

# MAINTAINING HEALTH HAS NEVER BEEN EASIER!



## RESET™

Jumpstart a lifetime of healthier eating habits.

<b>Breakfast</b>	<b>NUTRIMEAL™ shake</b>
<b>Snack</b>	<b>USANA® bar</b>
<b>Lunch</b>	<b>NUTRIMEAL shake</b>
<b>Snack</b>	<b>USANA bar</b>
<b>Dinner</b>	<b>NUTRIMEAL shake</b>
<b>Bonus snack: one serving of fruit and one serving of vegetables</b>	

### 5-DAY SUPPLY

15 **NUTRIMEAL** Pouches  
 5 Iced Lemon **FIBERGY™ BARS**  
 5 Peanut Butter Crunch **NUTRITION BARS**  
 5 **HEALTHPAK 100™** packets  
 \$ \_\_\_\_\_

Item #251 • \$119.94 retail / \$99.95 Autoship • 4-pack \$394.80 retail / \$329.00 Autoship

## CHOOSE THE PHASE THAT IS RIGHT FOR YOU

### Transform (Phase 1)

Continue to lose weight and transform your body and your life.

<b>Breakfast</b>	<b>NUTRIMEAL shake</b>
<b>Snack</b>	<b>USANA bar</b>
<b>Lunch</b>	<b>NUTRIMEAL shake</b>
<b>Snack</b>	<b>Low-glycemic snack</b>
<b>Dinner</b>	<b>Low-glycemic meal</b>

### Maintain (Phase 2)

Maintain your healthy weight and nutritious eating habits.

<b>Breakfast</b>	<b>NUTRIMEAL shake</b>
<b>Snack</b>	<b>USANA bar</b>
<b>Lunch</b>	<b>Low-glycemic meal</b>
<b>Snack</b>	<b>Low-glycemic snack</b>
<b>Dinner</b>	<b>Low-glycemic meal</b>

### 28-DAY SUPPLY

6 cans of **NUTRIMEAL**  
 2 boxes of **USANA bars**  
 1 **HEALTHPAK 100**  
 \$ \_\_\_\_\_

### Sticking with your health goals is easy with Autoship

- Ships every 28 days
- 10 percent discount off wholesale prices
- Automatic credit or checking withdrawal
- Toll-free customer service
- Change order 24/7 online
- Cancel anytime

### 28-DAY SUPPLY

3 cans of **NUTRIMEAL**  
 2 boxes of **USANA bars**  
 1 **HEALTHPAK 100**  
 \$ \_\_\_\_\_



**NUTRIMEAL™**—9 servings per container  
 Dutch Chocolate  
 Item #210 • \$23.94 retail / \$19.95 Autoship  
 Wild Strawberry  
 Item #212 • \$23.94 retail / \$19.95 Autoship  
 All-soy French Vanilla  
 Item #211 • \$23.94 retail / \$19.95 Autoship



**USANA® Bars**—14 bars per box  
 Peanut Butter Crunch **NUTRITION BARS**  
 Item #230 • \$31.80 retail / \$26.50 Autoship  
 Oatmeal Raisin **NUTRITION BARS**  
 Item #232 • \$31.80 retail / \$26.50 Autoship  
 Iced Lemon **FIBERGY BARS™**  
 Item #222 • \$22.14 retail / \$18.45 Autoship



**HEALTHPAK 100™**—28 AM/PM Packets  
 Item #100 • \$128.40 retail / \$107.00 Autoship  
**ESSENTIALS™**  
**ACTIVE CALCIUM™**  
**AO BOOSTER™**



For more information about any USANA products, contact your Independent Associate.