ALPHA LIPID™

Ultra Diet™ 2

HEALTH CHECK

HOW HEALTHY ARE YOU ?

YOUR BASIC MEASUREMENTS

| WEIGHT	HEIGHT	WAIST	HIPS
kg	m	cm	cm
Remove any heavy items of clothing and shoes before weighing	Remove your shoes and measure your height in metres to the nearest cm	Measure around the narrowest part of your waist – or 2.5cm above your belly button	Measure around your hips at their widest point

WAIST CIRCUMFERENCE

A quick measure of your waist provides a simple indication as to your overall health. This area of the body is typically the first to show signs of being overweight and excess fat.

YOUR WAIST CIRCUMFERENCE

cm

Females	Waist	Health Risk	
	Under 80cm	Low	
	Over 80cm	Average	
	Over 88cm	High Risk	
Males	Waist	Health Risk	
	Under 94cm	Low	
	Over 94cm	Average	
	Over 102cm	High Risk	

WAIST TO HIP RATIO (WHR)

WAIST

cm

HIPS

cm

WHR RATIO

cm

M   F

WAIST

HIPS

WAIST

HIPS
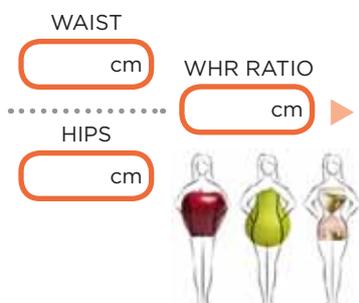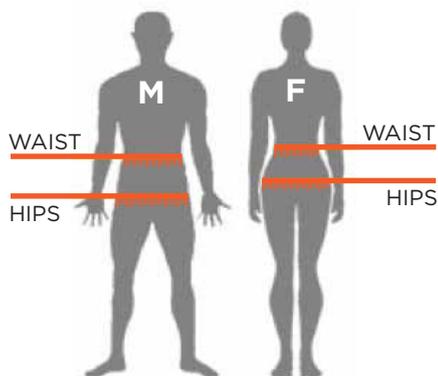
Females	Body shape	Health Risk	
0.80 or below	Pear	Low	
0.81 to 0.85	Hourglass	Moderate	
0.85+	Apple	High Risk	
Males	Body shape	Health Risk	
0.95 or below	Pear	Low	
0.96 to 1.0	Hourglass	Moderate	
1.0+	Apple	High Risk	

People with more weight around their waist are at greater risk of lifestyle related diseases such as heart disease and diabetes, than those who have weight around their hips.

BODY MASS INDEX (BMI)

WEIGHT

kg

BMI

HEIGHT   x   HEIGHT

m   m

=
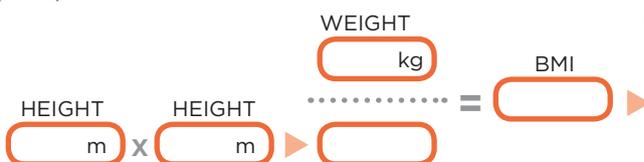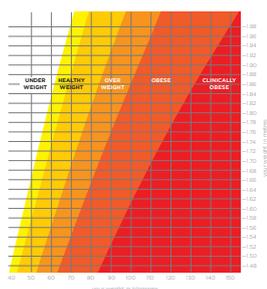
Females	BMI	Health Risk	
	18.5 - 24.9	Healthy	
	25.0 - 29.9	Overweight	
	30.0 - 39.9	Obese	
	40+	Extremely Obese	

UNDER WEIGHT | HEALTHY WEIGHT | OVER WEIGHT | OBESE | CLINICALLY OBESE

BMI is a measurement of body fat based on height and weight that applies to both men and women. It does not measure fat directly, but research has shown that BMI correlates to direct measures of body fat.

NEW IMAGE

ALPHA LIPID™
Ultra Diet™ 2
GOAL SETTING

▶ WEEK 1

_____

_____

_____

_____

▶ WEEK 2

_____

_____

_____

_____

▶ WEEK 3

_____

_____

_____

_____

▶ WEEK 4

_____

_____

_____

_____

NEW IMAGE

ALPHA LIPID™
Ultra Diet™ 2
DAILY JOURNAL

DAY/DATE ....

▶ SLEEP & RECUPERATION

Number of hours   (4) (5) (6) (7) (8)

Quality of sleep   ☹   🙁   😐   🙂   😊

MORNING MEASUREMENTS

Weight (____ kg)   Body fat (____ %)

Ketone reading

NEG	±	+	++	+++
☐	☐	☐	☐	☐
	5	10	50	100

▶ NUTRITION SUPPLEMENTS

1. WAKE-UP (:)

☑   ○

3. MID-MORNING (:)

○   ○

5. AFTERNOON (:)

○   ○

7. EVENING (:)

○   ○

HEALTHY EATING

LITE SEASONER

CARB-BAL   30 MIN

2. BREAKFAST (:) ....
....
....
....
....

CARB-BAL   30 MIN

4. LUNCH (:) ....
....
....
....
....

CARB-BAL   30 MIN
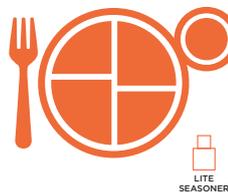
6. DINNER (:) ....
....
....
....
....

BEVERAGES

Water
① ② ③ ④ ⑤ ⑥ ⑦ ⑧
⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯

Caffeinated
① ② ③ ④ ⑤ ⑥

Juice
① ② ③ ④ ⑤ ⑥

Soda
① ② ③ ④ ⑤ ⑥ ⑦

Alcohol
① ② ③ ④ ⑤

SNACKS

(:) ....
....

(:) ....
....

(:) ....
....

▶ EXERCISE ....
....

NEW IMAGE

WEEKLY MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							

ALPHA LIPID™
Ultra Diet™ 2
HEALTHY SHOPPING

▶ VEGETABLES

	Asparagus, steamed
	Aubergine / Eggplant, raw
	Broccoli, cooked
	Brussels sprouts
	Cabbage, white, raw
	Capsicum, red, seeds & stalk removed, raw
	Carrot, raw only
	Cauliflower, cooked
	Celery, raw
	Cucumber, raw
	Green beans, cooked
	Leeks, cooked
	Lettuce, mixed e.g. mesclun mix
	Mushrooms, raw
	Onions, raw
	Peas, frozen green, cooked
	Radish, raw
	Spinach, lightly steamed or raw
	Tomato salsa, mild (Old El Paso brand)
	Watercress, raw
	Garlic
	Fresh herbs
AVOID	**Potatoes, kumara & pumpkin**

▶ FRUIT- EAT SPARINGLY TO STAY IN THE PINK

	Apricot, fresh
	Avocado, Hass, Fresh
	Blueberries
	Cherries fresh
	Feijoa, medium
	Passionfruit
	Peach/Nectarine
	Raspberries
	Rhubarb, stewed, no added sugar
	Strawberries
	Tamarillo

▶ MEAT

	Beef, lean minced
	Beef, lean steak
	Chicken, flesh only, no bone
	Chicken, smoked
	Ham, low fat 1%, not honey glazed
	Lamb, lean
	Pork, lean
	Pork, bacon lean not streaky
	Venison (cooked)
AVOID	**Processed meat e.g. sausages**

▶ SEAFOOD

	Cockles, pipis, cooked
	Fish, white flesh, cooked
	Mussels (uncooked, marinated / smoked)
	Prawns, cooked
	Shrimp, canned
	Salmon, fresh fillets raw
	Salmon, tinned plain
	Tuna, raw or tinned

▶ DAIRY

	Brie, camembert
	Low fat cottage cheese
	Edam, cheddar, colby - [1Tbs grated = 9g]
	Feta, regular, 20% fat
	Sour cream, reduced fat 12%
	Ricotta, reduced fat, 6.4%
	Yoghurt, unsweetened, 7% fat [2Tbs = 45g]

▶ REFRIGERATED SECTION

	Soy: Tofu
	Small amount of deli meat such as shaved ham & bacon
	Fresh soups - check the label for carbohydrate content
AVOID	**Processed cheese**
AVOID	**Flavoured yoghurt or dairy foods**
AVOID	**Luncheon sausage deli meat**
AVOID	**Ready-made fresh pasta & pasta sauces**
AVOID	**Milk**
AVOID	**Most ready-made meals**

▶ DRY GOODS

	Tinned salmon or tuna
	Tinned tomatoes
	Dried herbs & spices
	Oil - olive, sesame, avovcado or coconut
	Apple cider vinegar
	Liquid stock
	Sauces - soy or fish
	Condiments - olives, capers
AVOID	**Flavoured tinned fish**
AVOID	**Check for hidden sugars, choose plain unflavoured tomatoes**
AVOID	**White food in this aisle (flour & sugar) & dried fruit**
AVOID	**Rice bran oil - highly processed**
AVOID	**Balsamic vinegar - high sugar content**
AVOID	**Check the label- Tomato sauce, BBQ, teriyaki & sweet chilli sauce - all high in sugar.**
AVOID	**Rice, pasta, noodles.**
AVOID	**All bakery food, honey, bread, biscuits, crackers, cakes, nuts, seeds**
AVOID	**Ready marinades, pre-prepared meals**

▶ EGGS

	Small - medium size

▶ BEVERAGES

	Unsweetened herbal tea, black tea & green tea
	Water or soda water
AVOID	**Coffee, Milo, hot chocolate, ready mix latte sachets etc**
AVOID	**All soft drinks, sports drinks, flavoured water & alcohol - diet & regular**

NEW IMAGE

ALPHA LIPID™
Ultra Diet™ 2
UD2 SMOOTHIE RECIPES

■ BERRY BLUE

2 scoops UD2 powder

250ml cold water

¼ cup blueberries (fresh or frozen)

1 tablespoon LSA

2 tablespoons natural yoghurt

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 8.7g

PROTEIN: 11.8g

■ RASPBERRY CREAM

2 scoops UD2 powder

250ml cold water

½ cup raspberries (fresh or frozen)

2 tablespoons coconut cream

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 5.2g

PROTEIN: 11g

■ STRAWBERRIES YO!

2 scoops UD2 powder

250ml cold water

½ cup strawberries, hulled

2 tablespoons natural yoghurt

1 tablespoon LSA

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 9g

PROTEIN: 14.3g

■ SPICE UP YOUR LIFE

2 scoops UD2 powder

250ml cold water

2 tablespoons coconut cream

¼ teaspoon each: dried ginger, cinnamon, pure vanilla essence

Pinch cayenne pepper

DIRECTIONS: Combine all ingredients together and blend until smooth

AVAILABLE CARBS: 2g

PROTEIN: 11g

NEW IMAGE

ALPHA LIPID™
Ultra Diet™ 2
SUCCESS TRACKER

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT KG					
ABDOMEN (BELLY BUTTON)					
HIPS					
NECK					
UPPER ARM					
THIGHS					
CALVES					
UPPER ARM					

FEELINGS   ①= poor   ⑤= good

what were your energy levels ?					
Did you feel hungry at any time?					
How were your moods / feelings ?					
Overall Quality of Sleep & Recuperation ?					
How Healthy was your eating for the week ?					
How hydrated were you on average ?					
Did you take all your daily SD2 Shakes ?					
How much aerobic exercise ?					
How much resistance exercise ?					

ALPHA LIPID™
Ultra Diet™ 2
BODY COMPOSITION READINGS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
BODY FAT %				
MUSCLE MASS				
BONE MASS				
BMI				
DCI				
METABOLIC AGE				
TOTAL BODY WATER %				
VISCERAL FAT RATING				

BODY FAT % is the amount of body fat as a proportion of your body weight. Reducing excess levels has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer

MUSCLE MASS indicates the weight of muscle in your body, muscles play an important role as they act as an engine in consuming energy. As your muscle mass increases your energy consumption increases helping you reduce excess body fat and lose weight in a healthy way.

BONE MASS research has shown that exercise and the development of muscle tissue are related to stronger, healthier bones. It is important to develop and maintain healthy bones by having a balanced diet and plenty of exercise

BMI is a measure of body fat based on height and weight

DCI is the estimated amount of calories you would need to consume in the next 24 hours to maintain your current weight.

METABOLIC AGE indicates the average age associated with the type of metabolism, increased exercise will build healthy muscle tissue which will improve your metabolic age

TOTAL WATER % is the total amount of fluid in a person's body shown as a percentage of total weight

VISCERAL FAT is the hidden fat surrounding vital organs in the abdominal area. Ensuring you have healthy levels of visceral fat may reduce the risk of heart disease, high blood pressure and type 2 diabetes

NEW IMAGE