Teen Girls Plan

Lifelong Transformation,
One Healthy Habit At A Time.™
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.

If you’re a young woman between the ages of 13 to 18 and want to reach and maintain a healthy weight, OPTAVIA offers a simple and easy to follow plan*. It all starts with achieving a healthy weight. This is the catalyst for bigger changes. When you achieve your optimal weight, you increase your health, confidence, and vitality.

OPTAVIA offers two plans for teens. Work with your healthcare provider, who can help you pick which plan is better for you based on your Body Mass Index (BMI) percentile. Your BMI is a calculation based on your weight, height, and age.

Get Healthy Now Plan
Teen girls who have a BMI higher than 95% of girls their age and who may benefit from losing weight should use this plan. You’ll consume approximately 1,600 calories each day to lose weight safely and gradually. The Get Healthy Now Plan chart on the following page shows you how many servings you should eat from each food group, including three OPTAVIA Fuelings per day. You can use the Get Healthy Now sample meal plan as a guide to what you should eat each day.

Steady As You Grow Plan
Teen girls with a BMI between 85% and 95% of others their age should use this plan to maintain their current weight as they grow taller so they can be healthier and more active. The daily calorie limit is about 1,800 calories. The Steady as You Grow Plan chart on the following page shows you how many servings you should eat from each food group, including two OPTAVIA Fuelings per day. You can use the Steady as You Grow sample meal plan as a guide to what you should eat each day.

*Do not use the OPTAVIA program if you are under the age of 13 years old.
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

**OPTAVIA** for Teens Plans incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day. And all Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for those working to achieve a healthy weight. As you begin, we encourage you to talk to your **OPTAVIA** Coach, who will help support you and steer you to success. They will be there to help you celebrate the little victories that add up to big ones!
# Teen Girls' Food Guide

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Get Healthy Now Plan</th>
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</table>
| **Starches: Whole Grains & Starchy Vegetables** | 2                    | 4                       | • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤40 calories/slice)  
• ¾ cup unsweetened cereal (e.g. bran flakes)  
• ½ cup cooked cereal or bulgur  
• ½ cup cooked whole-wheat pasta or rice  
• 3 cups plain popped popcorn  
• ½ cup starchy vegetables like peas, corn, or sweet potato  
• 3 oz. baked potato (any kind)  
• 1 cup winter squash |
| **Dairy**                                | 2                    | 3                       | • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond, or cashew)  
• 6 oz. (⅔ cup) low-fat or fat-free yogurt |
| **OPTAVIA Fuelings**                     | 3                    | 2                       | • 1 OPTAVIA Fueling (choose from more than 60 Fuelings) |
| **Fruits**                               | Choose at least five servings daily |                         | • 1 small (4 oz.) piece of fruit  
• ½ cup fresh cubed fruit  
• ¼ cup berries  
• ½ cup canned fruit in 100% fruit juice or water |
| **Vegetables**                           |                      |                         | • ½ cup cooked or raw vegetables  
• 1 cup salad greens  
• 4 oz. (½ cup) 100% vegetable juice |
| **Lean meats and meat substitutes**      | 2                    | 2                       | • 4 oz. lean meat  
• 1 cup cooked dry beans, lentils, etc.  
• 1 cup low-fat cottage cheese  
• Acceptable substitutions for 1 oz. meat:  
  1 oz. low-fat cheese; 1 whole egg or 2 egg whites |
| **Fats**                                 | 2                    | 2                       | • ½ Tbsp butter, margarine or mayo  
• 1 Tbsp reduced-fat margarine or mayo  
• 5 - 10 black or green olives  
• 1 ½ oz. avocado  
• ½ Tbsp nut butter  
• ½ oz. (6 pieces) nuts  
• 2 Tbsp reduced-fat salad dressing  
• 1 Tbsp regular salad dressing |
| **Sometimes Foods**                      | <3x/week             | <3x/week                | • 1 chocolate chip cookie (2¾ inches across)  
• ½ cup low-fat ice cream |
Sample Meal Plans

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

Girls' Get Healthy Now

Breakfast:
- **OPTAVIA Essential Old Fashioned Maple & Brown Sugar Oatmeal**
- ½ cup fresh cubed melon
- 1 slice whole-wheat toast with ½ Tbsp nut butter

Lunch:
- 4 oz. baked chicken breast
- 1 cup steamed green beans
- 6 oz. low-fat yogurt
- 1 small apple

Mid-afternoon snack:
- **OPTAVIA Essential Chocolate Mint Cookie Crisp Bar**
- 8 oz. low-fat milk

Dinner:
- 4 oz. grilled pork loin
- 1 cup steamed broccoli
- 1 small whole-wheat dinner roll with ½ Tbsp margarine
- 1 cup canned pears

Evening snack:
- **OPTAVIA Essential Creamy Vanilla Shake** blended with ¾ cup strawberries
Girls' Steady As You Grow

Breakfast:
- OPTAVIA Essential Old Fashioned Maple & Brown Sugar Oatmeal
- 1 slice whole-wheat toast with ½ Tbsp nut butter
- 8 oz. low-fat milk

Lunch:
- Sandwich - 1 whole-wheat bun, 4 oz. chicken breast, lettuce, tomato, and mustard
- 1 small apricot
- 8 oz. low-fat milk

Mid-afternoon snack:
- 6 oz. low-fat yogurt

Dinner:
- 4 oz. baked tilapia fillet
- 1 cup steamed cauliflower
- 1 cup canned pears
- 1 small whole-wheat dinner roll

Evening snack:
- OPTAVIA Essential Caramel Delight Crisp Bar
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.

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