The start to your Lifelong Transformation, One Healthy Habit At A Time™.
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Welcome to OPTAVIA!

At OPTAVIA, we believe you can live the best life possible, but that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

You’re now part of the OPTAVIA Community, here to help you become your most fulfilled you. Our proven nutrition takes you where you want to go, our OPTAVIA Coaches make sure you never go it alone.

At OPTAVIA, we believe Optimal Health is about what’s added to your life, not what’s subtracted from the scale. It all starts with achieving a healthy weight. This is the catalyst for bigger changes. When you achieve your optimal weight, you increase your health, confidence and vitality and you create space for the life you want.

The Habits of Health®
OPTAVIA succeeds where other programs fail because we incorporate Healthy Habits in everything we do. Developed by our co-founder, Dr. Wayne Scott Andersen, Dr. A’s Habits of Health System is an innovative lifestyle approach that gets your mind and body working together to work for you by helping you to replace unhealthy habits with healthy ones that contribute to your long-term success.

Congratulations, you have taken the critical first step.

OPTAVIA is simple and easy to follow.
When you join the OPTAVIA Community, you will enjoy access to:

Fuelings and Programs, backed by Science
On the Optimal Weight 4 & 2 & 1 Plan, you’ll choose from more than 60 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass, and also contains GanedenBC30® probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle. In addition to your four Fuelings, you learn other healthy habits, how to make lean and green meals and choose healthy snacks for you and your family.

OPTAVIA’s proprietary products and plans are based on nearly 40 years of experience of helping people lose weight.
Our Scientific Advisory Board is a cross-disciplinary panel of expert physicians and scientists that advise on evidence-based research and the most up-to-date science to help guide our portfolio of products and programs.

When you understand what optimal nutrition looks like, healthy eating becomes second nature™.

Your OPTAVIA Coach and Community

OPTAVIA Coaches are the lifeblood of our program. They’re one of the biggest differences we offer. Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.* No matter what you’re facing, your OPTAVIA Coach has likely been in your very same shoes and can help steer you to success. Committed and caring, your OPTAVIA Coach will help you learn the Habits of Health that create Optimal Health and lead to lifelong transformation. Your OPTAVIA Coach will support you and help you celebrate the little victories that add up to the big ones.

When you’re part of OPTAVIA, you’re part of a Community of like-minded people who support each other through and through.

The OPTAVIA Community features:

- Support calls with a caring Community
- OPTAVIA Community events
- Our knowledgeable Nutrition Support Team
- Exclusive offers from OPTAVIA Premier to help you stay on plan, save money, and receive FREE shipping**


** Terms and conditions apply.
Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin® (warfarin), lithium, thyroid medications, etc.).

We recommend that you consult your healthcare provider prior to starting any weight loss program. Do not use any OPTAVIA Program if you are pregnant or under the age of 13. The OPTAVIA for Teens plan is the only OPTAVIA program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any OPTAVIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, including food allergies, refer to our program information online and talk to your OPTAVIA Coach.

When following a weight-loss program, talk with your healthcare provider about any medications, especially Coumadin® (warfarin), lithium, diabetes medication or medications for high blood pressure.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness or gastrointestinal disturbances.

We recommend drinking 64 ounces of water each day. Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.

create space for the life you want
Six steps to Optimal Health

Your Steps to Integration
Our OPTAVIA Community provides encouragement and real answers along the path to health, confidence, and vitality. It’s all built on our innovative, six-step approach that will enable you to reach your personal goals and create your own foundation for lifelong Optimal Health.

The six steps are:

1. Prepare for your journey
2. Achieve a healthy weight
3. Transition to healthy eating
4. Live the Habits of Health
5. Optimize health for your age
6. The Potential to live a longer, healthier life*

* No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.
Step 1

Prepare for Your Journey

As you take your first step toward a healthier life, your OPTAVIA Coach will be there for you, to help you see what’s possible and to work with you to set the right goals for yourself. For most people, learning the habits that lead to Optimal Health starts with achieving a healthy weight. Talk to your OPTAVIA Coach about:

- Any questions you have about starting your journey.
- Learning the Habits of Health lifestyle program.
- Helping you complete your Wellbeing Evaluation online.
- Guiding you to set goals for your health and wellness.

Recommended readings: Chapters 1 - 5 in Dr. A’s Habits of Health and Lessons 1 - 7 in Living a Longer Healthier Life: The Companion Guide to Dr. A’s Habits of Health.

Step 2

Achieve a Healthy Weight

A healthy weight is the catalyst for bigger changes and the Optimal Weight 4 & 2 & 1 Plan is the way to get there:

- Work with your OPTAVIA Coach to follow our Optimal Weight 4 & 2 & 1 Plan outlined in this guide.
- Notice and celebrate each victory and discuss new opportunities with your OPTAVIA Coach.
- Participate in our weekly Community support calls.
- Understand and take charge of your energy management system.

Recommended readings: Chapters 6 - 7 in Dr. A’s Habits of Health and Lesson 8 in Living a Longer Healthier Life: The Companion Guide to Dr. A’s Habits of Health.

![Graph](https://example.com/graph.png)

OPTAVIA offers specialized programs for individuals who have unique dietary needs and/or preferences and may not be able to do the Optimal Weight 4 & 2 & 1 Plan. Please speak with your OPTAVIA Coach or visit OPTAVIA.com for alternative plans.
become your most fulfilled you
Step 3

Transition to Healthy Eating
When you know what optimal nutrition looks like, healthy eating becomes second nature. Work with your OPTAVIA Coach to calculate a calorie intake level that maintains your new, healthy weight (or see Chapter 12 in Dr. A’s Habits of Health). Our Optimal Health 3 & 3 Plan includes three Optimal Health Fuelings and three balanced meals daily. Please continue to enjoy your OPTAVIA Fuelings or mix it up, whatever works best with your lifestyle. Choose the right portion sizes and start increasing your total energy expenditure (calories burned daily) by moving more. Visit OPTAVIA.com for our energy expenditure calculator, and meal plans by our Registered Dietitians. Increasing your activity is also an important part of maintaining a healthy weight. And don’t forget, your OPTAVIA Coach is always there for support.

Recommended readings: Chapters 8 - 12 in Dr. A’s Habits of Health and Lessons 9 - 10 in Living a Longer Healthier Life: The Companion Guide to Dr. A’s Habits of Health.

Step 4

Live the Habits of Health
The more you incorporate healthy habits into everything you do, the better you look and feel. These changes become a positive part of your routine. Next, you will learn the Habits of Motion and Healthy Habits of Sleep, all in partnership with your OPTAVIA Coach.

Step 5

Optimize Health for Your Age

You’ve integrated the foundational Habits of Health. Little victories are adding up to big ones. You’re feeling healthier, more confident, and your energy levels are up. You’ve successfully incorporated the Habits of Health into your lifestyle.

Another aspect of your lifelong transformation is optimization. Managing stress and organizing your life around what matters most to you. This is when you see that what began as a journey to Optimal Health can become a powerful opportunity. Your transformation can become an inspiration to others as you move from being the Coached to the Coach. You’re building a growing, successful business while showing others the way. You can become a leader in the OPTAVIA Community.


Step 6

The Potential to Live a Longer, Healthier Life

No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.

An optimal life means staying as healthy as you can, for as long as you can. After all, with renewed health and energy, your life can become whatever you wish it to be! Optimal Health – indicated by healthy weight, healthy motion, healthy sleep, healthy habits, and the desire to get better.

• You are reaching for Ultra Health
• You are learning how to develop ultimate energy control
• You are learning to protect brain function and support a healthy body
• Continue to work with your OPTAVIA Coach to help you lead a fuller, healthier life and THRIVE!

Recommended readings: Chapters 22 – 26 in Dr. A’s Habits of Health.

Today is a good day to be you! You now have the tools and an innovative system in your hands with the power to shape your life into what you want it to be. Keep reading to find out the details about how to find success the OPTAVIA way, through support and our programs.
increase your health, confidence, and vitality
The Optimal Weight 4 & 2 & 1 Plan

Our Optimal Weight 4 & 2 & 1 Plan is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight.

The Optimal Weight 4 & 2 & 1 Plan can meet the needs of a wide range of individuals. It is suitable for you if you:

- Want to incorporate all of the food groups, including fruit, dairy, and starches
- Have type 1 diabetes and are closely monitored by your healthcare provider
- Have type 2 diabetes
- Are 65 years or older and not regularly active
- Exercise greater than 45 minutes per day
- Have less than 15 pounds to lose

It’s as simple as this:

- Eat 4 Fuelings + 2 lean and green meals + 1 healthy snack
- Eat six times daily, once every two to three hours

Each OPTAVIA Fueling has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team.

Each OPTAVIA Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 4 & 2 & 1 Plan.

OPTAVIA Fuelings are clean label, and do not contain colors, flavors or sweeteners from artificial sources. Each contains GanedenBC30® probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle.

In addition to four Fuelings each day, you’ll learn healthy habits - how to make lean and green meals and choose healthy snacks for you and your family. You will begin to learn what optimal nutrition looks like and soon healthy eating will become second nature.
you can have your lean and green meals any time of day.
What is a Lean and Green Meal?

A lean and green meal includes 5 to 7 ounces of cooked lean protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices. On the Optimal Weight 4 & 2 & 1 Plan you can enjoy your two lean and green meals any time of day – whatever works best for your schedule.

Healthy Fats

Incorporate up to two servings of healthy fats into each of your lean and green meals. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. You’ll find a list of healthy fat choices on page 16.

Lean and Green Meal: The “Lean”

Lean Tips:

• Portion size recommendations are for cooked weight.
• Choose meats that are grilled, baked, broiled, poached – not fried.
• Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
• Feel free to choose meatless options like soybeans or textured vegetable protein.

Choose the appropriate serving size of any protein from the list on the following pages. We’ve sorted protein options into lean, leaner and leanest. All options are appropriate for the Optimal Weight 4 & 2 & 1 Plan; this just helps you make informed food choices.
선식: 5일 밥 음식 중 고단백질 요소를 선택하세요.

• Fish: salmon, tuna (bluefin steak), farmed catfish, mackerel, herring (yellowfin steak or canned in water), wild catfish
• Shellfish: crab, scallops, shrimp, lobster
• Game meat: deer, buffalo, elk
• Ground turkey or other meat: ≥ 98% lean
• Meatless options:
  - 15 oz. Mori-nu® Silken Extra Firm, Firm, or Soft Tofu
  - 3 whole eggs (limit to once a week)

울랄선식: 6일 밥 음식 중 1일에 1식 이상을 선택하세요.

• Fish: swordfish, trout, halibut
• Chicken: breast or white meat, without skin
• Ground turkey or other meat: 95% - 97% lean
• Turkey: light meat
• Meatless options:
  - 2 whole eggs plus 4 egg whites

울랄울랄선식: 7일 밥 음식 중 2일에 1식 이상을 선택하세요.

• Fish: cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
• Shellfish: crab, scallops, shrimp, lobster
• Game meat: deer, buffalo, elk
• Ground turkey or other meat: ≥ 98% lean
• Meatless options:
  - 14 egg whites
  - 2 cups of Egg Beaters®

건강한 지방 식당
A Healthy Fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. Add 0-2 Healthy Fat servings daily based on your Lean choices:

• 1 teaspoon of canola, flaxseed, walnut, or olive oil
• Up to 2 tablespoons of low-carbohydrate salad dressing
• 5 - 10 black or green olives
• 1 tablespoon of reduced-fat margarine
• 1½ ounces of avocado
For those requiring additional meatless choices, please refer to our ‘Vegetarian Information Sheet’ which includes our Meatless Options list, or contact Nutrition Support at NutritionSupport@OPTAVIA.com.

**Lean and Green Meal: The "Green"**

Choose three servings from our Green Options list for each of your lean and green meals. We’ve sorted vegetable options into lower, moderate, and higher-carbohydrate levels. Each one is appropriate on the Optimal Weight 4 & 2 & 1 Plan; the list helps you make informed food choices.

**Choose 3 servings from the Green Options List:**
1 serving = ½ cup vegetables (unless otherwise specified)

### LOWER CARBOHYDRATE

- **1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)
- **½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopal, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### MODERATE CARBOHYDRATE

- **½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### HIGHER CARBOHYDRATE

- **½ cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating; however, during the weight loss phase of your plan, the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame and brussel sprouts) can only be eaten as your healthy snack to enhance your weight-loss results.
Healthy Snacks

On the Optimal Weight 4 & 2 & 1 Plan you may incorporate a OPTAVIA Snack, starch, fruit, or dairy choice into one of your meal times. Remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control.

OPTAVIA Snacks

- Puffed Sweet & Salty Snacks
- Puffed Ranch Snacks
- Olive Oil & Sea Salt Popcorn
- Sharp Cheddar & Sour Cream Popcorn

Starch

A healthy snack serving of starch is:

- 1 slice whole-grain bread (3g or more fiber/slice)
- 2 slices low-calorie, light, whole-grain bread (about 40 calories/slice)
- ½ cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
- ½ cup cooked cereal
- ½ cup peas, corn
- 1 cup winter squash
- ¼ large (3 oz.) baked potato
- ½ cup cooked brown rice
- ½ cup cooked whole-wheat pasta
- ½ cup cooked beans or lentils

NOTE: Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye, and whole oats.

Fruit

A healthy snack serving of fruit is:

- 1 small (4 oz.) piece of fresh fruit such as pear, apple, orange, etc.
- ½ cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- ¾ cup fresh berries
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- ½ large grapefruit
- ½ large or 1 extra-small banana
Dairy
A healthy snack serving of dairy is:
• ⅔ cup (6 oz.) low-fat yogurt (fewer than 120 calories)
• 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or cashew)
• ½ cup fat-free evaporated milk

NOTE: Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be considered a dairy option and therefore cannot be counted as a healthy snack. See the Vegetarian Information Sheet located on Answers.OPTAVIA.com for information about including cheese as a lean protein choice in your weight-loss plan.
Extras for the Optimal Weight 4 & 2 & 1 Plan

Flavors of Home*
Our Flavors of Home line is the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home option is a complete lean and green meal on the OPTAVIA Program—with the right portions of lean protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

Flavor Infusers
Infuse your water with flavors like Mandarin Orange and Mixed Berry!*  
- Essential 1: Calorie Burn (Limit to three per day)  
- Essential 1: Antioxidants  
- Energy Infusers

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.

Optional Condiments
Use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three condiment servings per lean and green meal on the Optimal Weight 4 & 2 & 1 Plan.

Examples:
- ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ, sauce, or cocktail sauce  
- 1/4 teaspoon salt  
- 1 tablespoon minced onion, yellow mustard, salsa, soy sauce, low-fat or fat-free milk  
- 2 teaspoons lemon/lime juice  
- 2 tablespoons sugar-free flavored syrup (Walden Farms, Inc.®, DaVinci®, Torani®, etc.)  
- 1 packet zero-calorie sweetener  
- 1 cup refrigerated, unsweetened original or vanilla almond or cashew milk

NOTE: For a more comprehensive list of condiments, healthy fats and portion recommendations, talk to your OPTAVIA Coach.
we help you realize lifelong transformation
The Optimal Health 3 & 3 Plan

Continuing on your path toward Optimal Health

Once you’ve achieved your healthy weight, it’s crucial to maintain the good habits you’ve learned, including fueling your body every two to three hours. To help sustain your healthy weight, we’ve developed the Optimal Health 3 & 3 Plan. It focuses on nutritionally balanced small meals eaten every two to three hours, like the Optimal Weight 4 & 2 & 1 Plan, while integrating more food choices in the right portions. Your OPTAVIA Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians.

To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals.
We're with you every step of the way

Talk to your OPTAVIA Coach
Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes OPTAVIA different from other programs. Lean on your OPTAVIA Coach for support as you begin your Optimal Health journey.

Develop your Habits of Health
Dr. A’s Habits of Health System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using this tool to transform yourself and others!

Stay motivated with daily inspiration
With your phone text the message “OPTAVIA30” to number 990-00 the day before you start your plan to receive daily quick tips, inspiration, healthy reminders, and much more!* 

Learn from the OPTAVIA Community
Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products, and receive the support you need.

Discover new, delicious recipes
Visit the OPTAVIA Pinterest page for lean and green meals and Fuelings recipes at Pinterest.com/OPTAVIA.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 990-00 and 760-00. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 990-00, email wecare@OPTAVIA.com or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 990-00.
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## Week 2 Journal

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- 8 oz.
week 4 journal

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### Week 5 Journal

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*1 = 8 oz.*
lifelong transformation, one healthy habit at a time

#OPTAVIA
#LifelongTransformation