



OPTAVIA®



Optimal Weight  
5 & 2 & 2 Plan® Guide

Lifelong Transformation,  
One Healthy Habit at a Time®

**Contact your independent OPTAVIA Coach:**

Name \_\_\_\_\_

ID# \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Your Client ID# \_\_\_\_\_

Website \_\_\_\_\_



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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 our Coaches and Clients turn simple habit-building into Lifelong Transformation, One Healthy Habit at a Time. These habits get your mind and body working together, to work for you. We believe every simple new habit, every healthy decision, every positive change leads to more.

You are now part of the **OPTAVIA** Community, here to help you become your most fulfilled you. Healthy nutrition gets you where you want to go and 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 the life you want.

The more you get your mind and body working together to work for you, the more you will start to see possibilities become realities every day. This guide will help you track your daily Fuelings, motion, activity, hydration and more. We outline the foundational offerings of the Optimal Weight 5 & 2 & 2 Plan, which can help you achieve a healthy weight while providing the resources to transition which can help you sustain your success.



# OPTAVIA offers these 4 components to support you as you begin your journey:



## OPTAVIA Coach

Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.\* **OPTAVIA** Coaches are the lifeblood of our program. No matter what you are facing, your Coach has likely been in your same shoes and can help steer you to success. Lean on your **OPTAVIA** Coach for support to guide you through the Habits of Health Transformational System and help you develop new healthy habits. Your **OPTAVIA** Coach helps you celebrate the little victories that add up to the big ones.



## The Habits of Health® Transformational System

**OPTAVIA** incorporates healthy habits in everything we do. Developed by Dr. Wayne Scott Andersen, Co-founder of **OPTAVIA** and independent **OPTAVIA** Coach, Dr. A's Habits of Health Transformational System is an innovative lifestyle approach that helps you learn and adopt healthy habits that can contribute to your long-term health. Use the Habits of Health Transformational System to learn about the six MacroHabits.



## Clinically Proven Plans & OPTAVIA Products

Our clinically proven Optimal Weight 5 & 2 & 2 Plan jump-starts your optimal weight journey. You can choose from dozens of delicious, convenient, nutritionally interchangeable, scientifically developed Fuelings. On this plan, your body enters a gentle, but efficient fat-burning state. In addition to 5 Fuelings per day eaten every 2 to 3 hours, you will learn another healthy habit – how to make an **OPTAVIA** Lean & Green™ meal for you and your family. When you know what optimal nutrition looks like, healthy eating becomes second nature.

Our clinically proven plans and our scientifically designed products were developed by physicians, dietitians and scientists, and have impacted more than 2 million lives and been 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 plans and products.

\*Appel, L.J., et al., *Comparative effectiveness of weight-loss interventions in clinical practice*. N Engl J Med, 2011. **365**(21): p. 1959-68; Harrigan, M., et al., *Randomized Trial Comparing Telephone Versus In-Person Weight Loss Counseling on Body Composition and Circulating Biomarkers in Women Treated for Breast Cancer: The Lifestyle, Exercise, and Nutrition (LEAN) Study*. J Clin Oncol, 2016. **34**(7): p. 669-76; van Wier M.F., et al., *Phone and e-mail counselling are effective for weight management in an overweight working population: a randomized controlled trial*. BMC Public Health, 2009. **9**: 6; and Donnelly, J.E., et al., *Comparison of a phone vs clinic approach to achieve 10% weight loss*. Int J Obes (Lond), 2007. **31**(8): p. 1270-6.

WELCOME TO **OPTAVIA**



## **OPTAVIA Community**

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

### **The OPTAVIA Community features:**

- Coach-led support calls & webinars with a caring Community
- **OPTAVIA** Community events
- Our knowledgeable Nutrition Support Team
- Exclusive offers from **OPTAVIA** Premier to help you stay on plan, earn rewards and receive FREE shipping\*

*\***OPTAVIA** Premier is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable Rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. For complete Terms & Conditions, [click here](#).*

*awaken your possibilities*

# Let's kick-off your OPTAVIA journey!

Here is what you can expect when starting the Optimal Weight 5 & 2 & 2 Plan. (Please consult with your **OPTAVIA** Coach if you are using one of our other plans.)

## How to get prepared the night before:

- Continue to review this **OPTAVIA** Guide and keep it with you to reference as it will help you track your daily Fuelings, motion, activity, hydration and more.
- Choose your 5 Fuelings, 2 Health Snacks, and plan 2 Lean & Green Meals for tomorrow.
- Take a before photo so you can visually track your progress. Don't worry, you don't need to share it with anyone!
- Write down your starting weight and starting measurements.
- Plan the best time for your **OPTAVIA** Coach to call you tomorrow.
- Write down any questions you have for your **OPTAVIA** Coach:

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## Helpful reminders:

- Eat within 1 hour of waking up.
- Drink plenty of water\* (~64 oz.).
- Eat every 2 - 3 hours and use this guide to record your Fuelings, Lean & Green Meals, water intake, plus your microHabits of Health in our daily journal trackers.
- Make sure to write your name in *Your LifeBook*. If you have not yet ordered *Your LifeBook*, please visit [this introduction](#), just for you!

*\*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.*



# Daily Support & Top Tips

On your **OPTAVIA** journey, your **OPTAVIA** Coach and our daily support plan will help steer you to success as you start incorporating healthy habits that can help create optimal health.

**We recommend following these tips for success:**



## **Before you begin.**

We recommend that you contact your healthcare provider before you begin a weight loss program and throughout your **OPTAVIA** journey about the program and about any medications or dietary supplements you are using, especially including Coumadin (Warfarin), lithium, diuretics or medications for diabetes, high blood pressure or thyroid conditions. (For our complete medical disclaimer please review the [back cover](#) of this guide.)



## **Stay in touch with 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 as you begin your journey by setting goals for your health and wellness.



## **Track your progress with the Habits of Health Transformational System.**

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. *Your LifeBook* includes 26 progressive Elements to help you build a healthier life. Use *Your LifeBook* to create your new story on your way to optimal health and download the **OPTAVIA** App to manage important aspects of your journey like setting meal times, tracking hydration and your daily activity.



## **Stay motivated with daily tips and inspiration.**

With your phone text "**OPTAVIA**" to 462-57 (GOALS) the day before you start on plan to receive daily tips, inspiration, healthy reminders and much more!\*

\*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 462-57 (GOALS). You may receive up to 50 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 Southern Linc, Bandwidth, Google Voice, Buffalo Wireless, Chariton Valley Cellular, Leaco, Cablevision, Copper Valley, AT&T, Sprint/Boost/Virgin, T-Mobile/MetroPCS, Verizon Wireless, Cellcom USA, C Spire Wireless, U.S. Cellular, Pine Belt Wireless, ACS/Alaska, Atlantic Tele-Network International (ATN), Advantage Cellular (DTC Wireless), Appalachian Wireless, Bluegrass Cellular, Cellular Network Partnership (PIONEER), Cellular One of East Central Illinois, Chat Mobility USA, Coral Wireless (Mobi PCS), Element Mobile (Flat Wireless), Epic Touch (Elkhart Telephone), GCI Communications Corp, Golden State Cellular, Illinois Valley Cellular (IV Cellular), i Wireless (IOWA Wireless), Nex-Tech Wireless, MTA Communications, MTPCS (Cellular One Nation), Cross Telephone Company (MBO Wireless), Duet IP (Maximum Communications New Core Wireless), Inland Cellular Telephone Company, Immix (Keystone Wireless), Mosaic (Consolidated or CTC Telecom), Northwest Missouri Cellular Limited, Peoples Wireless, Panhandle Telecommunications Systems (PTCI), RINA, Revol Wireless USA, SI Wireless/Mobile Nation, SRT Wireless, Texas RSA 3 Ltd (Plateau Wireless), Thumb Cellular, United Wireless, Union Telephone Company (Union Wireless), Viaero Wireless, West Central Wireless (5 Star Wireless), Sagebrush Cellular (Nemont), Carolina West Wireless (CWW), Pine Cellular, Aio Wireless/Cricket. For help, text HELP to 462-57 (GOALS), visit [ANSWERS.OPTAVIA.com](#) or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 462-57 (GOALS).



 **Engage with our OPTAVIA Community.**

Share your transformation story and connect with the **OPTAVIA** Community by following **OPTAVIA** on Facebook and Instagram. Use **#OPTAVIA** and tag your Coach in your posts and inspire others. Tune in to Coach-led support calls to ask questions and learn more about the program and products.

 **Visit your OPTAVIA Coach's personalized website.**

Place your **OPTAVIA** Premier order and find more information and support tools to help you along the way to optimal health. Download the **OPTAVIA** App on your iPhone or Android device for self-service features, such as Premier order details, returns and other key resources.

 **Discover new, delicious recipes.**

Download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a robust library of Lean & Green recipes.



*lifelong transformation,  
one healthy habit at a time*



# 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 is all built on our innovative, six step approach that will enable you to reach your personal goals and help create your own foundation for achieving optimal health.

### The six steps are:



\*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.



# 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 & 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 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 has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team. Each Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 5 & 2 & 2 Plan. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass.

Your **OPTAVIA** Coach can help you choose your Fuelings at the start, and you will soon discover your own favorites.

In addition to 5 Fuelings each day, you will 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.

# 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

Every day, 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. Reference [page 20](#) to view our complete Healthy Fats List.

## 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 any of our meatless options like tofu and tempeh.

If you are interested in our complete list of meatless options, please refer to our '[Vegetarian Information Sheet](#)' located on [Client Answers](#) (ANSWERS.OPTAVIA.com).

*you can have your  
lean & green meal  
any time of day*



Choose the appropriate serving size of any protein from the list below.

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.

Download the **OPTAVIA** App from the [Apple App Store](#) or [Google Play](#) for access to a complete library of **OPTAVIA** Lean & Green recipes.

## LEANEST:

**7 oz. of protein**



**+ Add 2 servings of Healthy Fats\***



**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, 12 oz. (1 ½ cups) 1% cottage cheese, 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

## LEANER:

**6 oz. of protein**



**+ Add 1 serving of Healthy Fats\***



**Fish:** swordfish, trout, halibut

**Chicken:** breast or white meat, without skin

**Ground turkey or other meat:** 95% - 97% lean

**Pork:** pork chop or pork tenderloin

**Meatless options:** 2 whole eggs plus 4 egg whites, 2 whole eggs plus 1 cup liquid egg substitute, 12 oz. (1 ½ cups) 2% cottage cheese, 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

## LEAN:

**5 oz. of protein**



**0 servings of Healthy Fats\***



**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, 8 oz. (1 cup) part-skim ricotta cheese (2-3g fat per oz.), 5 oz. tempeh




\* To view our complete Healthy Fats List please refer to [pages 20-22](#)

## Lean & Green Meal: The "Green"

Choose three (3) 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)

Example: 1 cup of lettuce  + ½ cup of broccoli  + ½ cup mushrooms 

Lower Carbohydrate		
1 cup	Collards (fresh/raw)	spinach (fresh/raw)
	endive	spring mix
	lettuce (green leaf, butterhead, iceberg, romaine)	watercress
	mustard greens	bok choy (raw)
Lower Carbohydrate		
½ cup	celery	arugula
	cucumbers	nopales
	white mushrooms	escarole
	radishes	jalapeño (raw),
	sprouts (alfalfa, mung bean)	Swiss chard (raw)
	turnip greens	bok choy (cooked)
	Moderate Carbohydrate	
	asparagus	kale
	cabbage	portabella mushrooms
	cauliflower	spinach (cooked)
eggplant	summer squash (scallop or zucchini)	
fennel bulb		
Higher Carbohydrate		
broccoli	peppers (any color)	
red cabbage	scallions (raw)	
chayote squash	summer squash (crookneck or straightneck)	
collard or mustard greens (cooked)	tomatoes	
green or wax beans	turnips	
kabocha squash	spaghetti squash	
kohlrabi	hearts of palm	
leeks (cooked)	jicama	
okra	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 Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.

# Healthy Snacks

On the Optimal Weight 5 & 2 & 2 Plan you may incorporate 2 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.

## 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)
- $\frac{3}{4}$  cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
- $\frac{1}{2}$  cup cooked cereal
- $\frac{1}{2}$  cup peas, corn
- 1 cup winter squash
- $\frac{1}{4}$  large (3 oz.) baked potato
- $\frac{1}{3}$  cup cooked brown rice
- $\frac{1}{3}$  cup cooked whole-wheat pasta
- $\frac{1}{2}$  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.
- $\frac{1}{2}$  cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- $\frac{3}{4}$  cup fresh berries
- $\frac{1}{2}$  cup canned fruit such as peaches, pears or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- $\frac{1}{2}$  large grapefruit
- $\frac{1}{2}$  large or 1 extra-small banana

## Dairy

### A healthy snack serving of dairy is:

- $\frac{3}{4}$  cup (6 oz.) low-fat yogurt (fewer than 120 calories)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond or cashew)
- $\frac{1}{2}$  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 [OPTAVIA Client Answers \(ANSWERS.OPTAVIA.com\)](#) for information about including cheese as a lean protein choice in your weight-loss plan.*



*love the  
journey*



# Extras

## Flavors of Home®

Our Flavors of Home product 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.

## Recipe Conversion

To help you make delicious and plan approved Lean & Green Meals, check out the **OPTAVIA** App for a myriad of suggestions. For those times when you are making your own recipes, you may use the Lean & Green Meal parameters below.

## Lean & Green Meal Nutritional Parameters:

- 250-400 calories
- ≤20 grams total carbohydrate (ideally <15 grams)
- 10-20 grams total fat
- ≥25 grams protein

## Dining Out Guide

At **OPTAVIA**, we understand that there will be times when you are out with friends and family and need to make healthy eating decisions. Our "[Dining Out Guide](#)" located on [Client Answers](#) (ANSWERS.OPTAVIA.com) will empower you to make healthier choices, whether you are dining out, picking up take-out after a busy day or taking part in a special occasion.



## Sample Meal Plan: Optimal Weight 5 & 2 & 2 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:** 1<sup>st</sup> Fueling + 1<sup>st</sup> Healthy Snack

- Red Berry Crunchy O's Cereal
- 1 cup low-fat milk

**Mid-Morning:** 2<sup>nd</sup> Fueling - Creamy Vanilla Shake Mix

**Lunch:** 1<sup>st</sup> Lean & Green Meal + 3<sup>rd</sup> Fueling

- 6 oz. baked chicken
- 3 cups spring mix
- 2 Tbsp reduced-fat, low-carbohydrate salad dressing
- Creamy Double Peanut Butter Crisp Bar

**Mid-Afternoon:** 4<sup>th</sup> Fueling - Red Bean & Vegetable Chili Mix

**Dinner:** 2<sup>nd</sup> Lean & Green Meal + 2<sup>nd</sup> Healthy Snack

- 5 oz. grilled salmon
- 1 ½ cups cooked asparagus
- **OPTAVIA** Olive Oil & Sea Salt Popcorn

**Evening:** 5<sup>th</sup> Fueling - Cinnamon Sugar Sticks



## Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

### Monounsaturated Fats

Almond flour: 1 ½ Tbsp  
Avocado: 1 ½ oz.  
Guacamole: 2 Tbsp

#### Milks:

Almond Milk (refrigerated, unsweetened original or unsweetened vanilla): 2 cups  
Cashew Milk: (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

#### Oils:

Avocado Oil: 1 tsp  
Canola Oil: 1 tsp  
Olive Oil: 1 tsp  
Peanut Oil: 1 tsp

#### Nuts:

Almonds: ½ oz. (~8 pieces)  
Brazil nuts: ½ oz. (~2 pieces)  
Cashews: ½ oz. (~6 pieces)  
Hazelnuts: ½ oz. (~6 pieces)  
Macadamia: ½ oz. (~3 pieces)  
Peanuts: ½ oz. (~12 pieces)  
Pecans: ½ oz. (~5 halves)  
Pistachios: ½ oz. (~18 pieces)

Pesto: 1 Tbsp

#### Seeds:

Sesame Seeds: 1 Tbsp

### Polyunsaturated Fats

Margarine (regular): ½ Tbsp  
Margarine (reduced-fat): 1 Tbsp  
Mayonnaise (regular): ½ Tbsp  
Mayonnaise (light): 1 ½ Tbsp  
Mayonnaise (reduced-fat with olive oil): 1 Tbsp

#### Nuts:

Pine: ½ oz. (~55 kernels)  
Walnuts: ½ oz. (~4 halves)

#### Oils:

Flaxseed Oil: 1 tsp  
Grapeseed Oil: 1 tsp  
Safflower Oil: 1 tsp  
Sesame Oil: 1 tsp  
Soybean Oil: 1 tsp

#### Seeds:

Chia Seeds: 1 Tbsp  
Flax Seeds (ground): 2 Tbsp  
Flax Seeds (whole): 1 Tbsp  
Hemp Seeds: 1 Tbsp  
Poppy Seeds: 1 Tbsp  
Pumpkin Seeds: 1 Tbsp  
Sunflower Seeds (kernel only): 1 Tbsp

### Saturated Fats

Butter: ½ Tbsp  
Coconut (shredded, unsweetened): 1 ½ Tbsp  
Cream (half & half): 3 Tbsp  
Cream cheese (regular): 1 Tbsp  
Cream cheese (low-fat): 2 Tbsp

#### Milks:

Coconut (canned, regular): 2 Tbsp  
Coconut (canned, light): ¼ cup  
Coconut (unsweetened original or unsweetened vanilla): 1 cup

Sour cream: 2 Tbsp

The Laughing Cow Spreadable Cheese  
Original Swiss: 1 wedge



## Healthy Fats List: Salad Dressing

Annie's Naturals			
1 Tbsp	Goddess	Organic French	Woodstock
	Organic Cowgirl Ranch	Organic Caesar	Lemon & Chive Vinaigrette
	Organic Roasted Garlic Vinaigrette	Organic Balsamic	Tuscany Italian
	Organic Green Goddess	Organic Asian Sesame	Artichoke Parmesan
	Organic Goddess	Cowgirl Ranch	Organic Smoky Tomato
	Organic Goddess	Balsamic Vinaigrette	
2 Tbsp	Roasted Red Pepper Lite Goddess		

Hidden Valley			
1 Tbsp	Avocado Ranch	Roasted Garlic Ranch	Simply Ranch Cucumber Basil
	Cucumber Ranch	Fiesta Salsa Ranch	Simply Ranch Classic Ranch
	Sweet Chili Ranch	Cracked Peppercorn Ranch	Simply Ranch Chili Lime
2 Tbsp	Buttermilk Ranch Light	Original Ranch	Greek Yogurt Lemon Garlic
	Cucumber Ranch Light	Homestyle Light	Greek Yogurt Ranch
	Fiesta Salsa Ranch Light	Greek Yogurt Spinach & Feta	Greek Yogurt Cucumber Dill

Ken's			
1 Tbsp	Balsamic Vinaigrette	Honey Mustard	Three Cheese Italian
	Creamy French	Italian	Chef's Reserve French
	Greek	Red Wine Vinegar & Olive Oil	Chef's Reserve Italian
2 Tbsp	Light Options Balsamic Vinaigrette		

Kraft			
1 Tbsp	Buttermilk Ranch	Classic Ranch	Ranch with Bacon
	Red Wine Vinaigrette	Classic Caesar	Cucumber Ranch
	Peppercorn Ranch	Roka Blue Cheese	Thousand Island
2 Tbsp	Sun Dried Tomato	Greek Vinaigrette	Caesar Vinaigrette
	Tuscan House Italian	Zesty Lime Vinaigrette	Zesty Italian

Newman's Own			
1 Tbsp	Balsamic Vinaigrette	Honey French	Three Cheese Balsamic Vinaigrette
	Greek Vinaigrette	Parmesan & Roasted Garlic	
2 Tbsp	Lime Lite Vinaigrette	Lite Italian	Vinegar & Olive Oil
	Lite Caesar	Lite Red Wine	

## Healthy Fats List: Salad Dressing (cont.)

Wishbone			
1 Tbsp	House Italian	South of the Border Ranch	Sweet & Spicy French
	Creamy Italian	Thousand Island	Deluxe French
	Spicy Caesar	Sweet & Spicy Honey Mustard	Creamy Italian
2 Tbsp	Mediterranean Italian	Greek Vinaigrette	Light Creamy Caesar
	Bruschetta Italian	Balsamic Vinaigrette	Light Buffalo Ranch
	Balsamic Italian Vinaigrette	Light Thousand Island	Light Blue Cheese
	Romano Basil Vinaigrette	Light Ranch	
	Olive Oil Vinaigrette	Light Parmesan	
		Peppercorn Ranch	

## Condiment List

While on our **OPTAVIA** Program you are able to 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 (3) condiment servings per Lean & Green Meal on the Optimal Weight 5 & 2 & 2 Plan.

Fresh Herbs		
Basil (whole leaves): 1 cup Basil (chopped): ½ cup Capers: 2 Tbsp Chives (chopped): ¼ cup Cilantro: 1 cup Dill weed: 1 cup	Garlic (minced): 1 tsp Garlic (whole): 1 clove Ginger root: 2 tsp Lemongrass: 2 tsp Parsley: ¼ cup Peppermint: ¼ cup	Rosemary: 2 Tbsp Sage: 2 Tbsp Spearmint: 2 Tbsp Thyme: 1 Tbsp
Dried Herbs & Spices		
Allspice: ½ tsp Anise seed: ½ tsp Basil (whole leaves): 2 tsp Basil (ground): 1 tsp Bay leaf: 2 tsp Caraway seed: ½ tsp Cardamom: ½ tsp Cayenne pepper: ½ tsp Celery seed: 1 tsp Chili powder: ½ tsp Cilantro: 1 Tbsp Cinnamon: ½ tsp Cloves (whole): 1 tsp Cloves (ground): ½ tsp Coriander seed: 1 tsp Crushed red pepper: ½ tsp Cumin seed (whole or ground): 1 tsp	Curry powder: ½ tsp Dill seed: ½ tsp Dill weed: 1 tsp Fennel seed: ½ tsp Fenugreek seed: ¼ tsp Garlic powder: ½ tsp Ginger (ground): ½ tsp Mace: 1 tsp Marjoram: 2 tsp Mustard seed (ground): 1 tsp Nutmeg: ½ tsp Onion powder: ½ tsp Oregano (whole leaves): 1 tsp Oregano (ground): ½ tsp Paprika: ½ tsp Parsley: 1 Tbsp Pepper: ½ tsp Poppy seed: 1 tsp	Poultry seasoning: 1 tsp Pumpkin pie spice: ½ tsp Rosemary: 1 tsp Saffron: 1 tsp Sage: 2 tsp Salt: ¼ tsp Savory: 1 tsp Spearmint: 1 Tbsp Spice mixes: ½ tsp Tarragon (whole leaves): 1 Tbsp Tarragon (ground): 1 tsp Thyme (whole leaves or ground): 1 tsp Turmeric: ½ tsp

## Condiments (cont.)

### Sauces & Syrups

Barbecue sauce (regular): ½ tsp  
 Barbecue sauce (sugar-free): 1 Tbsp  
 Catsup (regular): ½ tsp  
 Catsup (reduced sugar): 1 Tbsp  
 Cocktail sauce (regular): ½ tsp  
 Fish sauce: 1 Tbsp  
 Honey mustard sauce: ½ tsp  
 Horseradish: 1 tsp  
 Hot sauce: 2 Tbsp  
 Mustard (dijon): 1 tsp  
 Mustard (yellow): 1 Tbsp  
 Oyster sauce: 1 tsp  
 Salsa (tomato): 1 Tbsp

Soy sauce (regular or low sodium): 1 Tbsp  
 Sriracha: 1 tsp  
 Steak sauce: 1 tsp  
 Sweet and sour sauce: ½ tsp  
 Syrups/Flavorings (sugar-free Torani & Walden Farms, Inc.): 2 Tbsp  
 Teriyaki sauce: 1 tsp  
 Tomato paste: 1 tsp  
 Vinegar (cider, white, wine): ¼ cup  
 Vinegar (balsamic): 1 tsp  
 Wasabi: ½ tsp  
 Worcestershire sauce: ½ tsp

### Dairy, Cheese & Milk Substitutes

Butter Buds: ½ tsp

#### Cheeses:

Blue, feta, parmesan (regular): 1 Tbsp  
 Blue, feta, parmesan (reduced-fat): 2 Tbsp  
 Cream cheese (regular): ½ Tbsp  
 Cream cheese (light): 1 Tbsp

#### Cream substitutes:

Liquid or powdered (regular): ½ tsp  
 Liquid or powdered (sugar-free): 1 tsp

Greek yogurt (plain, nonfat or low-fat): 2 Tbsp  
 Sour Cream (regular or light): 1 Tbsp  
 The Laughing Cow Spreadable  
 Cheese: 1 wedge

Whipped Topping (Cool Whip): 1 Tbsp  
 Whipped Topping (pressurized,  
 Reddi-whip): 2 Tbsp

#### Milks:

Almond (refrigerated, unsweetened original  
 or unsweetened vanilla): 1 cup  
 Cashew (refrigerated, unsweetened original  
 or unsweetened vanilla): 1 cup  
 Coconut (canned, regular): 1 Tbsp  
 Coconut (canned, light): 2 Tbsp  
 Coconut (refrigerated, unsweetened original  
 or unsweetened vanilla): ½ cup  
 Cow's (unflavored): 1 Tbsp  
 Rice (unsweetened): 1 Tbsp  
 Soy (unsweetened): 2 Tbsp

### Baking & Cooking Ingredients

Almond flour: 2 tsp  
 Baker's yeast: ½ tsp  
 Baking powder: ½ tsp  
 Baking soda: 1 tsp  
 Bouillon: 1 cube  
 Broth or stock: ½ cup - 1 cup (varies based on  
 brand and flavor - use serving size for 1g carb  
 or less)  
 Bran - wheat, rice, corn: ½ tsp  
 Cocoa powder (unsweetened): 1 tsp  
 Coconut (shredded, unsweetened): 2 tsp  
 Cooking oil spray (Pam): 10, ¼ second sprays  
 Cornmeal: ½ tsp  
 Cream of tartar: ½ tsp  
 Extracts: 1 tsp  
 Imitation butter: 10 sprays  
 Lemon or lime juice: 2 tsp  
 Lemon or lime zest: 1 Tbsp

Liquid egg substitute: 3 Tbsp  
 Nutritional yeast (small flakes): 1 tsp  
 Nutritional yeast (large flakes): 2 tsp  
 Onion (chopped): 1 Tbsp  
 Pine nuts: ¼ ounce (-20 kernels)  
 Ranch dressing mix: ½ tsp  
 Seaweed (dried): 1 Tbsp  
 Seaweed (fresh): 2 Tbsp

#### Seeds:

Chia Seeds: ½ tsp  
 Hemp Seeds: 1 tsp  
 Flax Seeds (whole or ground): 1 tsp  
 Poppy Seeds: 1 tsp  
 Pumpkin Seeds: 1 tsp  
 Sesame Seeds: 1 tsp  
 Sunflower Seeds (kernel only): 1 tsp  
 Slivered almonds: 2 tsp  
 Wheat germ: ½ tsp

### Flavor Enhancers

Calorie-free sweetener: 1 packet  
 Crystal Light "On the Go" sticks: ½ packet  
 Liquid stevia: 5 drops  
 Mio: ½ tsp  
 Monk Fruit In The Raw Sweetener: 1 packet

Calorie-free sweetener: 1 packet  
 Crystal Light "On the Go" sticks: ½ packet  
 Liquid stevia: 5 drops  
 Mio: ½ tsp  
 Monk Fruit In The Raw Sweetener: 1 packet

## The Optimal Health 3 & 3 Plan

### Continuing your path to optimal health.

Once you have transitioned off of the Optimal Weight 5 & 2 & 2 Plan and achieved your healthy weight, it's crucial to maintain the good habits you have learned. To help you sustain your healthy weight, we have developed the Optimal Health 3 & 3 Plan.

This plan focuses on nutritionally balanced, small meals eaten every two to three hours, like our Optimal Weight Plans, while integrating more food choices in the right portions. It's easy to follow the Optimal Health 3 & 3 Plan, just consume 3 Optimal Health Fuelings and 3 balanced meals daily. If you choose to replace an Optimal Health Fueling with one of your favorite **OPTAVIA** Fuelings used during weight loss, remember to include an additional Healthy Exchange item from the list starting on [page 27](#).

Your independent **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians. Remember, your **OPTAVIA** Coach is there to help steer you to success and celebrate your journey!

Ready? Let's get started.



# The Optimal Health 3 & 3 Plan in Three Easy Steps

## Step 1

**Calculate your Total Energy Expenditure (TEE), which is the number of calories you burn each day.**

Visit our '[Optimal Health 3 & 3 Program](#)' webpage located under the 'Products & Programs' section of [OPTAVIA.com](#) for our total energy expenditure calculator. The Optimal Health 3 & 3 Plan takes a common sense approach to sustaining a healthy weight based on balancing your food intake with the calories you burn. Remember, increasing your activity is also an important part of maintaining a healthy weight.



**Recommended readings:** Part 2.8 in *Dr. A's Habits of Health, Second Edition* and Element 14 in *Your LifeBook*.

## Step 2

**Choose your meal plan based on your TEE.**

When you know what optimal nutrition looks like, healthy eating becomes second nature. Our registered dietitians have developed a variety of meal plans ranging from 1,200 - 2,500 calories. Visit our '[Program Guides & Information Sheets](#)' section on [OPTAVIA Client Answers \(ANSWERS.OPTAVIA.com\)](#) to view our '[Optimal Health 3 & 3 Plan Sample Meal Plans](#).'

## Step 3

**Familiarize yourself with the plan's food groups, which include fruits, dairy, starches, proteins, fats and vegetables.**

To add variety, select foods from the 'Healthy Exchange List' as substitutions. You can also have one Free Choice each day. All of the food and beverage options in the 'Healthy Exchange List' are approximately 100 calories and can also be used as a "Free Choice". Our healthy exchange list of options can be found on next few pages of this guide.

**Need help?** If you need help calculating your TEE and getting started on the Optimal Health 3 & 3 Plan, contact your [OPTAVIA Coach](#) or our Nutrition Support team at 1.888.OPTAVIA or [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com) for more information.

# Healthy Exchange Options

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into the Optimal Health 3 & 3 Plan! We list a variety of food options with serving sizes around 100 calories and 15g of carbohydrate or less. You will also find recommended serving sizes for alcohol and sweet treats that can occasionally be incorporated into your Optimal Health 3 & 3 Plan as the "Free Choice."

The best path to optimal health includes eating a well-balanced diet with a variety of:

- Fruits
- Low-fat dairy foods
- Lean protein
- Whole grains
- Healthy fats
- Vegetables

The amounts of food you will eat from each food group depends on the number of calories you burn each day (i.e. your total energy expenditure). If you haven't already, work with your **OPTAVIA** Coach to calculate your total energy expenditure, and then use our list of Healthy Exchanges to help create balanced meals.



**Recommended readings:** Part 2.3-2.6 in *Dr. A's Habits of Health, Second Edition* and Elements 08-09 in *Your LifeBook*.



# Healthy Exchange List

Note: The Healthy Exchange List is designed specifically for the Optimal Health 3 & 3 Plan. The options listed are not suitable substitutions for OPTAVIA Fuelings during the weight loss phase of the program.

## OPTAVIA Fuelings

1 OPTAVIA Fueling

## Fruit

Amount	Food
1 (4 oz.)	Fresh whole fruit, small (apple, pear, orange)
½ cup	Chopped fresh fruit
½ cup	Canned fruit (no sugar added)
½ cup (4 oz.)	100% fruit juice
2 Tbsp	Dried fruit
2	Tangerines or plums, small
17	Grapes, small
12	Cherries
¾ cup	Berries
1 oz.	Coji berries (dried, unsweetened)
3	Dates
1	Kiwi
1 cup	Melon, cubed (cantaloupe, honeydew, watermelon)
½ (4 oz.)	Banana, large

### Tips for Fruit:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety and less sugar.

## Dairy

Amount	Food
1 cup (8 oz.)	Fat-free or low-fat milk
1 cup (8 oz.)	Milk substitute (soy, rice, almond, cashew)
½ cup (4 oz.)	Evaporated milk
¾ cup (6 oz.)	Nonfat or low-fat yogurt (including Greek)
1 cup (8 oz.)	Kefir

### Tips for Dairy:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes – ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.

# Healthy Exchange List (cont.)

Protein	
Amount	Food
2 oz.	<b>Lean beef:</b> select or choice grades trimmed of fat- ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin
1 oz.	Beef jerky*
1 oz.	<b>Beef:</b> corned beef, ground beef, meatloaf, Prime grades trimmed of fat, short ribs, tongue
2 oz.	Cheese with 3g of fat or fewer per oz.
1 oz.	Cheese with 4-7g of fat per oz.
1	Egg
½ cup	Low-fat cottage cheese
½ cup	Egg substitute
4	Egg whites
2 oz.	<b>Fish:</b> fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna
2 oz.	<b>Shellfish:</b> clams, crab, imitation shellfish, lobster, scallops, shrimp
1 oz.	<b>Fish:</b> smoked: herring or salmon (lox)*
2 oz.	<b>Game:</b> buffalo, ostrich, rabbit, venison
2 oz.	<b>Lamb:</b> chop, leg or roast
12	Oysters, medium
2 oz.	Canadian bacon*
2 oz.	<b>Poultry (without skin):</b> chicken, Cornish hen, domestic duck or goose, turkey
2 oz.	Canned tuna, salmon or sardines in water
2 oz.	Sausage with 3g of fat or fewer*
1 oz.	<b>Veal:</b> loin, chop, roast
1 patty	Meatless burger
4 oz.	Tofu
¼ cup	Tempeh
2 oz.	Seitan
¼ cup	Hummus

\* High in Sodium.

## Tips for Protein:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin and chuck shoulder and arm roasts.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



Starch	
Amount	Food
1 slice	Bread
2 slices	Reduced-calorie bread
½	Pita, 6 inches in diameter
1	Tortilla, 6 inches in diameter
¼	Naan, 8 inches by 2 inches
1 small	Roti/chapatti, 6 inches
1 piece	Matzoh
½	English muffin, hamburger or hot dog bun
1	Mini bagel
½ cup	Hot cereal, cooked (oatmeal, cream of wheat)
¼ cup	Oat bran
3 Tbsp	Wheat germ
¾ cup	Ready-to-eat, unsweetened cereal
½ cup	Sweetened cereal
¼ cup	Granola or muesli (low-fat or regular)
½ cup	Bulgur, wheat bran
½ cup	Cooked barley, freekeh, farro, couscous, millet, pasta, polenta, quinoa, white or brown rice, amaranth
1 oz.	Soba noodles
½ cup	Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)
1 cup	Winter squash (acorn, butternut, pumpkin)
½ cup	Beans and lentils, cooked (mung beans, pinto beans, black beans)
½ cup	Adzuki beans, cooked
½ medium (3 oz.)	Baked potato (all varieties)
¾ oz.	Pretzels
3 cups	Air-popped popcorn
6	Crackers
2	Rice cakes
15 (¾ oz.)	Baked chips (potato, tortilla, pita)
¾ cup	Hominy, canned

### Tips for Starches:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole wheat pasta instead of white, etc.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Choose beans and lentils for extra protein and fiber. Soak dried beans overnight to reduce cooking time.
- If you're choosing canned, be sure to rinse through a colander to remove excess sodium.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white bread crumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal as croutons in a salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label, and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for products without added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar) that add extra calories.
- Look for 100-calorie sandwich rolls, often labeled "rounds", "flats" or "thins".

## Healthy Exchange List (cont.)

Fats			
Amount	Food	Amount	Food
2 tsp	Oil (any type)	1 Tbsp	Tahini
1 Tbsp	Nut butter	2 Tbsp	Seeds (sesame, sunflower, flax)
12	Almonds	1 Tbsp	Chia seeds
12	Cashews	2 slices	Bacon, cooked
20	Peanuts	½ cup	Light coconut milk
32	Pistachios	2 Tbsp	Cream cheese
1-2 Tbsp	Salad dressing	¼ cup	Guacamole
2 tsp	Butter or margarine	1 ½ Tbsp	Pesto
4 Tbsp (2 oz.)	Avocado	2 Tbsp	Baba ghanouj
16-20	Olives (large)	2 tsp	Ghee

### Tips for Fats:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.

Non-starchy Vegetables	
Amount	Food
½ cup cooked vegetables or vegetable juice	Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, leafy greens (collard, kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress, etc.), sauerkraut*, spinach, squash (summer, crookneck, zucchini), sugar snap peas, Swiss chard, tomatoes, tomato/vegetable juice*, turnips, water chestnuts
1 cup raw vegetables	

\* May be high in sodium.

### Tips for Non-starchy Vegetables:

- If you eat 3 cups or more of raw vegetables or 1 ½ cups of cooked non-starchy vegetables in a meal, count them as 1 Healthy Exchange option.
- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Starchy vegetables such as corn, peas, potatoes and winter squash have more calories and carbohydrates, so they are listed on the Starch List.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes and onions, into sandwiches, omelets, stir fries and pasta or rice dishes.
- Aim to fill half of your plate with non-starchy vegetables at meals. They are low in calories and provide a great source of fiber, vitamins and minerals.

# Healthy Exchange List: Free Choice Only

## OPTAVIA Fuelings

1 OPTAVIA Fueling

## Alcohol

Amount	Beverage
8 fl. oz.	Beer
12 fl. oz.	Light beer
1 ½ fl. oz.	Distilled spirits: vodka, rum, gin, whiskey (80 or 86 proof)
2 fl. oz.	Sake
5 fl. oz.	Wine: dry, red or white
3 ½ fl. oz.	Wine: dessert (sherry)

### Tips for Alcohol:

- If you choose to drink alcohol, keep in mind that it contributes extra, unnecessary calories, may stimulate the appetite and may lead to dehydration. Alcohol does not offer any nutritional value.
- Choose a distilled spirit and zero-calorie chaser (for example, rum and Diet Coke, vodka and Diet Sprite or Sprite Zero, gin and diet tonic, etc.) which will not add carbohydrates.
- Avoid mixed drinks such as margaritas, daiquiris, etc. which are high in calories and sugar.
- Drink a glass of water in between every alcoholic beverage.
- Always drink alcohol with food and do not skip meals to make up for liquid calories.

## Sweets and Desserts

Amount	Food
4 pieces	Chocolate “Hershey Kisses”
¼ (1 oz.)	Muffin
½ cup	Low-fat ice cream
1 (1 inch square)	Frosted cake
1 (2 ¼ inches across)	Chocolate chip cookie
4 oz.	Fat-free pudding
⅓ of cake (about 2 oz.)	Angel food cake
1 inch square (about 1 oz.)	Brownie
3	Gingersnap cookies
4	Vanilla wafer cookies
1	Mini ice cream sandwich
1	Fun-size candy bar
3 pieces	Licorice twists
1 oz.	Fruit snacks
2 strips	Fruit leather
1 square (14 grams)	Dark chocolate (at least 70% dark)
1 oz.	Unsweetened cacao nibs

### Tips for Sweets and Desserts:

- Limit the consumption of sweets and desserts, as they provide calories without offering nutritional value.
- Indulge in sweets and desserts after consuming a balanced meal to help keep blood sugar stable.
- Keep in mind that sweets and desserts may increase cravings and lead to overeating.



OPTAVIA®

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

**#OPTAVIA**  
#LifelongTransformation





## 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**® Program, Plans, Products or Kits if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the **OPTAVIA** Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any **OPTAVIA** Program, Plans, Products or Kits 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** Plan 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, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity - if you fall into one of these categories, please consult your healthcare provider, refer to [OPTAVIA.com](https://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 or decreased appetite with weight loss medications, 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 the 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.

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any **OPTAVIA ACTIVE**® Plans and Products. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 **ACTIVE** Plan™ is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. **OPTAVIA ACTIVE** products are not recommended for individuals under 18 years of age.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss 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** Program, Plans, Products and Kits are not labeled, 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, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. **OPTAVIA** does not prescribe or dispense medications.

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, contact the **OPTAVIA** Nutrition Support Team, available Monday through Friday 8:00 AM-5:00 PM EST at 1.888.**OPTAVIA** (1.888.678.2842) or via text at 206.828.1605. You can also email at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).

1.888.**OPTAVIA**

[www.OPTAVIA.com](https://www.optavia.com)

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