Seniors Guide

Lifelong Transformation, One Healthy Habit At A Time.™
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Welcome to OPTAVIA!

At OPTAVIA, we believe you can live the best life possible, but that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

For older adults, achieving a healthy weight and learning healthy habits are great ways to increase your health and vitality. If you are 65 or older, this guide will help you use our Fuelings and Programs safely and give you the information you need to get started on your journey towards Optimal Health.

your best life
is waiting.
Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin® (warfarin), lithium, thyroid medications etc.).

We recommend that you consult your healthcare provider prior to starting any weight loss program. Do not use any OPTAVIA Program if you are pregnant or under the age of 13. The OPTAVIA for Teens plan is the only OPTAVIA program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any OPTAVIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, including food allergies, refer to our program information online and talk to your OPTAVIA Coach.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness or gastrointestinal disturbances.

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

This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.
Getting Started

Choosing a Meal Plan

OPTAVIA works because it’s simple and easy to follow. The Optimal Weight 5 & 1 Plan®, Optimal Weight 4 & 2 & 1 Plan®, and Optimal Weight 5 & 2 & 2 Plan® are appropriate for those 65 or older; however, it is essential that you contact your healthcare provider to determine which option is best for you.

While any of our plans are appropriate, the Optimal Weight 5 & 1 Plan is recommended only for healthy and active seniors with fewer than 100 pounds to lose. Active means you spend an average of 30 minutes a day engaging in exercise such as walking, strength training, swimming, jogging, etc. Being active helps promote the maintenance of lean muscle mass as you lose weight and is an important component of the program. If you prefer to do more than 45 minutes of strenuous exercise per day, we suggest you use the Optimal Weight 4 & 2 & 1 Plan or Optimal Weight 5 & 2 & 2 Plan.
**Meal Plan Components**

Each meal plan has some variation of the following components: Fuelings, lean and green meals, healthy fats, healthy snacks, and extras. On the pages that follow, you’ll find a description of each plan component and lists of foods you can enjoy on our plans.
OPTAVIA Fuelings

All OPTAVIA plans allow you the flexibility to choose from more than 60 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. OPTAVIA Fuelings are clean label, and do not contain colors, flavors or sweeteners from artificial sources. Each contains the patented probiotic GanedenBC30® to support digestive health. In addition to your Fuelings, you’ll learn healthy habits - how to make lean and green meals and choose healthy snacks for you and your family.

When you understand what optimal nutrition looks like, healthy eating becomes second nature.
become your most fulfilled you.
Lean and Green Meals

A lean and green meal includes 5 to 7 ounces of cooked lean protein, three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices. Enjoy your lean and green meal any time of day – whatever works best for your schedule.

If you’d like, you can divide the meal into two portions and eat half of it at a time.

You’ll find a list of choices for your lean protein and non-starchy vegetables on the following pages.

Healthy Fats

Incorporate up to two servings of healthy fats into each of your lean and green meals. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly.

You’ll find a list of healthy fat choices on the next page.

Lean and Green Meals: The "Lean"

Lean Tips:

• Portion size recommendations are for cooked weight.
• Choose meats that are grilled, baked, broiled, or poached—not fried.
• Each week, strive to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
• Choose meatless options made with soybeans or textured vegetable protein.

Choose the appropriate portion size of any protein from the list on the following page. We’ve broken down protein options into lean, leaner, and leanest. All options are appropriate for OPTAVIA weight-loss plans; it’s just divided this way to help you make informed choices.

For those requiring additional meatless choices, please refer to our Meatless Options list on the Vegetarian Information Sheet at Answers.OPTAVIA.com, or contact Nutrition Support at NutritionSupport@OPTAVIA.com.
LEAN: Choose a 5-oz. portion (cooked weight) — no Healthy Fat serving added.

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85% – 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz. Mori-nu® Silken Extra Firm, Firm, or Soft Tofu
  - 3 whole eggs (limit to once a week)

Healthy Fat Servings

A Healthy Fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. Add 0-2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 tablespoon of reduced-fat margarine
- 1½ ounces of avocado

LEANER: Choose a 6-oz. portion (cooked weight) plus 1 Healthy Fat serving.

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95% – 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites

LEANEST: Choose a 7-oz. portion (cooked weight) plus 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of Egg Beaters®
Lean and Green Meals: The "Green"

Choose three servings from our Green Options list for each of your lean and green meals.

We’ve sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the OPTAVIA Program; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:
1 serving = ½ cup vegetables (unless otherwise specified)

### LOWER CARBOHYDRATE

- **1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)
- **½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### MODERATE CARBOHYDRATE

- **½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### HIGHER CARBOHYDRATE

- **½ cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating; however, during the weight-loss phase of your plan, the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onion, edamame, and Brussels sprouts) can only be eaten as your healthy snack to enhance your weight-loss results. Healthy snacks are not a component of the Optimal Weight 5 & 1 Plan®.
you can have your lean and green meal any time of day.
**Flavors of Home®**

Our Flavors of Home line is the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home option is a complete lean and green meal on the OPTAVIA Program—with the right portions of lean protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

**Healthy Snacks**

On the Optimal Weight 4 & 2 & 1 Plan and the Optimal Weight 5 & 2 & 2 Plan, you may incorporate a starch, fruit, dairy choice, or OPTAVIA Snack into one or two of your meal times. Remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control. While 4 & 2 & 1 and 5 & 2 & 2 does not add up to six, you’ll still be required to eat six times per day, mixing and matching the various plan components. Have fun with it! The combination of each plan component ensures that you get all the nutrition you need for healthy weight loss.

**OPTAVIA Snacks**
- Puffed Sweet and Salty Snacks
- Puffed Ranch Snacks

**Starch**

A healthy snack serving of starch is:
- 1 slice whole-grain bread (3g or more fiber/slice)
- 2 slices low-calorie, light, whole-grain bread (about 40 calories/slice)
- ⅔ cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
- ½ cup cooked cereal
- ½ cup peas, corn
- 1 cup winter squash
- ¼ large (3 oz.) baked potato
- ½ cup cooked brown rice
- ½ cup cooked whole-wheat pasta
- ½ cup cooked beans or lentils

**NOTE:** Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye, and whole oats.
Fruit

A healthy snack serving of fruit is:

- 1 small (4 oz.) piece of fresh fruit such as pear, apple, orange, etc.
- ½ cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- ¾ cup fresh berries
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- ½ large grapefruit
- ½ large or 1 extra-small banana

Dairy

A healthy snack serving of dairy is:

- ⅔ cup (6 oz.) low-fat yogurt (fewer than 120 calories)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or cashew)
- ½ cup fat-free evaporated milk

**NOTE:** Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be considered a dairy option and therefore cannot be counted as a healthy snack. See the Vegetarian Information Sheet for information about including cheese as a lean protein choice in your weight-loss plan.
Extras

Optional Snacks

On the Optimal Weight 5 & 1 Plan, you may choose ONE of these optional snacks daily. Talk to your OPTAVIA Coach about plan-approved optional snacks including:

- OPTAVIA Puffed Snacks
- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickles spears
- ½ oz. of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories, so choose this optional snack sparingly.

Optional Condiments

Use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three condiment servings per lean and green meal.

Examples:
- ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ, sauce, or cocktail sauce
- ¼ teaspoon salt
- 1 tablespoon minced onion, yellow mustard, salsa, soy sauce, low-fat or fat-free milk/soy milk
- 2 teaspoons lemon/lime juice
- 2 tablespoons sugar-free flavored syrup (Walden Farms, Inc.®, DaVinci®, Torani®, etc.)
- 1 packet zero-calorie sweetener
- 1 cup refrigerated, unsweetened original or vanilla almond or cashew milk

For a more comprehensive list of condiments, healthy fats, and portion recommendations, talk to your OPTAVIA Coach.

Flavor Infusers

Infuse your water with flavors like Mandarin Orange and Mixed Berry!*

- Essential ll: Calorie Burn (Limit to three per day)
- Essential ll: Antioxidants
- Energy Infusers

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.
The Optimal Weight 5 & 1 Plan

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

Day 1

Breakfast: 1st OPTAVIA Fueling
• Old Fashioned Maple & Brown Sugar Oatmeal

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

Lunch: 3rd OPTAVIA Fueling
• Sour Cream & Chive Smashed Potatoes

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

Dinner: Lean and Green Meal
• 5 oz. grilled salmon
• 1½ cups cooked asparagus

Evening: 5th OPTAVIA Fueling
• Chewy Chocolate Chip Cookie
The Optimal Weight 4 & 2 & 1 Plan

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

Day 1

Breakfast: 1st OPTAVIA Fueling
• Old Fashioned Maple & Brown Sugar Oatmeal

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

Lunch: 1st Lean and Green Meal
• 6 oz. baked chicken
• 3 cups spring mix
• 2 tbsp low-carbohydrate salad dressing

Mid-Afternoon: 3rd OPTAVIA Fueling
• Frosted Cinnamon Spice Crisp Bar

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

Evening: 4th OPTAVIA Fueling
• Chewy Chocolate Chip Cookie
The Optimal Weight 5 & 2 & 2 Plan

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

Day 1

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

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

Lunch: 1st Lean and Green Meal + 3rd OPTAVIA Fueling
  • 6 oz. baked chicken
  • 3 cups spring mix
  • 2 tbsp low-carbohydrate salad dressing
  • Decadent Double Chocolate Brownie

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

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

Evening: 5th OPTAVIA Fueling
  • Chewy Chocolate Chip Cookie
Exercise

Daily exercise is essential to a healthy lifestyle and can help you achieve your optimal weight. So, if your healthcare provider says you are fit enough to exercise, try it! You’ll find fitness programs for older adults offered by community or senior centers, recreation departments, hospitals, fitness centers, churches, schools, or online. Strengthening your heart, lungs, and muscles, exercise also increases your flexibility and contributes to your overall physical fitness.

Set a goal to be physically active for at least 30 minutes every day. If you are new to exercise, have certain chronic diseases, or are taking medications, you should contact your healthcare provider to determine the best level of activity for you.
Transition (Optimal Weight 5 & 1 Plan only)

Once you’ve achieved your healthy weight, make the transition to lifelong healthy eating. The Transition phase from the Optimal Weight 5 & 1 Plan gradually increases your calorie intake and reintroduces a wider variety of foods. The calories you need after transition to maintain your weight varies according to your height, weight, gender, age and activity level. This 6-week transition leads to an ultimate goal of fewer than 1,550 calories a day.

<table>
<thead>
<tr>
<th>Week</th>
<th>Target # of calories</th>
<th>Fuelings</th>
<th>Lean and Green Meals</th>
<th>Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>850 - 1,050</td>
<td>5</td>
<td>1</td>
<td>1 cup (2 servings) of your favorite vegetables (any kind)</td>
</tr>
<tr>
<td>2</td>
<td>900 - 1,150</td>
<td>4</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables</td>
</tr>
<tr>
<td>3</td>
<td>1,100 - 1,300</td>
<td>4</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR • 1 cup of cubed fruit or berries* ADD • 1 cup of low-fat or fat-free dairy (1 serving)</td>
</tr>
<tr>
<td>4-6</td>
<td>1,100 - 1,550</td>
<td>3</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR • 1 cup of cubed fruit or berries* AND • 1 cup of low-fat or fat-free dairy ADD • 4 - 6-oz. serving of lean meat (1 serving)** AND 1 serving of whole grain (1 serving)***</td>
</tr>
</tbody>
</table>

*Fresh, or, if canned, unsweetened and packed in juice, not syrup.
**Grilled, baked, poached, or broiled – not fried.
***Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ⅓ cup high-fiber cereal, ½ cup whole-wheat pasta, or ⅓ cup brown rice.
increase your health, confidence, and vitality.
The Optimal Health 3 & 3 Plan

Continuing on your path toward Optimal Health

Once you’ve achieved your healthy weight, it’s crucial to maintain the good habits you’ve learned, including fueling your body every two to three hours. To help sustain your healthy weight, we’ve developed the Optimal Health 3 & 3 Plan. It focuses on nutritionally balanced small meals eaten every two to three hours while integrating more food choices in the right portions. Your OPTAVIA Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians.

To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals.
We're with you every step of the way

Talk to your OPTAVIA Coach
Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes OPTAVIA different from other programs. Lean on your OPTAVIA Coach for support as you begin your Optimal Health journey.

Develop your Habits of Health™
Dr. A’s Habits of Health System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using this tool to transform yourself and others!

Stay motivated with daily inspiration
With your phone text the message “OPTAVIA30” to number 990-00 the day before you start your plan to receive daily quick tips, inspiration, healthy reminders, and much more!*

Learn from the OPTAVIA Community
Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products, and receive the support you need.

Discover new, delicious recipes
Visit the OPTAVIA Pinterest page for lean and green meals and Fuelings recipes at Pinterest.com/OPTAVIA.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 990-00 and 760-00. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 990-00, email wecare@OPTAVIA.VIA.com or call +1 888 OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 990-00.
Your OPTAVIA Coach is your guide on your journey to Lifelong Transformation, One Healthy Habit At A Time.

Contact Your OPTAVIA Coach

Name ____________________________
ID# ______________________________
Phone# ____________________________
Email ____________________________
Your Client ID# ____________________
Website __________________________
your best life is waiting.

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