The start to your Lifelong Transformation,
One Healthy Habit at a Time®

Optimal Weight
4 & 2 & 1 Plan® Guide
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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. Healthy nutrition gets 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.

OPTAVIA offers four components to support you as you begin your journey toward Lifelong Transformation, One Healthy Habit at a Time®.

OPTAVIA Coach

OPTAVIA Coaches are the lifeblood of our program. No matter what you’re facing, your Coach has likely been in your very same shoes and can help steer you to success. They guide you through the Habits of Health® that create optimal health and can lead to lifelong transformation. Your Coach guides you and helps you celebrate the little victories that add up to the big ones.

The Habits of Health®

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything we do. Developed by our co-founder independent OPTAVIA Coach, Dr. Wayne Scott Andersen, Dr. A’s Habits of Health Transformational System is an innovative lifestyle approach that helps you learn and adopt healthy habits that contribute to your long-term health.

Scientifically Proven Plans and OPTAVIA Products

On the Optimal Weight 4 & 2 & 1 Plan, you’ll choose from more than 50 delicious, convenient, nutritionally-interchangeable, scientifically-designed Fuelings. Each Fueling contains high-quality protein which helps retain lean muscle mass, and probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle.
In addition to your four Fuelings, you will learn other healthy habits like how to make Lean & Green meals and choose healthy snacks for you and your family. When you know what optimal nutrition looks like, healthy eating becomes second nature™.

Our scientifically proven plans and our products were developed by physicians, dietitians, and scientists, and have been used by more than 1.5 million Clients and recommended by thousands of healthcare providers.

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 plans.

**OPTAVIA Community**

Our OPTAVIA Community will support you alongside your Coach. When you’re part of OPTAVIA, you’re part of a Community of like-minded, like-hearted people who support each other through and through.

The OPTAVIA Community features:
- Support calls and webinars 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

Before starting a weight loss program, talk with your healthcare provider about the program and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions.

The more you get your mind and body working together to work for you, the more you’ll start to see possibilities open up every day.

This guide will help you track your daily Fuelings, motion, activity, hydration, and much more. We outline the foundational offerings of the Optimal Weight 4 & 2 & 1 Plan which will help you achieve a healthy weight and the Optimal Health 3 & 3 Plan which will help you sustain your success. Plus, you’ll learn about the Habits of Health lifestyle six step process, which you’ll use to inspire and guide you along the way to lifelong transformation.

MEDICAL DISCLAIMER:

The Company (“We”) recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any OPTAVIA® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The OPTAVIA for Teens plan is the only OPTAVIA Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, 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 - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent OPTAVIA Coach about other OPTAVIA plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your OPTAVIA Coach. Do not consume an OPTAVIA product if you are allergic to any of that product’s ingredients which are listed on the product packaging and on the OPTAVIA website.

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

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the OPTAVIA Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The OPTAVIA programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888 OPTAVIA or email at nutritionsupport@OPTAVIA.com.
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. 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 Transformational System.
- Helping you complete your Wellbeing Evaluation online.
- Guiding you to set goals for your health and wellness.

**Recommended readings:** Parts 1.1 - 1.7 in *Dr. A’s Habits of Health, Second Edition* and Elements 01 - 05 in *Your LifeBook.*

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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:** Parts 2.1 - 2.7 in *Dr. A’s Habits of Health, Second Edition* and Elements 06 - 13 in *Your LifeBook.*

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*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 helps maintain your new, healthy weight. 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: Part 2.8 in *Dr. A’s Habits of Health, Second Edition* and Elements 14 - 16 in *Your LifeBook.*

Step 4

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

Recommended readings: Parts 2.9 - 2.13 in *Dr. A’s Habits of Health, Second Edition* and Elements 17 - 19 in *Your LifeBook.*
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 Ultrahealth.
- You are learning how to develop ultimate energy control.
- You are learning how to help 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!


*No one can predict how long we 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.
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 & 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 Fueling 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 other healthy habits like how to make Lean & 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 & green meals any time of day
What is a Lean & Green Meal?
A Lean & 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.

Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

If you are dining out or tracking your intake, use the following Lean & Green Meal Nutritional Parameters to help guide your choices:

<table>
<thead>
<tr>
<th>Lean &amp; Green Meal Nutritional Parameters</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250 - 400</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>≤ 20g</td>
</tr>
<tr>
<td>Protein</td>
<td>≥ 25g</td>
</tr>
<tr>
<td>Fat</td>
<td>10 - 20g</td>
</tr>
</tbody>
</table>

Healthy Fats
Every day, incorporate up to two servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. A serving of healthy fat should have 5 grams of total fat and less than 5 grams of carbohydrate. You’ll find a list of healthy fat choices on page 17.

Lean & Green Meal: The "Lean"
Lean Tips:
• Portion size recommendations are for cooked weight
• Choose meats that are grilled, baked, broiled, or 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 tofu and tempeh.
For a complete list of meatless options, please refer to our Vegetarian Information Sheet or contact Nutrition Support at NutritionSupport@OPTAVIA.com.

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.

For any protein option not on the list, you may use the following nutritional information to determine if it is appropriate on the OPTAVIA Program:

<table>
<thead>
<tr>
<th>“Lean” Portion of the Lean &amp; Green Meal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>180 - 300</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>≤ 15g</td>
</tr>
<tr>
<td>Protein</td>
<td>≥ 25g</td>
</tr>
<tr>
<td>Fat</td>
<td>Refer to individual protein categories on next page</td>
</tr>
</tbody>
</table>
LEANEST: Choose a 7 oz. cooked portion that has 0 - 4g total fat and add 2 Healthy Fat servings.

- **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 liquid egg substitute or liquid egg whites
  - 5 oz. seitan
  - 1 ½ cups (12 oz.) 1% cottage cheese
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

LEANER: Choose a 6 oz. cooked portion that has 5 - 9g total fat and add 1 Healthy Fat serving.

- **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
  - 2 whole eggs plus 1 cup liquid egg substitute
  - 1 ½ cups (12 oz.) 2% cottage cheese
  - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)
Healthy Fat Servings
A Healthy Fat serving should contain about 5g of fat and less than 5g of carbohydrates. Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon oil (any kind)
- 1 tablespoon regular, low-carbohydrate salad dressing
- 2 tablespoons reduced-fat, low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 ½ oz. avocado
- ¼ oz. plain nuts, such as almonds, peanuts, or pistachios
- 1 tablespoon plain seeds, such as sesame, chia, flax, or pumpkin seeds
- ½ tablespoon regular butter, margarine, or mayonnaise

For a complete list of healthy fat options, refer to our Condiment & Healthy Fat list online.

LEAN: Choose a 5 oz. cooked portion with 10g - 20g total fat - no Healthy Fat serving added.

- Fish: salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- Lean beef: steak, roast, ground
- Lamb
- Pork chop or pork tenderloin
- Ground turkey or other meat: 85% - 94% lean
- Chicken or turkey: dark meat
- Meatless options:
  - 15 oz. Mori-nu® extra firm or firm tofu (bean curd)
  - 3 whole eggs (up to two times per week)
  - 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3 - 6g fat per oz.)
  - 8 oz. (1 cup) part-skim ricotta cheese (2 - 3g fat per oz.)
  - 5 oz. tempeh
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)
Lean & Green Meal: The "Green"

Choose three servings from our Green Options list for each of your Lean & 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) with ≤ 25 calories and ≤ 5g carbohydrate

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, nopales, 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, chayote squash, collard or mustard greens (cooked), green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, Swiss chard (cooked)

NOTE: All vegetables promote healthful eating, but on the Optimal Weight 4 & 2 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and brussel sprouts) to enhance your results. Once you’ve achieved your healthy weight, we encourage you to include ALL vegetables for long-term health.
every positive change leads to more
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. Talk to your OPTAVIA Coach about plan-approved snacks including:

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)
- ¼ 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 & 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.

Purposeful Hydration®
At OPTAVIA, one healthy habit truly leads to another and proper hydration is just as critical as healthy nutrition to achieving lifelong transformation.** OPTAVIA Purposeful Hydration provides key functional benefits that help make hydration a delicious, easy habit.

START STRONG contains as much Vitamin C as six oranges, which helps support a healthy immune system.

B ACTIVE is an excellent source of B Vitamins, which help support cellular energy production.

REPLENISH helps restore key electrolytes lost throughout your active day.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and 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 & Green meal on the Optimal Weight 4 & 2 & 1 Plan.

Examples:
- ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ sauce, cocktail sauce, or Worcestershire sauce
- ¼ 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 unsweetened vanilla almond or cashew milk
- ¼ cup cider, white, or wine vinegar
- 1 teaspoon balsamic vinegar, teriyaki sauce, tomato paste, or Sriracha

NOTE: For a more comprehensive list of condiments, healthy fats and portion recommendations, talk to your OPTAVIA Coach.
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 independent 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 Transformational 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 these tools 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 OPTAVIA 30 journey 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. Visit Answers.OPTAVIA.com for additional tools and resources.

**Discover new, delicious recipes**
Visit the OPTAVIA Pinterest page for Lean & Green meal 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.
## Optimal Weight 4 & 2 & 1 Plan Food Journal

### Week 1 Journal

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<thead>
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<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fueling</strong></td>
<td>ex: Caramel Macchiato Shake</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fueling</strong></td>
<td>ex: Creamy Double Peanut Butter Crisp Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fueling</strong></td>
<td>ex: Roasted Garlic Creamy Smashed Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fueling</strong></td>
<td>ex: Cinnamon Sugar Sticks</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lean &amp; Green Meal</strong></td>
<td>ex: 6 oz. Baked Chicken Breast, with 3 cups Spring Mix and 2 tbsp low-carbohydrate salad dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lean &amp; Green Meal</strong></td>
<td>ex: 5 oz. Grilled Salmon with 1⅔ cups Asparagus</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Healthy Snack</strong></td>
<td>ex: OPTAVIA Puffed Ranch Snacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Water Intake</strong></td>
<td>1 2 3 4</td>
<td>1 2 3 4</td>
<td>1 2 3 4</td>
</tr>
<tr>
<td>(check off how many glasses of water you have each day)</td>
<td>5 6 7 8</td>
<td>5 6 7 8</td>
<td>5 6 7 8</td>
</tr>
</tbody>
</table>

*8 oz.*

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159x467

Day 1

Day 2

Day 3

Fueling

ex: Caramel Macchiato Shake

Fueling

ex: Creamy Double Peanut Butter Crisp Bar

Fueling

ex: Roasted Garlic Creamy Smashed Potatoes

Fueling

ex: Cinnamon Sugar Sticks

Lean & Green Meal

ex: 6 oz. Baked Chicken Breast, with 3 cups Spring Mix and 2 tbsp low-carbohydrate salad dressing

Lean & Green Meal

ex: 5 oz. Grilled Salmon with 1⅔ cups Asparagus

Healthy Snack

ex: OPTAVIA Puffed Ranch Snacks

Water Intake

(check off how many glasses of water you have each day)

- 8 oz.
<table>
<thead>
<tr>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
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**Water Intake**
(check off how many glasses of water you have each day)

> 8 oz.
## week 3 journal

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### Water Intake
(check off how many glasses of water you have each day)

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**Water Intake**  
(check off how many glasses of water you have each day)  
💧 = 8 oz.

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*Check off how many glasses of water you have each day*

- 1 = 8 oz.
Lifelong transformation, one healthy habit at a time.

#OPTAVIA
#LifelongTransformation