

Ultra Lite is a four week weight management program designed to help you be healthier, feel stronger and have more energy.



**Ultra Lite**  
THE PROFESSIONAL WEIGHT AND  
HEALTH MANAGEMENT PROGRAM

At EcoHealth & Wellness, we understand that weight loss is important to people with different schedules and budgets. We offer multiple packages to fit your individual needs:



## WEEKLY

\$149 *initial*

- One week Ultra Lite kit with nutritional packets
- 60 minute private initial consultation

**\$79** *per week thereafter*

- One week Ultra Lite kit with nutritional packets
- One 15 minute private consultation to weigh in and take measurements.

## GROUP

\$399

- Four week Ultra Lite kit with nutritional packets
- Four weekly group support meetings
- Three five minute consultations to weigh in and take measurements

## PRIVATE

\$499

- Four week Ultra Lite kit with nutritional packets
- 60 minute private initial consultation
- Three 15 minute private consultations to weigh in and take measurements
- Grocery store tour at Whole Foods Market®

## BASIC

\$699

- Four week Ultra Lite kit with nutritional packets
- 60 minute private initial consultation
- Three 15 minute private consultations to weigh in and take measurements
- Grocery store tour at Whole Foods Market®
- One week of prepared meals from Whole Foods Market®

## SILVER

\$899

- Four week Ultra Lite kit with nutritional packets
- 60 minute private initial consultation
- Three 15 minute private consultations to weigh in and take measurements
- Grocery store tour at Whole Foods Market®
- Two weeks of prepared meals from Whole Foods Market®
- Two weeks of group fitness training at Lowcountry CrossFit

## GOLD

\$1399

- Four week Ultra Lite kit with nutritional packets
- 60 minute private initial consultation
- Three 15 minute private consultations to weigh in and take measurements
- Grocery store tour at Whole Foods Market®
- Four weeks of prepared meals from Whole Foods Market®
- Four weeks of group fitness training at Lowcountry CrossFit



**ecohealth & wellness**

C H A R L E S T O N

For more information and registration:

[www.ecohealthwellness.com](http://www.ecohealthwellness.com) ● (843) 881-7797

EcoHealth & Wellness is working with Whole Foods Market® to offer delicious and healthy prepared foods as a part of the Ultra Lite weight management program.



ecohealth & wellness  
CHARLESTON

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The following is a sample weekly menu to give you an idea of the variety of foods you can order.

\*\*Note: Participants also drink the four Ultra Lite nutritional packets throughout the day (one with breakfast, one between breakfast and lunch, and two between lunch and dinner).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<b>Eggs with Melon</b> Two hard-boiled eggs sprinkled with sea salt and herbs with a side of fresh watermelon cubes	<b>Cottage Cheese on Cracker with Cantaloupe</b> Organic Lemon Verbana cottage cheese on a whole grain kalvi cracker with a side of fresh cantaloupe	<b>Egg &amp; Bacon with Berries</b> One hard-boiled egg and two slices of peppered turkey bacon with a side of fresh strawberries	<b>Yogurt with Blueberries &amp; Bacon</b> Plain organic Greek yogurt topped with fresh blueberries with a side of Canadian bacon	<b>Eggs with Melon</b> Two hard-boiled eggs sprinkled with sea salt and herbs with a side of fresh watermelon slices	<b>Grapefruit, Raw Almonds &amp; Cheese</b> Sliced grapefruit with a side of raw almonds and individually wrapped organic string cheese	<b>Egg &amp; Bacon with Berries</b> One hard-boiled egg and two slices of peppered turkey bacon with a side of fresh strawberries
Lunch	<b>Greek Salad with Chicken</b> Organic mixed greens topped with tomatoes, cucumbers, onions, kalamata olives and grilled chicken breast with a side of healthy lemon dressing	<b>Turkey Roll-Ups</b> Crunchy bell pepper strips, cheese, mixed greens and sprouts, rolled in deli turkey meat with a side of mustard for dipping	<b>Chicken Lettuce Wraps</b> Two chicken lettuce wraps with sprouts, cucumber, tomato and chickpeas with a side of healthy dressing for dipping	<b>Grilled Salmon Salad</b> Grilled salmon on a bed of organic spinach, cucumber, carrots and pine nuts	<b>Steak Salad</b> Diced tender steak on a bed of organic mixed greens, tomatoes, cucumbers, bell peppers and onions with a side of healthy lemon dressing	<b>Turkey Roll-Ups</b> Crunchy bell pepper strips, cheese, mixed greens and sprouts, rolled in deli turkey meat with a side of mustard for dipping	<b>Grilled Salmon Salad</b> Grilled salmon on a bed of organic spinach, cucumber, carrots and pine nuts
Dinner	<b>Veggie Turkey</b> Roasted herbed turkey breast with a side of grilled squash, zucchini and chopped onion	<b>Cruciferous Chicken</b> Marinated grilled chicken with a side of steamed broccoli and cauliflower	<b>London Broil &amp; Beans</b> London broil with a side of fresh green beans and roasted garlic	<b>Shrimp Medley</b> Sautéed shrimp skewers with a vegetable medley of lightly sautéed bell peppers and onions	<b>Salmon &amp; Stalks</b> Mustard-glazed, fresh salmon filet with a side of grilled asparagus stalks	<b>London Broil &amp; Beans</b> London broil with a side of fresh green beans and roasted garlic	<b>Cruciferous Chicken</b> Marinated grilled chicken with a side of steamed broccoli and cauliflower