Since their creation, our Physician-developed products and our plans have been recommended by thousands of health care providers.

OPTAVIA’s proprietary products and plans are based on nearly 40 years of experience, and are scientifically proven to help you lose weight when following the Optimal Weight 5 & 1 Plan®.

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 Coaches are critical to the success of their Clients. Support has been proven time and again to be an important component to successful weight loss.
Wild Blueberry Almond Hot Cereal
with Chia Seeds from Bolivia and Supergrains

Naturally Flavored

Wild Blueberry Almond Hot Cereal  
with Chia Seeds from Bolivia and Supergrains

Make this Wild Blueberry Almond Hot Cereal part of your optimal day. Every spoonful is packed with a powerful combination of ingredients. The antioxidant benefits of blueberries. Supergrains, like quinoa. The monounsaturated fat in almonds. The nutrient richness of chia seeds from Bolivia. All brought together in one perfectly balanced bowl of amazing hot cereal.

Charge yourself up with a bowl full of possibility.

Each OPTAVIA Select Fueling:
- Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Rolled oats, whey protein isolate, organic quinoa◊, pea protein isolate, chia seeds, chicory root inulin, almonds, wild blueberries, maltodextrin, sugar, honey, sea salt, sunflower lecithin, evaporated cane juice, gum arabic, stevia extract, nonfat milk, natural flavor, sour cream (culture cream, nonfat milk), modified food starch, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

◊ 11% ORGANIC INGREDIENTS

CONTAINS: MILK AND ALMONDS.
MAY CONTAIN: WHEAT AND SOY.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Honey Chili Cranberry Nut Bar
with Flaxseeds, Pumpkin Seeds, and Almonds
Naturally Flavored

Honey Chili Cranberry Nut Bar
with Flaxseeds, Pumpkin Seeds, and Almonds

You know you’ve had something out of the ordinary with this Honey Chili Cranberry Nut Bar that’s got everything you need to keep you going. The antioxidants and flavonoids in cranberries. The satisfying, crunchy texture of pumpkin seeds. The delicately nutty flavor of flaxseeds. All packed into one extraordinary nut bar.

Grab a bar and put more bite in your day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30 Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown rice syrup, honey, isomalto-oligosaccharides, calcium caseinate, sugar, high oleic sunflower oil with tocopherols (added to protect flavor), water, casein, inulin, pumpkin seeds, glycerine, ground almonds, almonds, natural flavor, cranberries, soy protein concentrate, coconut oil, sea salt, flaxseed, maltodextrin, salt, soy lecithin, puffed quinoa, nonfat milk, sunflower oil, stevia extract, ground chipotle chile, paprika (color and spice), bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, COCONUT, AND ALMONDS.

‡ Not made with genetically engineered ingredients.
* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Dark Chocolate Coconut Curry Bar
with Almonds and Sea Salt
Naturally Flavored
Dark Chocolate Coconut Curry Bar
with Almonds and Sea Salt

Enjoy the unique flavor of this Dark Chocolate Coconut Curry Bar that’s got everything you need to add a kick to your day. The protein and fiber in chia seeds. The monounsaturated fat in almonds. All packed into one seductive, magnificent bar.

Grab a bar and take your day to the next level.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30 Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate (isolated soy protein, soy lecithin), brown rice syrup, dark chocolate flavored coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), chicory root fiber, polydextrose, glycerin, whey protein isolate, water, coconut, almonds, high oleic sunflower oil, cane sugar, gum arabic, soy lecithin, chia seeds, coconut milk type flavor, sea salt, curry powder (coriander, fenugreek, cumin, fennel, allspice, cinnamon, cardamom, ginger, cloves, turmeric, garlic), natural flavor, monk fruit extract, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, COCONUT, AND ALMONDS.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Chocolate Cherry Ganache Bar
with Dried Cherries, Pomegranate, and Chia Seeds
Naturally Flavored
Chocolate Cherry Ganache Bar
with Dried Cherries, Pomegranate, and Chia Seeds

Take time to savor this Chocolate Cherry Ganache Bar that’s got everything you need to make your day brighter. The essential vitamins and minerals in superfruits, like cherries and pomegranates. The protein and fiber in chia seeds. The crunchy goodness of almonds. All packed into one balanced, brilliant bar.

Grab a bar and make today even sweeter.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

Ingredients: Soy protein isolate, brown rice syrup, invert cane syrup, isomalto-oligosaccharides, glycerine, cocoa (processed with alkali), casein, unsweetened chocolate, dried cherries (cherries, sunflower oil), high oleic sunflower oil with tocopherols (added to protect flavor), inulin, water, maple syrup, natural flavor, tapioca starch, calcium caseinate, ground almonds, citrus fiber, maltodextrin, soy lecithin, pomegranate powder, roasted soybeans, chia seeds, stevia extract, almonds, nonfat milk, bacillus coagulans GBI-30 6086, high oleic sunflower oil, salt, Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND ALMONDS.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Dark Chocolate Covered Cherry Shake
with Real Cocoa
Naturally Flavored

Dark Chocolate Covered Cherry Shake

with Real Cocoa

Indulge in this Dark Chocolate Covered Cherry Shake that will have you feeling invigorated and ready for anything the day may bring. The benefits of cocoa flavanols in cocoa. Naturally sweetened with brown sugar, honey, and stevia extract. All blended into one flawlessly balanced, extraordinary shake.

Fill up your glass and take on the day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Cocoa powder, brown sugar, milk protein isolate, whey protein isolate, pea protein isolate, chicory root inulin, maltodextrin, honey, sunflower lecithin, guar gum, xanthan gum, carrageenan, modified cornstarch, stevia extract, natural flavors, cherry juice concentrate, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

CONTAINS: MILK.
Chia Bliss Smoothie
with Coconut Sugar from the Philippines, Kiwi, Pineapple, Blueberry, and Apple
Naturally Flavored
Chia Bliss Smoothie

with Coconut Sugar from the Philippines, Kiwi, Pineapple, Blueberry, and Apple

You can almost taste the invigorating warmth of the sunshine in this refreshing Chia Bliss Smoothie. The nutrient richness of chia seeds from Bolivia. The antioxidant benefits of blueberries. The natural sweetness of coconut sugar, honey, and stevia extract. All blended into one perfectly balanced, incredible smoothie.

Fill up your glass and put a lift in your day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, milk protein isolate, maltodextrin, chicory root inulin, pea protein isolate, kiwi powder, blueberry powder, organic coconut sugar◊, chia seeds, organic apple powder◊, pineapple powder, honey, sunflower lecithin, guar gum, lemon juice concentrate, gum arabic, xanthan gum, natural flavors, carrageenan, stevia extract, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. § ◊ 10% ORGANIC INGREDIENTS

CONTAINS: MILK AND COCONUT.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Honey Sweet Potatoes
with Brown Sugar and Indonesian Cinnamon
Naturally Flavored
Honey Sweet Potatoes
with Brown Sugar and Indonesian Cinnamon

Taste the comfort of Honey Sweet Potatoes and enjoy the flavors and inspiration of home. The hearty flavor of sweet potatoes. The delicate spice of cinnamon from Indonesia. The natural sweetness of honey, brown sugar, and stevia extract. All brought together in one heavenly dish.

Dish out, fill up on flavor, and feel the warmth take over.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Dehydrated potatoes, milk protein concentrate, whey protein isolate, gum arabic, organic sweet potato powder◊, calcium caseinate, nonfat milk, salt, maltodextrin, guar gum, potato starch, honey, brown sugar, tapioca dextrin, cinnamon, xanthan gum, carrageenan, sunflower lecithin, natural flavors, whey, mono and diglycerides, enzyme modified butter, stevia extract, annatto extract, dehydrated butter, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §
◊ 9% ORGANIC INGREDIENTS

CONTAINS: MILK.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Spinach Pesto Mac & Cheese
with Basil and a Blend of Parmesan and Romano Cheeses
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 1.5G  |  TOTAL CARBOHYDRATE: 15G  |  SUGARS: 1G  |  PROTEIN: 11G
Spinach Pesto Mac & Cheese
with Basil and a Blend of Parmesan and Romano Cheeses

The comforting taste of Spinach Pesto Mac & Cheese will strengthen and sustain you for the day ahead. The taste and aroma of spinach and basil pesto. The rich and creamy cheese blend. The calcium and vitamin D. The antioxidant vitamins A, C, & E. All brought together in one perfectly balanced, savory dish.

Smell the aroma, fill up on freshness, and reach out for the possibilities ahead.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Organic semolina macaroni (wheat) ◊, calcium caseinate, gum arabic, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, maltodextrin, dried spinach, natural flavors, Parmesan cheese (milk, salt, cultures, enzymes), buttermilk, xanthan gum, sea salt, carrageenan, salt, basil, spices, Romano cheese (milk, cheese, cultures, salt, enzymes), dehydrated garlic, dehydrated onion, yeast extract, olive oil, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §
◊ 33% ORGANIC INGREDIENTS
§ See product box or website for more details.

CONTAINS: MILK AND WHEAT.
Buttermilk Cheddar Herb Biscuit
with Mediterranean Rosemary and Moroccan Thyme
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | SUGARS: 2G | PROTEIN: 11G
Buttermilk Cheddar Herb Biscuit  
with Mediterranean Rosemary and Moroccan Thyme

Enjoy the mouthwatering flavor of a Buttermilk Cheddar Herb Biscuit that’s got everything you need to make today count. The rich, creamy cheddar cheese. The warm, savory aroma of Mediterranean rosemary. The delicate and bright flavor of Moroccan thyme. All brought together in one perfectly balanced, delightful biscuit.

Enjoy every last crumb and embrace the possibilities ahead.

**Each OPTAVIA Select Fueling:**  
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:  
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach

Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®

Contains high quality, complete protein which helps retain lean muscle mass

Ingredients: Rice flour, pea protein isolate, whey protein isolate, chicory root inulin, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), canola oil, organic coconut sugar◊, whey, eggs, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, corn starch), buttermilk, xanthan gum, salt, maltodextrin, natural flavors, rosemary, thyme, guar gum, disodium phosphate, sunflower lecithin, enzyme modified butter, dehydrated butter, carrageenan, garlic powder, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

◊ 3% ORGANIC INGREDIENTS

**CONTAINS: MILK, EGGS, AND COCONUT.**

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Cinnamon Cream Cheese Swirl Cake
with Indonesian Cinnamon
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 12G  |  SUGARS: 4G  |  PROTEIN: 11G
Cinnamon Cream Cheese Swirl Cake

with Indonesian Cinnamon

You know when it’s time to indulge, and there’s nothing like a Cinnamon Cream Cheese Swirl Cake to give yourself something special. The sweet and spicy flavor of cinnamon from Indonesia. The rich blend of dairy and pea protein. All mixed together into one deliciously balanced, wonderful cake.

Celebrate every sweet bite and win the day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Global Flavors

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Pea protein isolate, whey protein isolate, rice flour, chicory root inulin, sugar, calcium caseinate, vegetable oils (palm kernel and palm), gum arabic, organic coconut sugar †, canola oil, cinnamon, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, corn starch), whey, salt, milk, xanthan gum, cane sugar, eggs, natural flavors, soy lecithin, coconut oil, guar gum, sunflower lecithin, stevia extract, enzyme modified butter, maltodextrin, carrageenan, dehydrated butter, nonfat milk, bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §
† 3% ORGANIC INGREDIENTS

CONTAINS: MILK, SOY, EGGS, AND COCONUT.

‡ Not made with genetically engineered ingredients.
* No flavors, colors, sweeteners or preservatives from artificial sources.
§ See product box or website for more details.
Decadent Chocolate Brownie with Greek Yogurt Chips

Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2G  |  TOTAL CARBOHYDRATE: 15G  |  SUGARS: 8G  |  PROTEIN: 11G
Decadent Chocolate Brownie with Greek Yogurt Chips

This decadent brownie made with real cocoa and Greek yogurt chips is the perfect indulgence. It’s high in protein, low in fat, and an excellent source of antioxidant vitamins A, C, and E.

Enjoy every last crumb and take on the day.

Ingredients: Soy protein isolate, Greek yogurt drops [sugar, fractionated palm kernel oil, nonfat milk, Greek yogurt powder (nonfat milk solids, culture, lactic acid, natural flavor), lactic acid, soy lecithin, natural flavor], dextrin, brown sugar, fructose, cocoa (processed with alkali), rice flour, cocoa, egg whites, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, calcium phosphate), maltodextrin, modified food starch, xanthan gum, soy lecithin, natural flavors, steviol glycosides, inulin, salt, Bacillus coagulans GBI 30 6086. Vitamin and Mineral blend. § CONTAINS: MILK, SOY, AND EGGS.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Decadent Chocolate Brownie with Greek Yogurt Chips provides 9 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Sweet Blueberry Biscuit
Naturally Flavored

Ingredients: Soy protein isolate, whey protein concentrate, oat fiber, blueberries, rice flour, corn starch, dried apples, cane sugar, egg whites, maltodextrin, sunflower oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, calcium phosphate), xanthan gum, soy lecithin, whey solids, natural flavors, sodium caseinate, modified food starch, stevia extract, enzyme modified butter, citric acid, silicon dioxide, salt, dextrose, mono & diglycerides, natural tocopherols, monk fruit extract, dehydrated butter, nonfat milk, lemon juice concentrate, guar gum, blueberry juice concentrate, Bacillus coagulans GBI-30 6086, vanilla extract, gum arabic. §

CONTAINS: MILK, SOY, AND EGGS.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

One serving of OPTAVIA Sweet Blueberry Biscuit provides 7 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Chewy Chocolate Chip Cookie
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 2G | TOTAL CARBOHYDRATE: 15G | SUGARS: 7G | PROTEIN: 11G
Chewy Chocolate Chip Cookie

Add a sweet touch to your day with this Chewy Chocolate Chip Cookie that’s just what you need to make your day count. This delightfully chewy treat will be an instant favorite. Soft, perfectly satisfying, and delicious, it’ll melt in your mouth every time.

Enjoy every bite and make your day wonderful.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Containing high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown sugar, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), corn starch, apple flavor powder, rice flour, dextrin, calcium caseinate, maltodextrin, sunflower oil, salt, baker’s sugar, soy lecithin, xanthan gum, modified food starch, guar gum, gum arabic, sodium caseinate, whey solids, enzyme modified butter, natural flavor, monk fruit extract, stevia extract, natural tocopherols, mono and diglycerides, nonfat milk, dehydrated butter, molasses, Bacillus coagulans GBI-30 6086, Vitamin and Mineral blend. §

CONTAINS: SOY AND MILK.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Chewy Chocolate Chip Cookie provides 9 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Chocolate Fudge Pudding

Love every decadent bite of this Chocolate Fudge Pudding. It’s the perfect indulgence right when you need it. With the rich chocolate fudge flavor of this silky smooth pudding, you’ll never feel like you’re missing out on the sweetness of life.

Savor each bite and be bold today.

Each OPTAVIA Essential Fueling:
Has a Clean Label*  •  Contains GanedenBC30® Probiotic  •  Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled  •  Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals  •  Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Fructose, calcium caseinate, milk protein isolate, soy protein isolate, chicory root inulin, cocoa (processed with alkali), modified corn starch, whey protein concentrate, maltodextrin, xanthan gum, baker’s sugar, canola oil, corn syrup solids, gum arabic, silicon dioxide, natural flavor, soy lecithin, monk fruit extract, stevia extract, salt, nonfat milk, sodium caseinate, mono & diglycerides, Bacillus coagulans GBI-30 6086, vanilla extract. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosty Coffee
Soft Serve Treat
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 7G | PROTEIN: 11G
Frosty Coffee Soft Serve Treat

Enjoy each spoonful of this Frosty Coffee Soft Serve Treat that’s got the right kick of flavor for your day. The bold flavor of coffee blended to smooth, frozen perfection is just what you need to step up your day. Enjoy it any time of year for a cool dessert treat.

Savor each spoonful and be bold today.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30 Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, fructose, sugar, sunflower oil, maltodextrin, chicory root inulin, dextrin, whey protein concentrate, Brazilian coffee, cellulose gum, egg whites, sodium caseinate, oligofructose, xanthan gum, erythritol, carrageenan, stevia extract, mono & diglycerides, natural tocopherols, natural flavor, silicon dioxide, modified food starch, nonfat milk, monk fruit extract, vanilla, Bacillus coagulans GBI-30 6086. §

CONTAINS: MILK AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosty Mint Chocolate Soft Serve Treat
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2.5G  |  TOTAL CARBOHYDRATE: 14G  |  TOTAL SUGARS: 7G  |  PROTEIN: 11G

Soy-Free
Frosty Mint Chocolate Soft Serve Treat

Treat yourself to this refreshing Frosty Mint Chocolate Soft Serve Treat that’s the perfect sweet touch to your day. The bright flavor of mint perfectly blended with sweet, decadent cocoa makes one delightful frozen dessert. Enjoy it any time of year for a cool treat when you need it most.

Savor each bite and brighten up your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, fructose, sugar, sunflower oil, maltodextrin, chicory root inulin, cocoa (processed with alkali), whey protein concentrate, dextrin, cellulose gum, egg whites, sodium caseinate, oligofructose, natural flavor, xanthan gum, carrageenan, salt, stevia extract, silicon dioxide, mono & diglycerides, natural tocopherols, modified food starch, nonfat milk, monk fruit extract, Bacillus coagulans GBI-30 6086. §

CONTAINS: MILK AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Golden Chocolate Chip Pancakes
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 14G | SUGARS: 4G | PROTEIN: 11G
Golden Chocolate Chip Pancakes

Rise and shine. These Golden Chocolate Chip Pancakes will make your morning a little sweeter. Golden, fluffy and delicious, with real chocolate chips, these pancakes have everything you need to get up and get going.

Enjoy every bite and start your day off strong.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

CONTAINS: MILK, SOY, AND EGGS.

Ingredients: Soy protein isolate, rice flour, whey protein concentrate, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), egg whites, dextrin, oat fiber, dried apples, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, salt, guar gum, xanthan gum, soy lecithin, whey solids, enzyme modified butter, nonfat milk, stevia extract, modified corn starch, dehydrated butter, natural flavor, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Golden Pancakes
Naturally Flavored

CALORIES: 90 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 3G | PROTEIN: 11G
Golden Pancakes

Rise and shine with these Golden Pancakes. Golden, fluffy, and perfectly sweet, these pancakes have everything you need to take on the morning.

Enjoy every bite and add some flavor to your morning.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan* 
含高質量、完整蛋白質，有助於保持精益肌肉質量

Ingredients: Whey protein concentrate, rice flour, soy protein isolate, egg whites, dextrin, oat fiber, dried apple, erythritol, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, whey solids, guar gum, salt, enzyme modified butter, xanthan gum, soy lecithin, dehydrated butter, nonfat milk, stevia extract, modified corn starch, Bacillus coagulans GBI-30 6086, natural flavor. Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Old Fashioned Maple & Brown Sugar Oatmeal
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 1G | PROTEIN: 11G

Certified Gluten-Free
No Artificial Sources
No Preservatives
High in Protein
Low in Fat
Vitamins and Minerals
No Dairy
No Trans Fat Added
Old Fashioned Maple & Brown Sugar Oatmeal

Start your day the best way you can with this Old Fashioned Maple & Brown Sugar Oatmeal. Brown sugar and molasses melt into hearty oats cooked to perfection for a delicious breakfast you’ll want to get out of bed for.

Make yourself a bowlful and wake up your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Rolled oats, soy protein isolate, oat fiber, brown sugar, maltodextrin, soy lecithin, silicon dioxide, salt, modified food starch, natural flavors, monk fruit extract, stevia extract, inulin, molasses, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Orchard Apple & Cinnamon Spiced Oatmeal
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 2G | PROTEIN: 11G
Orchard Apple & Cinnamon Spiced Oatmeal

Indulge in the flavors of fall any time of the year with this Orchard Apple & Cinnamon Spiced Oatmeal. With the deliciously sweet, fresh-from-the-orchard flavor of apples and warm, spicy cinnamon, this tasty oatmeal is the perfect beginning to an amazing day.

Make yourself a bowlful and add some excitement to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Rolled oats, soy protein isolate, oat fiber, apple, silicon dioxide, cinnamon, soy lecithin, maltodextrin, stevia extract, salt, dextrose, Bacillus coagulans GBI-30 6086, monk fruit extract, inulin, natural flavors, vanilla extract, modified corn starch. Vitamin and Mineral blend. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Red Berry Crunchy O’s Cereal

Making the most of every day begins with making the most of your mornings. Wake up your taste buds and start your day with the crunchy, fruity goodness of our Red Berry Crunchy O’s Cereal. This nutritious breakfast fuels your morning with the perfect dose of get-up-and-go.

Embrace your morning with something sweet.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, corn flour, tapioca starch, pea fiber, sugar, sunflower lecithin, sunflower oil, stevia extract, salt, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), natural flavor, malic acid, natural color (red cabbage extract, purple carrot juice), citric acid. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cinnamon Crunchy O’s Cereal
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 1G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 2G  |  PROTEIN: 11G
Cinnamon Crunchy O’s Cereal

Begin your day with the sweet taste and vitamin-packed power of our Cinnamon Crunchy O’s Cereal. A cinnamon sensation you can munch on, crunch on, and savor, one splendid spoonful at a time. Every bite delivers the kind of flavor that wakes you up and excites you for the day ahead.

Embrace your morning with something sweet.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, corn flour, tapioca starch, pea fiber, sugar, sunflower lecithin, sunflower oil, natural flavors, stevia extract, salt, monk fruit extract, probiotic (organic inulin, Bacillus coagulans GBI-30 6086). §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Campfire S’mores Crisp Bar
Naturally Flavored

Campfire S’mores Crisp Bar

Relax and enjoy a deliciously sweet Campfire S’mores Crisp Bar that’s just what you need to live your day to the max. The sweet flavor of marshmallows perfectly combines with chocolate flavor for an on-the-go treat any time of the day.

Savor each bite and add some fire to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, chicory root inulin, maltitol syrup, fractionated palm kernel oil, polydextrose, water, marshmallow nuggets (sugar, cornstarch, maltodextrin, glycerin, palm oil, rice flour, dextrose, gum arabic, natural flavors), milk protein isolate, nonfat milk, brown sugar, brown rice syrup, rolled oats, glycerin, natural flavors, rice starch, cocoa powder, sunflower oil, soy lecithin, guar gum, salt, Bacillus coagulans GBI-30 6086, stevia extract. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Caramel Delight Crisp Bar

Even the strongest sweet craving is no match for the heavenly flavor of this Caramel Delight Crisp Bar. The chewy, delicious, real caramel in this crispy bar is an indulgence you’ll always look forward to.

Grab a bar and live it up today.

Each OPTAVIA Essential Fueling:

- Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy nuggets (soy protein isolate, rice starch), polydextrose, oligofructose syrup, maltitol syrup, glycerine, brown rice syrup, ground peanuts, hydrogenated palm oil, butter, nonfat milk, peanut flour, sunflower oil with tocopherols, water, milk protein isolate, dried cane sugar, natural flavors, soy protein isolate, soy lecithin, palm kernel oil, salt, cocoa, stevia extract, carrageenan gum, Bacillus coagulans GBI-30 6086, distilled monoglycerides. Vitamin and Mineral blend. §

CONTAINS: MILK, PEANUTS, AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Chocolate Mint Cookie Crisp Bar
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 13G | SUGARS: 4G | PROTEIN: 11G

No Artificial Sources | High in Protein | Vitamins and Minerals | No Trans Fat Added
Chocolate Mint Cookie Crisp Bar

Add some zing to your day with a refreshing Chocolate Mint Cookie Crisp Bar. Enjoy the exquisite flavor of real cocoa and the cool sweetness of mint anytime, anywhere.

Take it with you wherever you’re going and fuel up for the day’s adventures.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy nuggets (soy protein isolate, rice starch), polydextrose, maltitol syrup, oligofructose syrup, dried cane sugar, glycerin, chocolate liquor, fractionated palm kernel oil, cocoa (processed with alkali), nonfat milk, soy protein isolate, milk protein isolate, hydrogenated palm oil, natural flavors, soy lecithin, distilled monoglycerides, guar gum, salt, stevia extract, Bacillus coagulans GBI-30 6086, peppermint oil. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cranberry Honey Nut Granola Bar
Naturally Flavored

Cranberry Honey Nut Granola Bar

Take in every last flavor of this Cranberry Honey Nut Granola Bar and reach higher today. With tart cranberries and delicately sweet honey roasted peanuts, you’ll get the perfect amount of flavor in every bite.

Grab a bar and make today amazing.

Each OPTA VIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTA VIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTA VIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, honey roasted peanuts (peanuts, sugar, honey, peanut oil, maltodextrin, potato starch, salt, xanthan gum), brown rice syrup, maltitol syrup, chicory root inulin, golden raisins, polydextrose, dried cranberries, rolled oats, milk protein isolate, water, almonds, natural flavors, glycerin, sunflower oil, sugar, guar gum, rice starch, soy lecithin, salt, citric acid, Bacillus coagulans GBI-30 6086, stevia extract. Vitamin and Mineral blend. §

CONTAINS: SOY, MILK, PEANUTS, ALMONDS, AND SULFITES.
MAY CONTAIN: TREE NUTS AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Drizzled Chocolate Fudge Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 12G  |  SUGARS: 5G  |  PROTEIN: 11G
Drizzled Chocolate Fudge Crisp Bar

The Drizzled Chocolate Fudge Crisp Bar will put a smile on your face and delight your senses. The sweetness of real, luscious cocoa and perfectly satisfying crunch will leave you feeling fantastic.

Grab, go, and enjoy a blissful day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy nuggets (soy protein isolate, rice starch), dried cane sugar, polydextrose, oligofructose syrup, brown rice syrup, palm kernel oil, cocoa (processed with alkali), maltitol syrup, glycerin, chocolate liquor, nonfat milk, milk protein isolate, soy protein isolate, hydrogenated palm oil, natural flavors, soy lecithin, distilled monoglycerides, inulin, salt, guar gum, cocoa extract, stevia extract, coffee extract, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosted Cinnamon Spice Crisp Bar
Naturally Flavored

Frosted Cinnamon Spice Crisp Bar

Savor every bite of this delicious Frosted Cinnamon Spice Crisp Bar. Warm, spicy cinnamon adds the perfect kick to this on-the-go favorite. With bold flavors topped with frosting, you’ll love this blissful bar.

Grab a bar and add some spice to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, evaporated cane juice, chicory root inulin, maltitol syrup, fractionated palm kernel oil, polydextrose, water, brown rice syrup, glycerin, milk protein isolate, rolled oats, brown sugar, nonfat milk, natural flavors, rice starch, guar gum, soy lecithin, distilled monoglycerides, spice, salt, Bacillus coagulans GBI-30 6086, stevia extract. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Silky Peanut Butter & Chocolate Chip Bar

Enjoy this Silky Peanut Butter & Chocolate Chip Bar that will nourish you for the day ahead. Sweet, nutty, real peanuts mixed with scrumptious chocolate chips is a heavenly combination you can’t miss out on.

Take it with you wherever you’re going and push your day to perfection.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, polydextrose, glycerin, soluble corn fiber, whey protein isolate, milk protein isolate, peanut flour, sugar, water, fructose, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), palm kernel oil, peanuts, hydrogenated palm oil, oligofructose syrup, cocoa (processed with alkali), natural flavors, soy lecithin, whey powder, salt, nonfat milk, sea salt, Bacillus coagulansGBI-30 6086, stevia extract. Vitamin and Mineral blend. §

CONTAINS: MILK, PEANUTS, AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Raisin Oat Cinnamon Crisp Bar
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | SUGARS: 5G | PROTEIN: 11G
Raisin Oat Cinnamon Crisp Bar

Fully enjoy this Raisin Oat Cinnamon Crisp Bar that gives you just what you need to make the most of your day. Sweet, ripened raisins and the warm spice of cinnamon come together perfectly for a joyful combination you’ll love. And with a layer of delicious icing on top, you can’t go wrong.

Grab a bar and give the day everything you’ve got.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, evaporated cane juice, maltitol syrup, raisins, chicory root inulin, polydextrose, fractionated palm kernel oil, glycerin, water, milk protein isolate, rolled oats, nonfat milk, sunflower oil, fructose, natural flavor, soy lecithin, rice starch, guar gum, distilled monoglycerides, spice, salt, citric acid, Bacillus coagulans GBI-30 6086, stevia extract. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosted Cookie Dough Bar
Naturally Flavored

Frosted Cookie Dough Bar

No need to lick the bowl when you can grab this Frosted Cookie Dough Bar for a treat. Scrumptious cookie dough flavor, enrobed in sweet icing. You'll enjoy every chewy and delicious bite of this tasty bar.

Indulge your senses with this tempting treat.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, polydextrose, glycerine, whey protein isolate, soluble corn fiber, sugar, palm kernel oil, milk protein isolate, water, fructose, nonfat milk, hydrogenated palm oil, oligofructose syrup, wheat flour, natural flavors, soy lecithin, nonfat yogurt powder (cultured whey and nonfat milk), canola oil, salt, cocoa (processed with alkali), stevia extract, Bacillus coagulans GBI-30 6086, sodium bicarbonate. Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Zesty Lemon Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 5G  |  PROTEIN: 11G
Zesty Lemon Crisp Bar

With just the right amount of zing, this Zesty Lemon Crisp Bar has what you need to live your day boldly. Satisfyingly sweet and crunchy with a tangy twist of lemon, this frosted bar is perfect at home or on-the-go.

Savor each bite and add a twist to your day.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, cane sugar, brown rice syrup, polydextrose, maltitol syrup, chicory root fiber, fractionated palm kernel oil, milk protein isolate, golden raisins, water, sunflower oil, natural flavors, glycerin, nonfat milk, rolled oats, yogurt powder (cultured nonfat milk), guar gum, rice starch, soy lecithin, distilled monoglycerides, citric acid, malic acid, lemon powder, salt, stevia extract, Bacillus coagulans GBI-30 6086. §

CONTAINS: MILK, SOY, AND SULPHITES.
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Drizzled Berry Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 5G  |  PROTEIN: 11G
Drizzled Berry Crisp Bar

Experience summer sweetness any time of the year with this Drizzled Berry Crisp Bar. The fresh flavor of berries and satisfying crunch make this bar the perfect Fueling when you’re looking for something special.

Savor each bite and awaken something special today.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, cane sugar, chicory root fiber, infused dried cranberries (cranberries, sugar, natural flavors, citric acid, sunflower oil, elderberry juice concentrate), brown rice syrup, maltitol syrup, polydextrose, fractionated palm kernel oil, milk protein isolate, water, sunflower oil, natural flavors, glycerin, rolled oats, nonfat milk, guar gum, rice starch, soy lecithin, distilled monoglycerides, citric acid, malic acid, salt, stevia extract, Bacillus coagulans GBI-30 6086. §

CONTAINS: MILK AND SOY.
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Creamy Double Peanut Butter Crisp Bar
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 3G | PROTEIN: 11G
Creamy Double Peanut Butter Crisp Bar

Give in to the goodness of our Creamy Double Peanut Butter Crisp Bar and satisfy your sweet and salty craving. With two layers of rich and creamy peanut butter nestled within a scrumptious cookie crisp.

Grab a bar and indulge in bliss.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy nuggets (soy protein isolate, rice starch), peanut flavored coating (sugar, palm kernel oil, peanut flour, nonfat milk, peanut oil, salt, soy lecithin), polydextrose, oligofructose syrup, peanut flour, ground peanuts, glycerine, maltitol syrup, brown rice syrup, milk protein isolate, nonfat milk, soy lecithin, natural flavors, hydrogenated palm oil, salt, sea salt, stevia leaf extract, guar gum, maltodextrin, Bacillus coagulans GBI-30 6086. §

CONTAINS: SOY, MILK, AND PEANUTS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Roasted Garlic Creamy Smashed Potatoes
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 2G | PROTEIN: 11G
Roasted Garlic Creamy Smashed Potatoes

Taste the satisfying flavor of Roasted Garlic Creamy Smashed Potatoes and take on the day. The sweet, spicy flavor of garlic and creamy texture ignites your palette, making these smashed potatoes a unique and delightful experience.

Dish out, fill up on flavor, and savor every minute of life.

Each OPTAVIA Essential Fueling:
- Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Dehydrated potato flakes, milk protein concentrate, gum arabic, nonfat milk, whey protein isolate, calcium caseinate, egg whites, salt, dried sour cream (cultured cream, nonfat milk), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), maltodextrin, potato starch, yeast extract, natural flavor, whey solids, whey, cellulose gum, garlic powder, autolyzed yeast extract, modified food starch, buttermilk powder, torula yeast, xanthan gum, carrageenan, tapioca dextrin, capric/caprylic triglycerides, sunflower oil, Bacillus coagulans GBI-30 6086, soy lecithin, extractives of garlic. Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Sour Cream & Chive Smashed Potatoes
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 2G | PROTEIN: 12G
Sour Cream & Chive Smashed Potatoes

Taste the hearty flavor of Sour Cream & Chive Smashed Potatoes and enjoy the day ahead. Smooth, real sour cream and the delicate, earthy flavor of chives fill these smashed potatoes with incredible flavor.

Dish out, fill up on flavor, and enjoy the life ahead.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Dehydrated potato flakes, milk protein concentrate, nonfat milk, gum arabic, calcium caseinate, whey protein isolate, egg whites, salt, dried sour cream (cultured cream, nonfat milk), potato starch, dehydrated chives, yeast extract, maltodextrin, onion powder, cellulose gum, natural flavor, modified corn starch, autolyzed yeast extract, soy lecithin, xanthan gum, carrageenan, torula yeast, tapioca dextrin, capric/caprylic triglycerides, Bacillus coagulans GBI-30 6086, sunflower oil. Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Rustic Tomato Herb Penne
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 2G | PROTEIN: 11G
Rustic Tomato Herb Penne

Enjoy the taste of Italy and savor every bite of this Rustic Tomato Herb Penne that will satisfy your taste buds and your soul. The sweet and juicy tomatoes and savory herbs combine perfectly in this hearty dish.

Enjoy every last bite and every wonderful moment.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Textured soy protein concentrate, enriched pasta (semolina wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), chicory root inulin, tomato powder, modified food starch, salt, mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), parmesan cheese (pasteurized milk, cultures, enzymes, salt), brown sugar, canola oil, garlic powder, silicon dioxide, onion powder, natural flavors, paprika (color & flavor), basil, oregano, xanthan gum, black pepper, nonfat milk, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: SOY, WHEAT, AND MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cheesy Buttermilk Cheddar Mac
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 1G | PROTEIN: 1G

UD  No Artificial Sources  High in Protein  Low in Fat  Vitamins and Minerals  No Soy  No Trans Fat Added  Low in Cholesterol
Cheesy Buttermilk Cheddar Mac

There’s nothing better than a classic, homestyle meal, and this Cheesy Buttermilk Cheddar Mac is just what you’re looking for. Creamy and sharp cheddar cheese combines perfectly with the subtle flavor of buttermilk for a classic mac & cheese that’s anything but boring. The perfect lunch or dinnertime indulgence, this meal is hearty and satisfying.

Dish out, fill up on flavor, and make the day what you want it to be.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Semolina macaroni (wheat), milk protein isolate, gum arabic, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, sea salt, buttermilk, natural flavor, salt, xanthan gum, carrageenan, maltodextrin, modified food starch, citric acid, nonfat milk, annatto (color), Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Hearty Red Bean & Vegetable Chili
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | SUGARS: 4G | PROTEIN: 12G
Hearty Red Bean & Vegetable Chili

Enjoy the flavors of a cool winter day any time of year with this Hearty Red Bean & Vegetable Chili that will kick your day into gear. Flavorful carrots, celery, and peppers mix perfectly with the bold spices in this hearty chili. Warm and tasty, it’s perfect for any day you’re seeking comfort.

Enjoy every spoonful and make the day what you want it to be.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Red beans, textured soy protein concentrate, tomato, soy protein isolate, chili powder (chili peppers, salt, cumin, oregano, garlic), inulin, carrot, yeast extract, salt, onion, celery, canola oil, cumin, green pepper, sugar, garlic powder, natural flavor, silicon dioxide, soy lecithin, maltodextrin, Bacillus coagulans GBI30-6086.§

CONTAINS: SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Hearty Red Bean & Vegetable Chili provides 8 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Homestyle Chicken Flavored & Vegetable Noodle Soup
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | SUGARS: 1G | PROTEIN: 12G
Homestyle Chicken Flavored & Vegetable Noodle Soup

Enjoy the savory aroma of this Homestyle Chicken Flavored & Vegetable Noodle Soup that will warm up your day in no time. Carrots, celery, and onion cooked perfectly al dente combine with the classic, homestyle flavor of chicken soup to warm your soul and make this the ultimate comfort food.

Enjoy every spoonful and take some time for you.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach

Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein concentrate, enriched egg noodles (durum wheat flour, egg yolk, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), cellulose, soy protein isolate, dried carrots, yeast extract, salt, canola oil, silicon dioxide, xanthan gum, dried onion, onion powder, dried celery, maltodextrin, natural flavors, soy lecithin, sunflower oil, black pepper, garlic powder, inulin, extractives of turmeric (spice), Bacillus coagulans GBI-30 6086.

Vitamin and Mineral blend. §

CONTAINS: SOY, WHEAT, AND EGGS.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Homestyle Chicken Flavored & Vegetable Noodle Soup provides 10 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Wild Rice & Chicken Flavored Soup
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 14G | SUGARS: 2G | PROTEIN: 12G
Wild Rice & Chicken Flavored Soup

with Carrots, Celery, Onions, Peas, and Shiitake Mushrooms

Enjoy the warm, hearty goodness of this Wild Rice & Chicken Flavored Soup that’ll leave you feeling renewed and amazing. The wholesome vegetables and bright flavors of garlic and parsley mingle perfectly with tender, blossoming wild rice to make this a savory meal you’ll enjoy every time.

Enjoy every spoonful and fill the day with what you love.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein concentrate, soy protein isolate, long grain white rice, cellulose, wild rice, carrots, chicory root inulin, yeast extract, peas, white meat chicken, shiitake mushrooms, salt, canola oil, xanthan gum, celery, onion powder, onions, maltodextrin, natural flavors, silica, soy lecithin, sunflower oil, black pepper, garlic powder, parsley, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of OPTAVIA Wild Rice & Chicken Flavored Soup provides 9 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Beef and Garden Vegetable Soup
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 3G | PROTEIN: 11G
Beef and Garden Vegetable Soup

Get that comforting, stick-to-your-ribs feeling with this Beef & Garden Vegetable Soup that will satisfy your healthy appetite every time. Chock-full of hearty vegetables and real tender beef, this satisfying soup will warm you up and fill you up every time.

Enjoy every spoonful and work towards your goals.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, dried beef, potato starch, tomato, inulin, potatoes, yeast extract, carrots, green beans, cabbage, xanthan gum, onion, salt, celery, black pepper, soy lecithin, gum arabic, oregano, parsley, natural flavors, silicon dioxide, onion powder, canola oil, garlic powder, maltodextrin, sunflower oil, Bacillus coagulans GBI-30 6086. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Silky Peanut Butter Shake
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2.5G  |  TOTAL CARBOHYDRATE: 15G  |  SUGARS: 8G  |  PROTEIN: 11G
Silky Peanut Butter Shake

Take a moment and savor this rich, creamy peanut butter shake. The combination of sweet and savory from real peanuts and sea salt is sublime. It’s high in antioxidant vitamins A, C, and E, and smooth until the last sip.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, peanut flour, fructose, sugar, erythritol, whey protein concentrate, inulin, egg whites, dextrin, maltodextrin, sunflower oil, gum arabic, cellulose gum, cocoa (processed with alkali), sea salt, xanthan gum, peanut oil, natural flavor, carrageenan, salt, sodium caseinate, nonfat milk, Bacillus coagulans GBI-30 6086, vanilla extract. Vitamin and Mineral blend. §

CONTAINS: MILK, PEANUTS, AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Caramel Macchiato Shake
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | SUGARS: 8G | PROTEIN: 11G

Certified Gluten-Free
No Artificial Sources
No Preservatives
High in Protein
Low in Fat
Vitamin & Mineral
No Trans Fat
Low in Cholesterol
No Soy
Caramel Macchiato Shake

Coffee lovers rejoice! This shake is made with real Brazilian coffee and sea salt is full of antioxidant vitamins A, C, and E. Foamy, frothy, and infused with salted caramel flavor, it’s sure to give you the jump start you need to take on the day!

Ingredients: Calcium caseinate, fructose, sugar, milk protein concentrate, erythritol, inulin, whey protein concentrate, dextrin, egg whites, maltodextrin, sunflower oil, cellulose gum, cocoa (processed with alkali), natural flavor, coffee, sea salt, xanthan gum, carrageenan, salt, sodium caseinate, gum arabic, silicon dioxide, glycerol, nonfat milk, Bacillus coagulans GBI-30 6086, vanilla extract.

Vitamin and Mineral blend. §

CONTAINS: MILK AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Wild Strawberry Shake

Revel in sweet summer flavor any time of the year with this frothy Wild Strawberry Shake. Creamy, bright, and jam-packed with the juicy, fruity flavor of strawberries, this frothy shake will refresh you for the day’s journey, no matter where you’re headed.

Fill up your glass and shake up the day.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach

Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan* •

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, whey protein concentrate, modified corn starch, salt, soy lecithin, maltodextrin, cellulose gum, citric acid, stevia extract, beet powder (color), xanthan gum, natural flavors, carrageenan, monk fruit extract, nonfat milk, strawberry juice concentrate, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Wild Strawberry Shake provides 12 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Creamy Chocolate Shake

Splurge on this Creamy Chocolate Shake that will have you feeling fabulous. With the mild sweetness of real cocoa, this frothy shake is perfectly delicious from start to finish.

Fill up your glass and make it a truly enjoyable moment of your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan

 Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, cocoa powder (processed with alkali), whey protein concentrate, modified food starch, chicory root inulin, maltodextrin, sucrose, soy lecithin, salt, cellulose gum, gum arabic, stevia extract, natural flavors, xanthan gum, monk fruit extract, carrageenan, nonfat milk, vanilla extract, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Creamy Chocolate Shake provides 11 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Creamy Vanilla Shake
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 0.5G  |  TOTAL CARBOHYDRATE: 13G  |  SUGARS: 7G  |  PROTEIN: 14G
Creamy Vanilla Shake

Take time to enjoy the simple pleasures in life with this sweet and delicious Creamy Vanilla Shake. Delightfully rich and simply delicious, this amazingly frothy shake is the perfect treat any time of the day.

Fill up your glass and take delight in living life to its fullest.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan* 

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, whey protein concentrate, modified corn starch, maltodextrin, soy lecithin, salt, cellulose gum, erythritol, natural flavors, stevia extract, xanthan gum, carrageenan, vanilla extract, monk fruit extract, nonfat milk, medium chain triglycerides, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of OPTAVIA Creamy Vanilla Shake provides 12 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Rich Dark Chocolate Shake with Antioxidants
Naturally Flavored

CALORIES: 90  |  TOTAL FAT: 1G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 2G  |  PROTEIN: 13G
Rich Dark Chocolate Shake
with Antioxidants

Full of antioxidants, this Dark Chocolate Antioxidant Shake has the flavor and nutrition you need for the amazing day ahead. This rich and creamy shake, with its bold dark chocolate flavor, is the perfect indulgence.

Take pleasure in every sip and drink up to your health.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30 Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, cocoa powder, erythritol, calcium caseinate, chicory root inulin, fructose, modified food starch, dextrin, xanthan gum, salt, nutraceutical powder blend (grape seed extract, acai, cherry, cranberry, blueberry, resveratrol), maltodextrin, sunflower lecithin, stevia extract, dextrose, natural flavors, nonfat milk, monk fruit extract, vanilla extract, Bacillus coagulans GBI-30 6086, gum arabic.

Vitamin and Mineral blend. §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Mocha Blast Shake
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 1G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 7G  |  PROTEIN: 14G
Mocha Blast Shake

Take a break and shake things up with our refreshing Mocha Blast Shake. This irresistible combination of cocoa and coffee flavor cools you down and revs you up for every challenge and adventure that awaits.

Today is full of possibilities. Try this decadent shake and conquer your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, whey protein concentrate, dextrin, cocoa (processed with alkali), chicory root inulin, instant Brazilian coffee, soy lecithin, salt, cellulose gum, maltodextrin, silicon dioxide, stevia extract, xanthan gum, natural flavors, carrageenan, gum arabic, Bacillus coagulans GBI-30 6086, monk fruit extract. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of OPTAVIA Mocha Blast Shake provides 11 grams of soy protein.
* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Tropical Fruit Smoothie
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 0G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 6G  |  PROTEIN: 12G
Tropical Fruit Smoothie

Enjoy the refreshing warmth of tropical ocean breeze anywhere you go with this Tropical Fruit Smoothie. Filled with the fun, sun-drenched flavors of orange, banana, and real mango, this smoothie is the perfect way to take your taste buds on a tropical getaway whenever the mood strikes.

Fill up your glass and embrace your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, egg white, dextrin, sugar, fructose, mango, citric acid, maltodextrin, cellulose gum, gum arabic, xanthan gum, sunflower lecithin, natural flavors, stevia extract, monk fruit extract, carrageenan, soy lecithin, annatto (color), nonfat milk, canola oil, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Yogurt Berry Blast Smoothie
Naturally Flavored

CALORIES: 90  |  TOTAL FAT: 0G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 6G  |  PROTEIN: 11G
Yogurt Berry Blast Smoothie

Feel the warmth of summer any time of year with this refreshing Yogurt Berry Blast Smoothie. Bursting with the juicy flavor of blueberries, strawberries, and raspberries, this sweet and frosty smoothie will renew you for whatever lies ahead.

Fill up your glass and make today whatever you want it to be.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, egg whites, gum arabic, fructose, yogurt powder (cultured whey protein concentrate, cultured nonfat milk), cellulose gum, dextrin, strawberries, blueberries, maltodextrin, malic acid, raspberry juice concentrate, xanthan gum, citric acid, sunflower lecithin, modified corn starch, stevia extract, carrageenan, natural flavors, strawberry juice concentrate, monk fruit extract, nonfat milk, Bacillus coagulans GBI-30 6086. Vitamin and Mineral blend. §

CONTAINS: MILK AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frothy Cappuccino Boost
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 8G | PROTEIN: 14G
Frothy Cappuccino Boost

From your very first sip, our Frothy Cappuccino Boost delivers the perfect kick to make your day great. Made with real coffee, each serving gives you the taste of a rich, coffee-house treat.

It’s a delicious boost to enhance your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label*  •  Contains GanedenBC30® Probiotic  •  Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled  •  Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals  •  Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Sugar, milk protein isolate, chicory root inulin, calcium caseinate, whey protein concentrate, sodium caseinate, instant decaffeinated coffee, maltodextrin, natural flavors, green tea extract, caffeine, salt, stevia extract, modified food starch, nonfat milk, gum arabic, dextrose, Bacillus coagulans GBI-30 6086, vanilla extract. §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Velvety Hot Chocolate

Wrap your hands around a steaming mug of our Velvety Hot Chocolate and warmly embrace the day. Made with real cocoa, our take on a cold-weather classic is a chocolate lover’s dream come true. Sweet and creamy, rich and smooth.

Chase away the chill and capture the warmth of every glorious day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Fructose, milk protein isolate, calcium caseinate, whey protein concentrate, chicory root inulin, cocoa (processed with alkali), sodium caseinate, dextrose, salt, maltodextrin, stevia extract, silicon dioxide, natural flavors, nonfat milk, monk fruit extract, vanilla extract, Bacillus coagulans GBI-30 6086, gum arabic. §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Jalapeño
Cheddar Poppers
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 11G
Jalapeño Cheddar Poppers

Our Jalapeño Cheddar Poppers deliver flavor the same way you take on life. Boldly and passionately. With no holding back. Made with real jalapeño peppers and real cheddar cheese, every popper packs a delicious, nutritious blast.

Break open a bag and add some pop to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Effective Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
Contain high quality, complete protein which helps retain lean muscle mass.

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea fiber, whey, soybean oil, cheddar cheese (cultured pasteurized milk, salt, enzymes), dextrin, maltodextrin, onion powder, salt, chili pepper, garlic powder, buttermilk solids, spices, torula yeast, natural color (paprika extract, turmeric extract), jalapeño pepper, lactic acid, natural flavor, yeast extract, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), potato starch, corn starch, guar gum. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of OPTAVIA Jalapeño Cheddar Poppers provides 9 grams of soy protein.
* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Zesty Cheddar & Italian Herb Crunchers
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 11G  |  TOTAL SUGARS: 2G  |  PROTEIN: 11G
Zesty Cheddar & Italian Herb Crunchers

Temptingly tangy with a burst of real cheddar. Zesty Cheddar & Italian Herb Crunchers are the perfect pick-me-up. Satisfy your craving by crunching into the cheesy, herb-baked goodness while dreaming of beautiful scenes of Italy.

Crunch into the big, bold taste and take your day to the next level.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Effective Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
Contain high quality, complete protein which helps retain lean muscle mass.

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, whey, maltodextrin, dextrin, salt, dextrose, tomato powder, garlic powder, natural flavors, spices, cheddar cheese (pasteurized milk, culture, salt, enzymes), onion powder, torula yeast, sugar, buttermilk, yeast extract, sweet cream, malic acid, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), citric acid, extractives of paprika (color), lactic acid, potato starch, corn starch, guar gum, pectin. §

CONTAINS: MILK AND SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.
One serving of OPTAVIA Zesty Cheddar & Italian Herb Crunchers provides 9 grams of soy protein.
• No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Smoky BBQ Crunchers

Capture the savory smokehouse flavors of an outdoor barbecue anywhere you go with our Smoky BBQ Crunchers. It’s a spicy, sure-fire way to add some depth to your day.

Crunch into the big, bold taste and take your day to the next level.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach

Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, sugar, dextrin, torula yeast, salt, onion powder, brown sugar, dextrose, maltodextrin, natural flavors, yeast extract, molasses, tomato powder, citric acid, extractive of paprika (color), spices, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), garlic powder, potato starch, corn starch, guar gum, pectin. §

CONTAINS: SOY.

† Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of OPTAVIA Smoky BBQ Crunchers provides 9 grams of soy protein.

* No flavors, colors or sweeteners from artificial sources.

§ See product box or website for more details.
Honey Mustard & Onion Sticks
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 2G | PROTEIN: 11G
Honey Mustard & Onion Sticks

The sweet and tangy flavor of these Honey Mustard & Onion Sticks will satisfy your crunch craving and fuel you forward. The essence of garlic and paprika, the sweetness of honey, and the savory tang of mustard combine for a flavor that tickles your taste buds.

Break open a bag and add a dose of boldness to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
含 high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, wheat flour, modified wheat starch, soy flour, seasoning blend [sugar, prepared mustard powder (distilled vinegar, mustard seed, salt, turmeric, paprika, spice, garlic, natural flavor), onion powder, honey powder (honey, maltodextrin), salt, maltodextrin, modified food starch, dextrose, fructose, wheat flour, sodium diacetate, citric acid, paprika, turmeric (added for flavor and color), spices, natural flavor], vital wheat gluten, butter, wheat protein isolate (wheat gluten, phosphate, lactic acid), malt syrup, corn syrup, modified food starch, pectin, maltodextrin, canola oil, baking powder, soy lecithin, natural flavor, salt, yeast, sodium hydroxide, probiotic (nonfat milk, Bacillus coagulans GBI-30 6086). §

CONTAINS: MILK, WHEAT, AND SOY. MAY CONTAIN: PEANUTS AND TREE NUTS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cinnamon Sugar Sticks
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 1.5G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 4G  |  PROTEIN: 11G
Cinnamon Sugar Sticks

Cinnamon Sugar Sticks are packed with incredible flavor and crunch. The delicious twist of real brown sugar and pure cinnamon is perfect. Cinnamon Sugar Sticks are high in protein and an excellent source of calcium and antioxidant vitamins A, C, and E.

Grab a bag and enjoy any time of day!

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, wheat flour, modified wheat starch, soy flour, seasoning blend (sugar, brown sugar, salt, cinnamon, molasses, steviol glycosides, canola oil, natural flavors), vital wheat gluten, butter, wheat protein isolate (wheat gluten, phosphate, lactic acid), malt syrup, corn syrup, modified food starch, pectin, maltodextrin, canola oil, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin, natural flavor, yeast, sodium hydroxide, probiotic (nonfat milk, Bacillus coagulans GBI-30 6086). §

CONTAINS: MILK, WHEAT, AND SOY. MAY CONTAIN: PEANUTS AND TREE NUTS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Puffed Ranch Snacks
Naturally Flavored

CALORIES: 50  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 6G  |  PROTEIN: 1G

Certified Gluten-Free
No Artificial Sources
No Preservatives
No Soy
No Trans Fat Added
Non-GMO
Puffed Ranch Snacks

Grab Puffed Ranch Snacks and experience a bold flavor you’ll love.

Made with real cheddar cheese, real onion, and real garlic, this snack will drive away hunger while satisfying your hankering for something flavorful and savory. With no flavors, colors, sweeteners, or preservatives from artificial sources, you’ll love their true taste.

Keep these on hand for a burst of flavor, and a burst of courage to get you through the journey of life.

All OPTAVIA Snacks Are:

- 70 calories or less
- Kosher or Kosher Dairy
- Certified Gluten-Free
- Non-GMO‡
- Soy Free
- Contains no flavor, colors, sweeteners, or preservatives from artificial sources

Available Exclusively from an OPTAVIA Coach

Ingredients: Sorghum meal, sunflower oil, pea hull fiber, tapioca maltodextrin, whey powder, salt, cane sugar, tomato powder, cheddar cheese (milk, cultures, salt, enzymes), natural flavors, onion powder, yeast extract, spices, garlic powder, lactic acid. §

CONTAINS: MILK.

*No artificial flavors, colors, or sweeteners from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Puffed Sweet & Salty Snacks
Naturally Flavored

CALORIES: 50  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 6G  |  PROTEIN: 1G
Puffed Sweet & Salty Snacks

Excite your mood with Puffed Sweet & Salty Snacks. You’ll feel ready for any great adventure heading your way.

This natural snack can keep hunger at bay and satisfy your cravings with its sweet & salty combination. Made with no flavors, colors, sweeteners, or preservatives from artificial sources, you can enjoy a guilt-free snack that’s sure to surprise and delight your taste buds.

Keep these on hand for a burst of salty sweetness, and a burst of courage to get you through the journey of life.

All OPTAVIA Snacks Are:
70 calories or less • Kosher or Kosher Dairy • Certified Gluten-Free • Non-GMO‡ Soy Free • Contains no flavor, colors, sweeteners, or preservatives from artificial sources
Available Exclusively from an OPTAVIA Coach

Ingredients: Sorghum meal, sunflower oil, pea hull fiber, sugar, salt, natural flavor. §

*No artificial flavors, colors, or sweeteners from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Sharp Cheddar & Sour Cream Popcorn
Naturally Flavored

CALORIES: 70 | TOTAL FAT: 4.5G | TOTAL CARBOHYDRATE: 6G | PROTEIN: 1G
Sharp Cheddar & Sour Cream Popcorn

Our scrumptious Sharp Cheddar & Sour Cream Popcorn will be your new favorite indulgence.

Sharp cheddar cheese and creamy sour cream combine perfectly to create this mouthwatering snack. The popcorn taste you love is enhanced with these delectable flavors that can satisfy any craving.

Grab a bag today and create inspiration wherever you go.

All OPTAVIA Snacks Are:
70 calories or less • Kosher or Kosher Dairy • Certified Gluten-Free • Non-GMO‡ Soy Free • Contains no flavor, colors, sweeteners, or preservatives from artificial sources
Available Exclusively from an OPTAVIA Coach

Ingredients: Popcorn, vegetable oil (contains one or more of the following: canola, cottonseed or sunflower), maltodextrin, whey, sour cream (cultured cream, nonfat milk), salt, cheddar cheese (milk, salt, cultures and enzymes), onion powder, dextrose, nonfat milk, shortening (whey, coconut oil, maltodextrin, sodium caseinate), citric acid, natural flavor, lactic acid, paprika extract (color), yeast extract. §

CONTAINS: MILK.

*No artificial flavors, colors, or sweeteners from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Olive Oil & Sea Salt Popcorn
Naturally Flavored

CALORIES: 70 | TOTAL FAT: 4.5G | TOTAL CARBOHYDRATE: 6G | PROTEIN: 1G
Olive Oil & Sea Salt Popcorn

Nothing says kick back and relax like popcorn, and our Olive Oil & Sea Salt Popcorn packs a powerful, perfectly salted crunch!

Stay inspired to live healthy and satisfy your flavor and crunch cravings. The convenient package makes our Olive Oil & Sea Salt Popcorn the perfect nosh for the movies, whether you’re out at a big screen or home at a little one. Enjoy your movie, enjoy your snack, enjoy your day!

Grab a bag today and create inspiration wherever you go.

All OPTAVIA Snacks Are:
70 calories or less • Kosher or Kosher Dairy • Certified Gluten-Free • Non-GMO‡
Soy Free • Contains no flavor, colors, sweeteners, or preservatives from artificial sources
Available Exclusively from an OPTAVIA Coach

Ingredients: Popcorn, vegetable oil (contains one or more of the following: canola, cottonseed, or sunflower), maltodextrin, sea salt, onion powder, garlic powder, citric acid, olive oil, natural flavor. §
Multigrain Crackers - *Naturally Flavored*

Packed with seven amazing, good-for-you, organic super grains; spelt, cracked wheat, rye, barley, triticale, oats, and flax, our Multigrain crackers will satisfy your crunch cravings and your hunger. Plus they contain no artificial colors, flavors, sweeteners, or preservatives and are guilt free with 2g fiber, 40 calories, and 1g fat per serving. Grab them on-the-go, pack them in lunches, or eat them whenever you’re in the mood for a delicious, savory crunch. We promise they’re ridiculously tasty!

Rosemary Sea Salt Crackers - *Naturally Flavored*

The earthy, savory flavor of rosemary combines with a bright, lightly salted crunch to bring you a satisfying snack that you can feel good about craving. These contain 2g fiber, 1g fat, and only 40 calories per serving, and are free of artificial colors, flavors, sweeteners, and preservatives. Our Rosemary Sea Salt Crackers can be enjoyed with one of our soups or hearty meals, or are just as yummy on their own.

See product box or website for ingredient information.
Our Flavors of Home line is the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home options is a complete Lean & Green meal on the OPTAVIA Program—with the right portions of protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare. Use them daily, a few times a week, or on occasion—whatever works for the way you live.

Beef Stew

Your favorite stew just got better. With potatoes, carrots, celery, mushrooms, peas, and hunks of tender beef, it tastes like it’s been simmering all day.

Chili Lime Chicken with Long Grain Rice (with White Meat Chicken)

Filled with juicy white meat chicken strips and an array of zesty flavors ranging from aromatic to slightly spicy. Sit back and let the chili pepper, onions, lime, and bell peppers turn a time-saving, healthy meal into a tasty treat.
Chicken With Rice & Vegetables (with White Meat Chicken)
Chicken meets rice and vegetables at the intersection of creamy, savory deliciousness all in one convenient dish. White meat chicken, long-grain rice, bell peppers, celery, mushrooms, and water chestnuts mix perfectly in a tasty, savory sauce.

Chicken Cacciatore (with White Meat Chicken)
White meat chicken, red and green bell peppers, onions, and noodles in a tangy, tomato-based sauce delivers the traditional and delicious chicken cacciatore flavor you know and love.

Ginger Lemongrass Chicken with Long Grain Rice (with White Meat Chicken)
Super-fast meets super-flavorful. Light, slightly sharp, and a little tangy, this Asian-inspired chicken dish makes for a great change of pace for a busy day. With white meat chicken, lemongrass, ginger, bamboo strips, coconut milk, and carrots, we’ve done it all for you.

Turkey Meatball Marinara
Turkey Meatball Marinara features hearty turkey meatballs and veggies in a tangy marinara sauce. Mushrooms and red bell peppers play a delicious supporting role. Seasoned perfectly with Italian spices, your dinner is served!

See product box or website for ingredient information.
Mandarin Orange Energy Infuser - *Naturally Flavored*

It’s a big taste of little oranges in a thirst-quenching, energy-boosting glass! Give your glass of H2O - and your day - a lift. Our Mandarin Orange Energy Infuser does both, and it tastes great, too. Our Energy Infusers are free from flavors, colors, and preservatives from artificial sources and have four energizing B vitamins - B5, B6, B12, and B9.

Unsweetened Lemon Energy Infuser - *Naturally Flavored*

Wake up your water with the flavor of pure lemon - and a bonus shot of B vitamins and caffeine! Here’s water’s wakeup call: a bold punch of zesty, tangy lemon. Our Energy Infusers are free from artificial flavors, colors, and preservatives and have four energizing B vitamins - B5, B6, B12, and B9.

Essential1: Antioxidants Raspberry Acai Flavor Infuser - *Naturally & Artificially Flavored*

Two powerhouse flavors, one great way to fortify your H2O.
Each serving provides 15 mg of resveratrol and is only five calories!

Essential1: Antioxidants White Grape Peach Flavor Infuser - *Naturally & Artificially Flavored*

Mellow peach, delicate grape, and awesome antioxidant power.
Each serving provides 15 mg of resveratrol and is only five calories!

Essential1: Calorie Burn Green Tea Lemon Flavor Infuser - *Naturally Flavored*

Clean, refreshing, and invigorating. Just add a packet to your drinking water for delicious flavor and an extra metabolism boost! Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

Essential1: Calorie Burn Mixed Berry Flavor Infuser - *Naturally & Artificially Flavored*

A whole basket of just-picked berry flavor.
Just add a packet to your drinking water for delicious flavor and an extra metabolism boost!
Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

Essential1: Calorie Burn Strawberry Lemonade Flavor Infuser - *Naturally & Artificially Flavored*

Sweet and tangy summertime flavor - but for anytime of year.
Just add a packet to your drinking water for delicious flavor and an extra metabolism boost!
Each serving gives you 100 mg of caffeine and 90 mg of EGCG.
START STRONG
Juicy Orange
Naturally Flavored

CALORIES: 10 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 2G | TOTAL SUGARS: 1G | PROTEIN: 0G

Certified Gluten-Free
No Artificial Sources
Low in Fat
No Soy
No Dairy
No Trans Fat Added
Low in Cholesterol
Each Purposeful Hydration product has two purposes. At one with your life.

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

Enjoy one serving each day on any OPTAVIA Plan.

**All Purposeful Hydration products:**
*No artificial sources* • Certified Gluten-free • Kosher

Each Purposeful Hydration product has **two** purposes. At **one** with your life.

The first purpose: to cue you when to hydrate and why.
The second purpose: to hydrate you throughout your day.

Ingredients: Acerola fruit powder, potato maltodextrin, citric acid, gum arabic, sugar, mixed triglycerides, xanthan gum, steviol glycolsides, monk fruit extract, natural flavor, tocopherols. §

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
B ACTIVE
Lemon Lime Zest
Naturally Flavored

CALORIES: 5 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 2G | TOTAL SUGARS: 1G | PROTEIN: 0G
Each Purposeful Hydration product has two purposes. At one with your life.

The first purpose: to cue you when to hydrate and why.
The second purpose: to hydrate you throughout your day.

Ingredients: Fructose, gum arabic, citric acid, lemon juice concentrate, maltodextrin, xanthan gum, steviol glycosides, natural flavor, monk fruit extract, B vitamin blend (mannitol, calcium pantothenate, niacinamide, pyridoxine hydrochloride, riboflavin 5’ phosphate sodium, thiamine mononitrate, folate (6S)-5-methylenetetrahydrofolic acid (MTHF), glucosamine salt), cyanocobalamin, silicon dioxide. §

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
B ACTIVE
Refreshing Raspberry Lemonade
Naturally Flavored

CALORIES: 5  |  TOTAL FAT: 0G  |  TOTAL CARBOHYDRATE: 2G  |  TOTAL SUGARS: 0G  |  PROTEIN: 0G
Each Purposeful Hydration product has two purposes. At one with your life.

The first purpose: to cue you when to hydrate and why.
The second purpose: to hydrate you throughout your day.

Ingredients: Raspberry juice concentrate, maltodextrin, citric acid, malic acid, gum arabic, lemon juice concentrate, xanthan gum, steviol glycosides, red beet powder (color), B vitamin blend (mannitol, calcium pantothenate, niacinamide, pyridoxine hydrochloride, riboflavin 5’ phosphate sodium, thiamine mononitrate, folate ((6S)-5-methyltetrahydrofolic acid (MTHF), glucosamine salt), cyanocobalamin), monk fruit extract, natural flavor, modified corn starch, strawberry juice concentrate, silicon dioxide. §

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
REPLENISH
Bold Mixed Berry
Naturally Flavored

CALORIES: 15 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 3G | TOTAL SUGARS: 1G | PROTEIN: 0G

Certified Gluten-Free
No Artificial Sources
No Preservatives
Low in Fat
No Soy
No Dairy
No Trans Fat Added
Low in Cholesterol
REPLENISH - Bold Mixed Berry

After an active day, raise a glass to resetting and replenishing. **REPLENISH** helps restore key electrolytes lost throughout your active day and is a good source of potassium and magnesium.

Enjoy one serving each day on any OPTAVIA Plan.

All Purposeful Hydration products:
Contain no artificial sources* • Certified Gluten-free • Kosher

Each Purposeful Hydration product has **two** purposes. At **one** with your life.

The first purpose: to cue you when to hydrate and why.

The second purpose: to hydrate you throughout your day.

Ingredients: Potassium citrate, fructose, calcium potassium phosphate citrate, maltodextrin, malic acid, citric acid, raspberry juice concentrate, sodium citrate, dimagnesium malate, modified food starch, xanthan gum, red beet powder (color), natural flavor, steviol glycosides, monk fruit extract, lemon juice concentrate. §

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
## Fuelings Comparison Guide

<table>
<thead>
<tr>
<th>FUELING FEATURE</th>
<th>OPTAVIA SELECT</th>
<th>OPTAVIA ESSENTIAL</th>
<th>MEDIFAST® CLASSIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRIENT DENSE AND PORTION CONTROLLED</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NUTRITIONALLY INTERCHANGEABLE</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>HELP TO PROMOTE A GENTLE BUT EFFICIENT FAT-BURNING STATE WHEN USED AS PART OF THE OPTIMAL WEIGHT 5 &amp; 1 PLAN®</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>HIGH-QUALITY, COMPLETE PROTEIN</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>24 VITAMINS AND MINERALS</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NO COLORS FROM ARTIFICIAL SOURCES</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NO FLAVORS FROM ARTIFICIAL SOURCES</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NO SWEETENERS FROM ARTIFICIAL SOURCES</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NO PRESERVATIVES FROM ARTIFICIAL SOURCES</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>ADDITIONAL VITAMIN D (50% DV)</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>CONTAINS GANEDENBC³⁰® PROBIOTICS</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>GLOBAL FLAVORS</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>NON-GMO</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>AVAILABLE EXCLUSIVELY FROM AN OPTAVIA COACH</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>