



Optimal Health 3 & 3 Plan[®] 1,200 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk	1 Starch 1 Dairy
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked cauliflower 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 3 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 1 small apple	2 Vegetables 1 Protein 1 Fat 1 Fruit
1 Free Choice	

NOTE: You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. In addition, our complete selection of Flavors of Home[®] meals are easy and convenient substitutes for protein, starch, and fats. Check in with your **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan[®].



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Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk	1 Starch 1 Dairy
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, peppers, and mushrooms 3 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 1 small apple	2 Vegetables 1 Protein 1 Fat 1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit	1 OPTAVIA Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,400 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, peppers, and mushrooms 3 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables 1 Protein 2 Fat 1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit	1 OPTAVIA Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,500 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 3 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables 1 Protein 2 Fat 1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit	1 OPTAVIA Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,600 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 4 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 4 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables 1 Protein 2 Fat 1 Fruit
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,700 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 4 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 4 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 2 Fat 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,800 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 4 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1/2 cup canned sliced pears (in juice)	1 Vegetable 1 Protein 1 Dairy 1 Starch 1 Fat 1 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 4 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 2 Fat 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 1,900 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 5 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1/2 cup canned sliced pears (in juice)	1 Vegetable 1 Protein 1 Dairy 1 Starch 1 Fat 1 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 5 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 2 Fat 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 2,000 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> ¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries 	<ul style="list-style-type: none"> 1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> 1 cup total cooked cauliflower and broccoli 5 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1/2 cup canned sliced pears (in juice) 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 1 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> 2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 5 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk 1/2 cup baked sweet potato 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 2 Fat 1 Fruit 1 Dairy 1 Starch
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 2,100 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> ¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries 	<ul style="list-style-type: none"> 1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> 1 cup total cooked cauliflower and broccoli 6 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1/2 cup canned sliced pears (in juice) 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 1 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> 2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 6 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk 1/2 cup baked sweet potato 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 2 Fat 1 Fruit 1 Dairy 1 Starch
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 2,200 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
1 cup total cooked cauliflower and broccoli 6 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1/2 cup canned sliced pears (in juice)	2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 1 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 6 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine 1/2 cup baked sweet potato 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 3 Fat 1 Starch 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 2,300 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> ¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries 	<ul style="list-style-type: none"> 1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> 1 cup total cooked cauliflower and broccoli 7 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1 cup canned sliced pears (in juice) 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 2 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> 2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 7 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine ½ cup baked sweet potato 1 small apple 1 cup skim or low-fat milk 	<ul style="list-style-type: none"> 2 Vegetables 1 Protein 3 Fat 1 Starch 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan® 2,400 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ¾ cup low-fat yogurt 1¼ cup whole strawberries	1 Starch 2 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
1 cup total cooked cauliflower and broccoli 7 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1 cup canned sliced pears (in juice)	2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 2 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 7 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine ½ cup baked sweet potato 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 3 Fat 1 Starch 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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Optimal Health 3 & 3 Plan[®] 2,500 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ¾ cup low-fat yogurt 1¼ cup whole strawberries 6 almonds	1 Starch 2 Dairy 1 Fruit 1 Fat
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
1 cup total cooked cauliflower and broccoli 7 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1 cup canned sliced pears (in juice)	2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 2 Fruit
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers, and mushrooms 7 oz. baked yellowfin tuna 2 Tbsp low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine ½ cup baked sweet potato ⅓ cup cooked brown rice 1 small apple 1 cup skim or low-fat milk	2 Vegetables 1 Protein 3 Fat 2 Starch 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies and Cream Shake	1 Optimal Health Fueling
1 Free Choice	

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