

# Vegetarian Information Sheet

At **OPTAVIA**, we believe you can live the best life possible, and we know that requires a healthy you. Whether you adopt a vegetarian diet for health, ecological, religious, or ethical reasons, there are plenty of **OPTAVIA** Fuelings to fit into your lifestyle.

In fact, the Academy of Nutrition and Dietetics has suggested that fortified foods like **OPTAVIA** Fuelings are a great choice for those looking to lose or maintain their weight and follow a vegetarian lifestyle.<sup>1</sup>

Designed to provide the right nutrition at every stage of the journey, our scientifically designed Fuelings are nutritious, delicious, and effective. All **OPTAVIA** Essential Fuelings and **OPTAVIA** Select Fuelings are free from colors, flavors, and sweeteners from artificial sources, and contain high quality, complete protein, probiotic cultures, and 24 vitamins and minerals. **OPTAVIA** Fuelings are nutrient dense, portion controlled, and nutritionally interchangeable.

<sup>1</sup>Academy of Nutrition & Dietetics position paper Volume 109, Issue 7, Pages 1266-1282 (July 2009)

## Vegetarian Options

### Do not contain eggs or milk:

- OPTAVIA** Essential Oatmeal (all)
- OPTAVIA** Essential Crunchy O's (all)
- OPTAVIA** Puffed Sweet & Salty Snacks\*
- Medifast Classic Cereal Crunch (all)
- Flavor Infusers\* (all)
- Crackers\* (all)
- Sea Salt Popcorn\*

### Contain milk but not eggs:

- OPTAVIA** Select and Essential Bars (all)
- OPTAVIA** Select and Essential Mac & Cheese (all)
- OPTAVIA** Select Hot Cereals (all)
- OPTAVIA** Select Honey Sweet Potatoes
- OPTAVIA** Select Dark Chocolate Covered Cherry Shake
- OPTAVIA** Select Smoothies (all)
- OPTAVIA** Essential Rustic Tomato Herb Penne
- OPTAVIA** Essential Shakes (all)
- OPTAVIA** Essential Chewy Chocolate Chip Cookie
- OPTAVIA** Essential Chocolate Fudge Pudding
- OPTAVIA** Puffed Ranch Snacks\*
- Medifast Classic Bars (all)
- Medifast Classic Shakes (all except the Ready-to-Drink Shakes)
- Medifast Classic Macaroni and Cheese

### Contain milk but not eggs (continued):

- Medifast® Classic Ziti Marinara
- Medifast Classic Hot Drinks (all)
- Medifast Classic Pretzel Sticks (all)
- Medifast Classic Puffs (all)
- Optimal Health Strawberry Yogurt Bar\*
- Cheddar & Sour Cream Popcorn\*

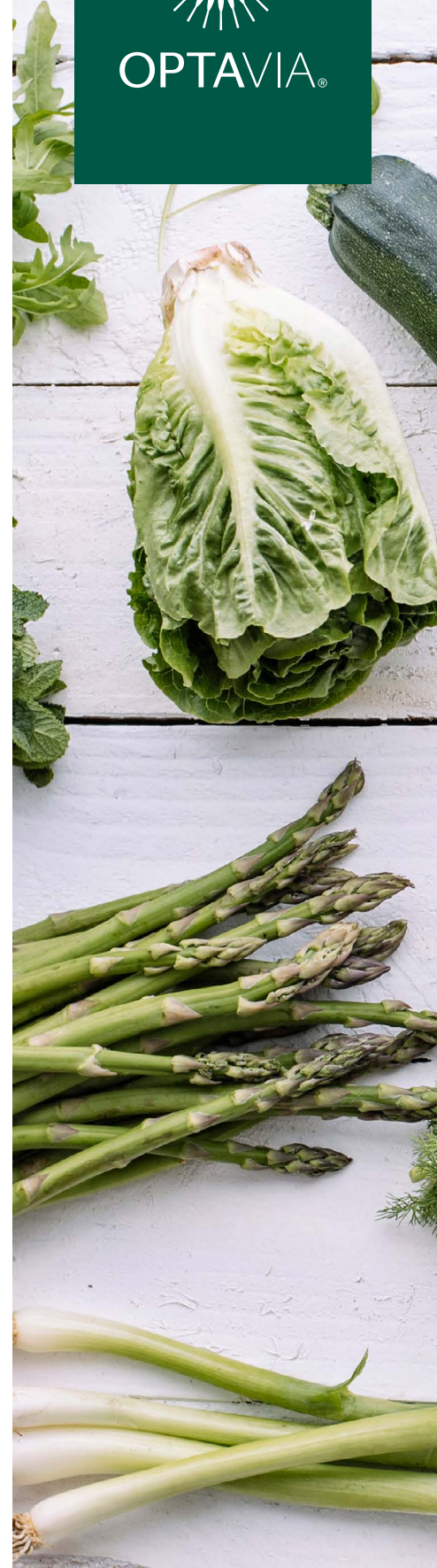
### Contain eggs and milk:

- OPTAVIA** Select Buttermilk Cheddar Herb Biscuit
- OPTAVIA** Select Cinnamon Cream Cheese Swirl Cake
- OPTAVIA** Essential Decadent Double Chocolate Brownie with Greek Yogurt Chips
- OPTAVIA** Essential Smashed Potatoes (all)
- OPTAVIA** Essential Pancakes (all)
- OPTAVIA** Essential Smoothies (all)
- Optimal Health Dark Chocolate Dream Bar\*

\*Not a Fueling. Make sure you are eating your daily requirement of **OPTAVIA** or Medifast Fuelings according to your plan guidelines.  
**NOTE:** **OPTAVIA** Fuelings are not appropriate for those following a strict vegan lifestyle.



**OPTAVIA**®



## Vegetarian options for the Lean & Green meal

Meatless options generally provide more carbohydrates than a typical serving of lean meat. For the best chance of reaching your weight loss goal sooner:

- Eliminate your optional snack.
- Choose the lowest carbohydrate foods from your lean protein and vegetable categories.
- Choose **OPTAVIA** Fuelings that are lower in carbohydrates (ex. shakes).

If you are following the Optimal Weight 5 & 1 Plan®, you should avoid legumes (peas, beans, lentils, etc.) until you reach your weight-loss goal as these foods are too high in carbohydrates to keep you in the fat-burning state. These healthy choices can be reintroduced during the transition and maintenance phases.

## Meatless Options List

Anyone can enjoy meatless meals; you don't have to be a vegetarian! The following list provides alternative "Lean" choices instead of meat. Since most meatless options provide more carbohydrates than a typical serving of meat, the options below have been organized to reflect their relative carbohydrate levels. To help ensure that you remain within the fat-burning state when incorporating meatless options, we recommend choosing lower carbohydrate vegetables and/or Fuelings (ex. shakes).

**MSF** = Morningstar Farms® **YVC** = Yves Veggie Cuisine®

**Sodium levels for meatless portions are represented:** √ = 250 mg of sodium\*

### LEANEST: Choose a 7 oz. cooked portion that has 0 - 4g total fat and add 2 Healthy Fat servings.

#### Lower Carbohydrate

- 14 egg whites √√
- 2 cups (16 oz.) liquid egg substitute √√√
- 2 cups (16 oz.) liquid egg whites √√√
- 5 oz. seitan √√

#### Moderate Carbohydrate

- 1 ½ cups (12 oz.) 1% cottage cheese √√√√

#### Higher Carbohydrate

- YVC Veggie Turkey Slices 15 slices √√√√
- Lightlife® Smart Cutlets Original Chick'n 2 cutlets √√
- Lightlife Smart Tenders Savory Chick'n 6 tenders √√
- 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.

#### Lower Carbohydrate

- 2 whole eggs + 4 egg whites √
- 2 whole eggs + 1 cup liquid egg substitute √√
- 6 oz. (1 ½ cups shredded) low-fat cheese (1 ½ grams fat/oz.) √√

#### Moderate Carbohydrate

- MSF Veggie Sausage Links 6 links √√√√
- MSF Veggie Sausage Patties (Regular) 3 patties √√√
- MSF Meal Starters® Chick'n Strips 18 strips √√√
- MSF Meal Starters Steak Strips 18 strips √√√

#### Higher Carbohydrate

- 1 ½ cups (12 oz.) 2% cottage cheese √√√√
- 12 oz. low-fat (2%) plain Greek yogurt (<15g carb per 12 oz.) √
- MSF Veggie Sausage Patties (Hot & Spicy) 3 patties √√√
- MSF Meal Starters Grillers Recipe Crumbles 1 ½ cups √√√
- YVC Good Veggie Burger 2 patties √√√
- Quorn® Naked Chik'n Cutlets 3 cutlets √√√√√
- Boca® Cheeseburger Patties 2 patties √√
- Boca® All American Flame Grilled Burgers 2 patties (71 grams per patty) √√√
- Veggie Patch® Meatless Meatballs 6 meatballs √√√√√



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

**Lower Carbohydrate**

- 3 whole eggs ✓✓
- 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3-6 grams fat/oz.) ✓✓✓

**Moderate Carbohydrate**

- 8 oz. (1 cup) part-skim ricotta cheese (2-3 grams fat/oz.) ✓
- 5 oz. tempeh
- MSF Grillers Prime® Veggie Burgers 2 burgers ✓✓✓
- Gardein® Teriyaki Chick'n Strips 2/3 package (140 grams) ✓✓
- Mori-Nu® Silken Extra Firm Tofu 15 oz. ✓

**Higher Carbohydrate**

- Gardein BBQ Chick'n Wings 10 wings ✓✓✓
- Gardein Chick'n Scallopini 3 pieces ✓✓✓✓
- MSF Grillers Original Burgers 2 burgers ✓✓
- Trader Joe's® Meatless Meatballs 10 meatballs ✓✓✓✓
- Gardein Beefless Tips 1 ¼ cups ✓✓
- Mori-Nu Silken Firm Tofu 15 oz. ✓
- Lightlife Smart Deli Veggie Turkey Slices 12 slices ✓✓✓

Brand name products are subject to changes in ingredients and nutritional composition. These products are only suggestions. A product is appropriate on the **OPTAVIA** program if the nutritional information meets the requirements listed in the chart below:

	<b>"Lean" portion of the lean and green meal</b>
<b>Calories</b>	180-300
<b>Fat</b>	N/A
<b>Protein</b>	At least 25g
<b>Carbohydrates</b>	≤ 15g

\*Levels are approximate. Current dietary recommendations for sodium is less than 2300 mg/day for most individuals and less than 1500 mg/day for individuals with special health or dietary concerns.

Boca® Burger is a registered trademark of Boca Foods Company, Co. Mori-Nu® is a registered trademark of Morinaga Milk Industry Co., Ltd. Morningstar Farms® is a registered trademark of Kellogg North America Company, Co. Yves Veggie Cuisine® is a registered trademark of Yves Veggie Cuisine, Inc. Quorn® is a registered trademark of Marlow Foods Limited Private Limited Company. Veggie Patch® is a registered trademark of Foodtech International, Inc. Trader Joe's® is a registered trademark of Trader Joes Company, Co. Gardein® is a registered trademark of Garden Protein International, Inc. Lightlife® is a registered trademark of Lightlife Foods, Inc.

