Optimal Weight
5 & 2 & 2 Plan® Guide

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 and we know 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 independent 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 may increase your health, confidence and vitality and you can create space for your best, most fulfilling life.

The Habits of Health® Transformational System

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything we do. Developed by our co-founder and 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.

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 5 & 2 & 2 Plan, you’ll choose from more than 50 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. Each Fueling contains high-quality, complete 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 five Fuelings per day eaten every two to three hours, you’ll learn another healthy habit, how to make a Lean & Green meal for you and your family.
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.

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 Coach has likely been in your very same shoes and can help steer you to success. Committed and caring, your Coach will help you learn the Habits of Health that create optimal health and lead to lifelong transformation. Your 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.).

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.
The Optimal Weight 5 & 2 & 2 Plan

Our Optimal Weight 5 & 2 & 2 Plan is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight.

The Optimal Weight 5 & 2 & 2 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 and over 100 pounds to lose
- Are 65 years or older and not regularly active and/or have over 100 pounds to lose
- Exercise more than 45 minutes per day
- Have less than 15 pounds to lose

It’s as simple as this:

- Eat 5 Fuelings + 2 Lean & Green meals + 2 healthy snacks
- Eat six times daily, once every two to three hours. While 5 & 2 & 2 does not add up to six, this guide will show you how you can plan your meals throughout the day and add variety, too!

Each OPTAVIA Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat. Each Fueling contains high-quality, complete protein which helps you retain lean muscle mass.

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 five Fuelings each day, you’ll learn another healthy habit, how to make a Lean & Green meal 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 (3) servings of non-starchy vegetables and up to two (2) 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.

Healthy Fats
Incorporate up to two (2) 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.

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 leanest, leaner and lean. All options are appropriate for the Optimal Weight 5 & 2 & 2 Plan; this just helps you make informed food choices.
LEANEST: Choose a 7 oz. cooked portion 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:** buffalo, elk, deer
- **Ground turkey or other meat:** ≥ 98% lean
- **Turkey:** light meat
- **Meatless options:**
  - 14 egg whites
  - 2 cups of liquid egg substitute or liquid egg whites
  - 5 oz. seitan
  - 1½ 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 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
- **Pork chop or pork tenderloin**
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites
  - 2 whole eggs plus 1 cup liquid egg substitute
  - 1½ cups (12 oz.) 2% cottage cheese
  - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

LEAN: Choose a 5 oz. cooked portion and no Healthy Fat serving added.

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **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
Healthy Fat Servings
Add 0 – 2 Healthy Fat servings to each lean & green meal 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
• ½ 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 & Green Meal: The "Green"
Choose three servings from our Green Options list below 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 5 & 2 & 2 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, 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 5 & 2 & 2 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.
Healthy Snacks
On the Optimal Weight 5 & 2 & 2 Plan you may incorporate two servings of a starch, fruit, dairy, or OPTAVIA Snack into any of your meal times. While 5 & 2 & 2 does not add up to six, remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control. We recommend choosing a variety of foods from the categories below throughout each week. Variety is an integral part of healthy eating.

OPTAVIA Snacks
- Puffed Sweet and 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)
- ¾ 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:

- ¾ 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](#) for information about including cheese as a lean protein choice in your weight-loss plan.
Extras for The Optimal Weight
5 & 2 & 2 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.

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 5 & 2 & 2 Plan.

Examples:
• ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ, sauce, or cocktail sauce
• ¼ teaspoon salt
• 1 tablespoon minced onion, yellow mustard, salsa, soy sauce, low-fat or fat-free milk/soy 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

For a more comprehensive list of condiments, healthy fats and portion recommendations, talk to your independent OPTAVIA Coach and visit us online at OPTAVIA Client Answers (Answers.OPTAVIA.com) under Program Guides & Information Sheets.
Sample Meal Plan

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep yourself full and satisfied.

Day 1

Breakfast: 1st Fueling + 1st Healthy Snack
   • OPTAVIA Essential Old Fashioned Maple & Brown Sugar Oatmeal
   • 1 cup low-fat milk

Mid-Morning: 2nd Fueling
   • OPTAVIA Essential Creamy Chocolate Shake

Lunch: 1st Lean & Green Meal + 3rd Fueling
   • 6 oz. baked chicken
   • 3 cups spring mix
   • 2 Tbsp low-carbohydrate salad dressing
   • OPTAVIA Essential Decadent Double Chocolate Brownie With Greek Yogurt Chips

Mid-Afternoon: 4th Fueling
   • OPTAVIA Essential Frosted Cinnamon Spice Crisp Bar

Dinner: 2nd Lean & Green Meal + 2nd Healthy Snack
   • 5 oz. grilled salmon
   • 1 ½ cups cooked asparagus
   • OPTAVIA Puffed Ranch Snack

Evening: 5th Fueling
   • OPTAVIA Essential Chewy Chocolate Chip Cookie
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, while integrating more food choices in the right portions. Your independent 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.

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*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.
Lifelong transformation, one healthy habit at a time.

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