



Optimal Health 3 & 3 Plan

1,800 Calorie

Sample Meal Plan

| Breakfast | | Serving Size |
|---|--|---|
| 2 slices wholemeal bread 2 tbsp cream cheese Plain tea with ½ cup evaporated milk 1 small banana | | 2 Starch 1 Fat 1 Dairy 1 Fruit |
| Mid-Morning Fueling | | |
| OPTAVIA Essential Cranberry Honey Nut Granola Bar | | 1 OPTAVIA Fueling |
| Lunch | | |
| ½ cup cooked broccoli 90g grilled chicken 1 tsp oil ¾ cup low-fat yogurt ¾ cup blueberries | | 1 Vegetable 1.5 Protein 0.5 Fat 1 Dairy 1 Fruit |
| Mid-Afternoon Fueling | | |
| OPTAVIA Essential Rustic Tomato Herb Penne | | 1 OPTAVIA Fueling |
| Dinner | | |
| 1 cup cooked spinach 2 tsp oil 90g steamed fish ⅔ cup brown rice 1 cup cubed watermelon | | 2 Vegetables 1 Fat 1.5 Protein 2 Starch 1 Fruit |
| Evening Fueling | | |
| OPTAVIA Essential Wild Strawberry Flavored Shake | | 1 OPTAVIA Fueling |
| 1 Free Choice | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your OPTAVIA Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 1,900 Calorie Sample Meal Plan

| Breakfast | | Serving Size | |
|--|--|--|--|
| 2 slices wholemeal bread 2 tbsp cream cheese Plain tea with ½ cup evaporated milk 1 small banana | | 2 Starch 1 Fat 1 Dairy 1 Fruit | |
| Mid-Morning Fueling | | | |
| OPTAVIA Essential Golden Chocolate Chip Pancake | | 1 OPTAVIA Fueling | |
| Lunch | | | |
| 1 cup cooked broccoli ½ medium potato 1 tsp oil 90g roasted chicken ¾ cup low-fat plain yogurt 1 kiwi | | 2 Vegetables 1 Starch 0.5 Fat 1.5 Protein 1 Dairy 1 Fruit | |
| Mid-Afternoon Fueling | | | |
| OPTAVIA Essential Zesty Cheddar & Italian Herb Flavored Crunchers | | 1 OPTAVIA Fueling | |
| Dinner | | | |
| 1 cup cooked long beans 2 tsp oil 90g steamed fish ⅔ cup brown rice 1 cup cubed watermelon | | 2 Vegetables 1 Fat 1.5 Protein 2 Starch 1 Fruit | |
| Evening Fueling | | | |
| OPTAVIA Essential Creamy Double Peanut Butter Crisp Bar | | 1 OPTAVIA Fueling | |
| 1 Free Choice | | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 2,000 Calorie Sample Meal Plan

| Breakfast | | Serving Size |
|---|--|--|
| 1.5 cups ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 12 almonds 1 small banana | | 2 Starch 1 Dairy 1 Fat 1 Fruit |
| Mid-Morning Fueling | | |
| OPTAVIA Essential Caramel Macchiato Flavored Shake | | 1 OPTAVIA Fueling |
| Lunch | | |
| 1 cup cooked broccoli 90g roasted chicken 1 tsp oil 2/3 cup brown rice bee hoon or wholemeal pasta 3/4 cup low-fat yogurt 1 kiwi | | 2 Vegetables 1.5 Protein 0.5 Fat 2 Starch 1 Dairy 1 Fruit |
| Mid-Afternoon Fueling | | |
| OPTAVIA Essential Raisin Oat Cinnamon Crisp Bar | | 1 OPTAVIA Fueling |
| Dinner | | |
| 1 cup cooked Kai Lan 90g steamed fish 2 tsp oil 2/3 cup brown rice 1 cup cubed honeydew | | 2 Vegetables 1.5 Protein 1 Fat 2 Starch 1 Fruit |
| Evening Fueling | | |
| OPTAVIA Essential Creamy Chocolate Shake | | 1 OPTAVIA Fueling |
| 1 Free Choice | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your OPTAVIA Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 2,100 Calorie Sample Meal Plan

| Breakfast | | Serving Size | |
|---|--|--|--|
| 2 slices wholemeal bread 2 tsp butter/margarine Black coffee with ½ cup low fat evaporated milk 1¼ cup whole strawberries | | 2 Starch 1 Fat 1 Dairy 1 Fruit | |
| Mid-Morning Fueling | | | |
| OPTAVIA Essential Drizzled Berry Flavored Crisp Bar | | 1 OPTAVIA Fueling | |
| Lunch | | | |
| 1 cup cooked broccoli 120g roasted chicken 1 tsp oil ⅔ cup brown rice bee hoon or wholemeal pasta 1 cup unsweetened soy milk 17 small grapes | | 2 Vegetables 2 Protein 0.5 Fat 2 Starch 1 Dairy 1 Fruit | |
| Mid-Afternoon Fueling | | | |
| OPTAVIA Essential Roasted Garlic Creamy Smashed Potatoes | | 1 OPTAVIA Fueling | |
| Dinner | | | |
| 1 cup cooked Kai Lan 120g steamed fish 2 tsp oil ⅔ cup brown rice 1 small orange | | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Fruit | |
| Evening Fueling | | | |
| OPTAVIA Essential Decadent Chocolate Brownie (with Greek Yogurt Chips) | | 1 OPTAVIA Fueling | |
| 1 Free Choice | | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your OPTAVIA Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 2,200 Calorie Sample Meal Plan

| Breakfast | | Serving Size |
|---|--|--------------|
| 1.5 cups ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ½ tbsp chia seeds ¾ cup blueberries Black coffee with ½ cup low fat evaporated milk | 2 Starch 1 Dairy 0.5 Fat 1 Fruit 1 Dairy | |
| Mid-Morning Fueling | | |
| OPTAVIA Essential Drizzled Berry Flavored Crisp Bar | 1 OPTAVIA Fueling | |
| Lunch | | |
| 1 cup total tomatoes, lettuce, mushrooms 120g roasted chicken 2 tsp butter/margarine 2 slices wholemeal bread ¾ cup low-fat yogurt 1 small banana | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Dairy 1 Fruit | |
| Mid-Afternoon Fueling | | |
| OPTAVIA Essential Rustic Tomato Herb Penne 1 small apple | 1 OPTAVIA Fueling 1 Fruit | |
| Dinner | | |
| 1 cup cooked Kai Lan 120g steamed fish 2 tsp oil ⅔ cup brown rice 1 small orange | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Fruit | |
| Evening Fueling | | |
| OPTAVIA Essential Zesty Lemon Crisp Bar | 1 OPTAVIA Fueling | |
| 1 Free Choice | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 2,300 Calorie Sample Meal Plan

| Breakfast | Serving Size |
|---|--|
| 1.5 cups ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ½ tbsp chia seeds ¾ cup blueberries Black coffee with ½ cup evaporated milk | 2 Starch 1 Dairy 0.5 Fat 1 Fruit 1 Dairy |
| Mid-Morning Fueling | |
| OPTAVIA Essential Tropical Fruit Smoothie | 1 OPTAVIA Fueling |
| Lunch | |
| 1 cup total tomatoes, lettuce, mushrooms 120g roasted chicken 2 tsp butter/margarine 2 slices wholemeal bread 1 cup unsweetened soy milk 17 small grapes | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Dairy 1 Fruit |
| Mid-Afternoon Fueling | |
| OPTAVIA Essential Cranberry Honey Nut Granola Bar 1 small apple | 1 OPTAVIA Fueling 1 Fruit |
| Dinner | |
| 1 cup cooked Kai Lan 120g steamed fish 2 tsp oil ⅔ cup brown rice 1 small orange | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Fruit |
| Evening Fueling | |
| OPTAVIA Essential Zesty Cheddar & Italian Herb Flavored Crunchers | 1 OPTAVIA Fueling |
| 1 Free Choice | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.



Optimal Health 3 & 3 Plan 2,400 Calorie Sample Meal Plan

| Breakfast | Serving Size |
|---|--|
| 1.5 cups ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ½ tbsp chia seeds ¾ cup blueberries Black coffee with ½ cup evaporated milk | 2 Starch 1 Dairy 0.5 Fat 1 Fruit 1 Dairy |
| Mid-Morning Fueling | |
| OPTAVIA Essential Tropical Fruit Smoothie 12 almonds | 1 OPTAVIA Fueling 1 Fat |
| Lunch | |
| 1 cup total cooked spinach and mushrooms 120g roasted chicken 2 tsp oil ⅔ cup brown rice bee hoon or wholemeal pasta ¾ cup low fat yogurt 1 small banana | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Dairy 1 Fruit |
| Mid-Afternoon Fueling | |
| OPTAVIA Essential Cranberry Honey Nut Granola Bar 1 small apple | 1 OPTAVIA Fueling 1 Fruit |
| Dinner | |
| 1 cup cooked Kai Lan 120g steamed fish 2 tsp oil ⅔ cup brown rice 1 cup cubed honeydew | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Fruit |
| Evening Fueling | |
| OPTAVIA Essential Zesty Cheddar & Italian Herb Flavored Crunchers | 1 OPTAVIA Fueling |
| 1 Free Choice | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.



OPTAVIA®

Optimal Health 3 & 3 Plan 2,500 Calorie Sample Meal Plan

| Breakfast | | Serving Size | |
|--|--|--|--|
| 1.5 cups ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1 tbsp chia seeds ¾ cup blueberries Black coffee with ½ cup evaporated milk | | 2 Starch 1 Dairy 1 Fat 1 Fruit 1 Dairy | |
| Mid-Morning Fueling | | | |
| OPTAVIA Essential Tropical Fruit Smoothie 12 almonds | | 1 OPTAVIA Fueling 1 Fat | |
| Lunch | | | |
| 1 cup total cooked spinach and mushrooms 120g stir-fried chicken 2 tsp oil ⅔ cup brown rice bee hoon or wholemeal pasta ¾ cup low fat yogurt 1 small banana | | 2 Vegetables 2 Protein 1 Fat 2 Starch 1 Dairy 1 Fruit | |
| Mid-Afternoon Fueling | | | |
| OPTAVIA Essential Cranberry Honey Nut Granola Bar 1 small apple | | 1 OPTAVIA Fueling 1 Fruit | |
| Dinner | | | |
| 1 cup cooked Kai Lan 120g steamed fish 2 tsp oil 1 cup brown rice 1 cup cubed honeydew | | 2 Vegetables 2 Protein 1 Fat 3 Starch 1 Fruit | |
| Evening Fueling | | | |
| OPTAVIA Essential Zesty Cheddar & Italian Herb Flavored Crunchers | | 1 OPTAVIA Fueling | |
| 1 Free Choice | | | |

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.