... 18



... DINNER	<p>Remove the garlic from the roasting pan, carefully peel off the papery skins, and mash the garlic with a fork. Pull the rosemary leaves off of the stem and discard the stem. Toss to combine, breaking up the garlic with a spoon. Season with salt and pepper to taste and serve immediately.</p>
	<p><b>Salmon Salad (serves 1)</b>            1 Can of salmon            1 tsp. capers            1/4 Cup chopped yellow pepper            Cucumber, diced            Mushrooms, diced            Sprouts            Dill weed            lemon rind - optional            Shredded Asian cabbage            Honey Dijon Dressing with low sugar content            Toss drained can of salmon in bowl with capers and vegetables.            Serve over shredded cabbage with Dijon dressing.</p>
SNACK	<p><b>Chocolate Pudding /Drink Mix</b>            Add contents of 1 packet Chocolate Pudding with 5 oz of cold water. Chill in fridge for 30 min. Can add cinnamon and 1 tablespoon baker's chocolate to taste.</p>



René

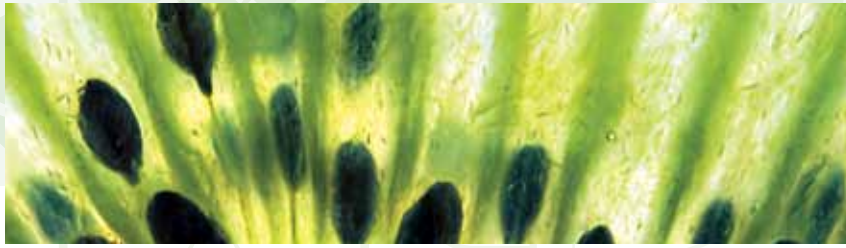
Before | 234lbs



Independent Univera Associate

After | 188lbs

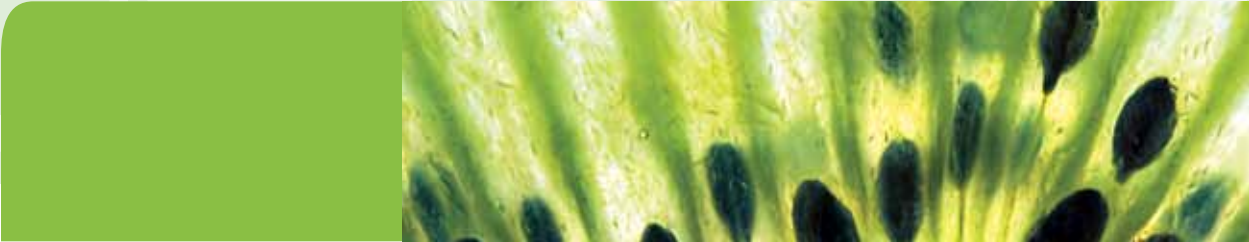




## Tasty Tips and Tricks for Your PQ Diet™ Foods

Want to add a little flavorful variety to your PQ Diet™ foods? Here are some tips for inspiration.

TASTY TIPS	
BREAKFAST FOODS	
	<p><b>Maple Oatmeal</b> Add cinnamon, some sliced almonds or extra sweetener (Stevia, Truvia or sucralose).</p>
	<p><b>Herb &amp; Cheese Omelet</b> Add vegetables or herbs to taste.</p> <p><b>Recipe idea</b> - To create a satisfying breakfast pizza, add ½ tsp. baking powder, minced or powdered garlic and 5 oz. water. Top with Vegetable Chili from PQ Diet™</p>
	<p><b>Pancake</b> Top with sugar free syrup and/or cinnamon.</p>
	<p><b>Flatbread</b> <b>Recipe idea</b> - Create delicious cinnamon rolls! Sprinkle with sweetener, add cinnamon. Roll and slice!</p>
LUNCH FOODS	
	<p><b>Cream of Vegetable Soup</b> To serve up creamy, lump-free soup, try mixing it cold in a shaker bottle or glass jar and shake vigorously. Then heat on the stovetop or pour into a bowl and heat in the microwave for 2 minutes. Add vegetables, hot sauce or bouillon for extra flavor!</p> <p><b>Recipe idea</b> – Boil cauliflower until soft and drain the water. Add seasonings such as onion powder and garlic powder and ½ packet of Cream of Chicken Soup mix to taste. Mash well and serve hot for a delicious mashed cauliflower side dish!</p>
	<p><b>Vegetable Chili</b> Add a handful of precooked green peppers, onions, mushrooms, garlic and spices. For extra spice, add hot sauce.</p>



## ...TASTY TIPS

### BEVERAGES

#### Cocoa Drink

**COLD** - add 8oz **cold** water and lots of ice in shaker, add powder and shake well.

**HOT** - add 8oz of **cold** water – shake, pour into a mug, then heat.

**Recipe idea** - add 4oz of very cold water to one packet of Cocoa Drink and whip to create a delectable chocolate mousse!

#### Peach Mango / Yogurt & Fieldberry Drinks

For a fun, frozen treat, add 8oz of water, pour into a popsicle mold & freeze.

**Recipe idea** - Create a delicious fruit smoothie! Mix ½ packet of Peach Mango Drink and ½ packet of Yogurt Fieldberry Drink with 8oz. cold water and ice – shake well.

### DESSERTS AND SNACKS

#### Chocolate & Vanilla Puddings /Drink Mixes

Top with a few sliced almonds to add crunch, or add cinnamon, vanilla, ginger or nutmeg to taste.

**Recipe idea** – Add contents of packet to 7 to 9 oz. of cold water and shake with ice to create a thick shake

#### Chocolate Cake

**Recipe idea** – Create yummy chocolate muffins by mixing 3oz of water with one Chocolate Cake packet. Pour mixture into muffin tins and bake in oven at 350F for 10 minutes, or pour into 2 glass dishes and heat in the microwave for 2 minutes.

#### Strawberry Banana Gelatin

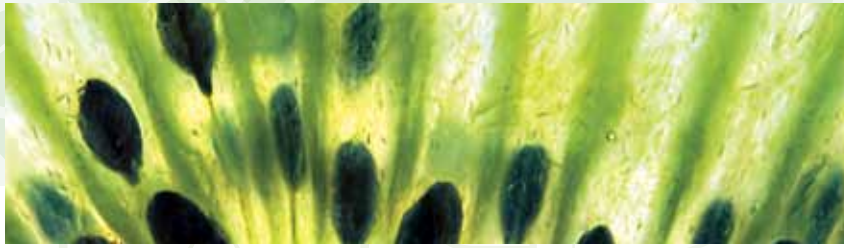
##### Recipe ideas –

Mix one cup of boiling water with one packet of Strawberry Banana Gelatin.

Mix one cup of cold water with the Vanilla Pudding. Once pudding is mixed, add it to the hot gelatin. Cover and refrigerate until set. This makes two servings of delicious StrawberryBanana Meringue.

In a shaker cup or tightly closed bottle add 10 oz. of warm water. Then add one Strawberry Banana Gelatin packet and one Yogurt & Fieldberry Drink packet. Shake very well and divide into two snacks. Refrigerate for 30 to 45 minutes and you're ready to treat yourself to a strawberry banana cream dessert.





# Ordering Guide



## PQ Smart Pack

**Jump-start your weight loss!  
Easy, pre-selected 2-week pack.**

6 boxes of protein foods = 42 meals:

- Herb & Cheese Omelet
- Cream of Chicken Soup
- Cocoa Drink
- Vegetable Chili
- Maple Oatmeal
- Peach Mango Drink

**PLUS the following nutritional supplements:**

- 1 Km®
- 1 MegaVitamins™
- 1 Calcium & Magnesium™
- 1 Optimum Omega-3™

**A \$312 Retail Value!**

ITEM #	ASSOCIATE	PREFERRED	CUSTOMER
111000	\$249.75	\$277.50	\$312.19

## Visible Results\* Reorder Pack

**Select your own 4-week supply.**

12 boxes of protein foods = 84 high protein meals

**PLUS the following nutritional supplements:**

- 2 Km®
- 1 MegaVitamins™
- 2 Calcium & Magnesium™
- 1 Optimum Omega-3™

\*This product must be ordered through Customer Care.

**A \$525 Retail Value!**

ITEM #	ASSOCIATE	PREFERRED	CUSTOMER
03720100	\$420.00	\$466.95	\$525.00

### Every Day Food

■ 130223	Cream of Chicken Soup
■ 130220	Cream of Mushroom Soup
■ 130219	Cream of Vegetable Soup
■ 130260	Flatbread
■ 130226	Maple Oatmeal
■ 130258	Pancake
■ 130254	Café Latte Smoothie
■ 130225	Peach Mango Drink
■ 130221	Yogurt & Fieldberry Drink
■ 130251	Chocolate Pudding/Drink Mix
■ 130248	Strawberry Banana Gelatin
■ 130224	Vanilla Pudding/Drink Mix

### 1 per Day Foods

■ 130217	Vegetable Chili
■ 130228	Herb & Cheese Omelet
■ 130227	Cocoa Drink
■ 130242	BBQ Soy Snacks
■ 130259	Chocolate Cake

### 1 or 2 per Week Foods (eat on non-consecutive days)

■ 130245	Caramel Delight Bar
■ 130247	Chocolate Decadence Bar

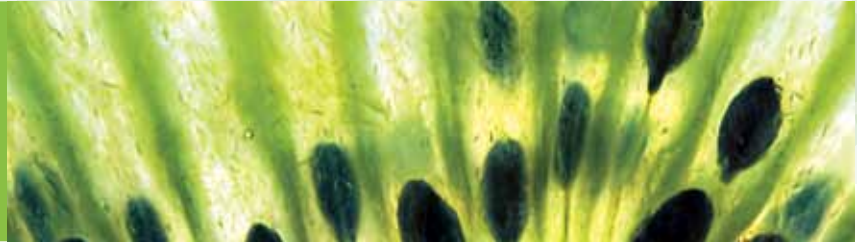
■ = meal  
■ = beverage  
■ = dessert/snack

### Supplements (included in diet packs)

130201	Km®
130208	Calcium & Magnesium™
130210	MegaVitamins™
130207	Optimum Omega-3™

### Additional Supplements (purchased separately)

130245	AloeDophilus®
130247	EnzyDigest®
104100	Aloe Gold®
103402	Level G®
104070	Rhythmatis® 60 count
103110	RegeniFREE®
104200	MetaGREENS®



## SHOPPING LIST

### Vegetables, Unlimited

Alfalfa Sprouts	
Bean Sprouts	
Bok Choy	
Celery	
Cucumbers	
Daikon Radish	
Endive	
Fennel	
Radish	
Salad	
Seaweed	
Soy Bean Sprouts	
Spinach	
Swiss Chard and Kale Varieties	

### Vegetables, 2 Cups, Twice a Day

Asparagus	
Beet Greens	
Broccoli	
Cabbage	
Cauliflower	
Garlic	
Green Peppers	
Leeks	
Mushrooms	
Onions, Raw	
Shallots	
Turnips	
Zucchini	

### Vegetables, Twice a Week

Avocado	
Brussels Sprouts	
Eggplant	
Peppers (Red and Orange)	
Pumpkin	
Snow Peas	
Spaghetti Squash	
String Beans	
Summer Squash	
Tomatoes	

**One Meal: Fish 7 oz (200g),  
Chicken 5 oz (150 g),  
Meat 5 oz (150 g)**

Almonds (7/day)	
Beef	
Chicken	
Lamb	
Tilapia	
Tuna	
Turkey	

### Univera Products

Xtra® (1 oz per day)	
GoVera®	
Metabolic Makeover Products: Level G®; RegeniFREE®; Rhythmatix®	
RegeniCARE®	
Aloe Gold®	
MetaGreens®	
Univera PRIME®	

### Other Support Products

Salad Dressings (Low Sugar Content)	
Pink Sea Salt	
Shaker Containers for Drinks On the Go	
Extra Virgin Olive Oil	
Coconut Oil	
Olive Oil (Non Stick Spray)	
Grapeseed Oil	
Cocoa Powder	
Stevia	

### One Meal, Twice a Week

Bass	
Brill	
Cod	
Crab	
Devil Fish	
Haddock	
Lobster	
Perch	
Pike	
Quail	
Ray	
Red Snapper	
Salmon	
Scallops	
Scampi	
Shark	
Sole	
Trout	
Wild Bird	

# HEALTHY PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACK 8-10 PM	SUPPLEMENTS	WATER	EXERCISE
Monday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Tuesday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Wednesday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Thursday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Friday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Saturday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
Sunday					Km® Optimum Omega-3™ MegaVitamins™ Calcium and Magnesium™		
<b>Check in:</b> _____ <b>Week of:</b> _____							

## Suggestions

- Calcium and Magnesium™ - 1 Tbsp. twice a day, with meals
- MegaVitamins™ - 4 caplets daily with water, preferably in the morning
- Km®- 1-2 Tbsp. twice a day, at any hour, morning and night

- Optimum Omega-3™ - 3 capsules daily, at any time
- *Optional:* AloeDophilus® - (sold as VeraDophilus™ in Canada) - 1 capsule one or two times daily
- *Optional:* EnzyDigest® - 2 capsules twice a day with food



## CHART YOUR PROGRESS

### DEFINE YOUR PROGRAM PROGRESS CHART

DATE	WEIGHT	CHEST	WAIST	HIPS	THIGHS	DATE	LBS/KG REDUCED
<b>Weight Loss Goal:</b>							











## Optimal Protein for Optimal Fat Loss

**univera**

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