



OPTAVIA®

	Halal	No Soy	No Tree Nuts	No Peanuts	No Fish	No Gluten*	No Milk	No Egg	Vegetarian (ovo-lacto)	No Sulfites	Kosher Pareve	Kosher Dairy	Low Fat**	High Fiber***	Contains Sugar Alcohol	No flavors, colors or sweeteners from artificial sources	Vitamins and Minerals
Drinks																	
Caramel Macchiato Flavored Shake	✓	✓	✓	✓	✓	✓			✓	✓		✓		✓	✓	✓	✓
Creamy Chocolate Shake	✓		✓	✓	✓	✓		✓	✓	✓		✓		✓		✓	✓
Creamy Coconut Flavored Shake	✓	✓	✓	✓	✓	✓			✓	✓		✓		✓	✓	✓	✓
Creamy Vanilla Flavored Shake	✓		✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓
Green Tea Shake	✓	✓	✓	✓	✓	✓			✓	✓		✓	✓	✓	✓	✓	✓
Wild Strawberry Flavored Shake	✓		✓	✓	✓	✓		✓	✓	✓		✓	✓	✓		✓	✓
Velvety Hot Chocolate	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓		✓	✓
Tropical Fruit Smoothie	✓		✓	✓	✓	✓			✓	✓		✓	✓	✓		✓	✓
Crunchers, Popper and Sticks																	
Honey Butter Sticks	✓		May contain	✓	✓			✓	✓	✓		✓		✓		✓	✓
Seaweed Sticks	✓		May contain	✓	✓			✓	✓	✓		✓		✓		✓	✓
Spicy Poppers	✓		✓	✓	✓	✓		✓	✓	✓		✓		✓		✓	✓
Zesty Cheddar & Italian Herb Flavored Crunchers	✓		✓	✓	✓	✓		✓	✓	✓		✓		✓		✓	✓
Bars																	
Cranberry Honey Nut Granola Bar	✓				✓	May contain		✓	✓			✓		✓	✓	✓	✓
Drizzled Chocolate Fudge Crisp Bar	✓		May contain	May contain	✓	May contain		✓	✓	✓		✓		✓	✓	✓	✓
Drizzled Berry Flavored Crisp Bar	✓		May contain	May contain	✓	May contain		✓	✓	May contain		✓		✓	✓	✓	✓
Creamy Double Peanut Butter Crisp Bar	✓		May contain		✓	May contain		✓	✓	✓		✓		✓	✓	✓	✓
Raisin Oat Cinnamon Crisp Bar	✓		May contain	May contain	✓	May contain		✓	✓			✓		✓	✓	✓	✓
Zesty Lemon Crisp Bar	✓		May contain	May contain	✓	May contain		✓	✓			✓		✓	✓	✓	✓
Desserts																	
Decadent Chocolate Brownie (with Greek Yogurt Chips)			✓	✓	✓	✓			✓	✓		✓		✓		✓	✓
Matcha Cake	✓		✓	✓	✓	✓			✓	✓		✓		✓		✓	✓
Pineapple Cake	✓		✓	✓	✓	✓			✓	✓		✓		✓		✓	✓
Meals																	
Chicken Flavored & Ginger Congee	✓		✓	✓	✓			✓	✓	✓		✓		✓		✓	✓
Chinese Green Onion Pancake	✓		✓	✓	✓	✓			✓	✓		✓		✓		✓	✓
Cream of Mushroom Soup	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓		✓		✓	✓
Egg Flower & Mushroom Soup (with Mushrooms, Onion and Garlic)	✓		✓	✓	✓		✓		✓	✓	✓					✓	✓
Roasted Garlic Creamy Smashed Potatoes		✓	✓	✓	✓	✓			✓	✓		✓	✓	✓		✓	✓
Rustic Tomato Herb Penne	✓		✓	✓	✓			✓	✓	✓		✓		✓		✓	✓
Tofu & Seaweed Soup (Japanese Style)	✓		✓	✓	✓		✓	✓	✓	✓				✓		✓	✓
Wild Rice & Chicken Flavored Soup (with Carrots, Celery, Onion, Peas, and Shiitake Mushrooms)			✓	✓	✓	✓	✓	✓		✓			✓	✓		✓	✓
Breakfast																	
Golden Chocolate Chip Pancakes	✓		✓	✓	✓	✓			✓	✓		✓		✓		✓	✓

*No Gluten = <20ppm
 **Low Fat = ≤3g fat per 100g
 ***High Fiber = ≥6g fiber per 100g
 ✓ = Applies to Product