Optimal Weight
5 & 2 & 2 Plan® 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.

You’re now part of the OPTAVIA community, here to help you become your most fulfilled you. Our proven nutrition takes you where you want to go, our OPTAVIA Coaches make sure you never go it alone.

At OPTAVIA, we believe Optimal Health is about what’s added to your life, not what’s subtracted from the scale. It all starts with achieving a healthy weight. This is the catalyst for bigger changes. When you achieve your optimal weight, you increase your health, confidence and vitality and you create space for your best, most fulfilling life.

The Habits of Health®

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything we do. Developed by our co-founder, Dr. Wayne Scott Andersen, Dr. A’s Habits of Health Transformational System is an innovative lifestyle approach that helps you learn and adopt healthy habits that contribute to your long-term health.

Congratulations, you have taken the critical first step.

OPTAVIA is simple and easy to follow. When you join the OPTAVIA community, you will enjoy access to:

Fuelings and Programs, backed by Science

On the Optimal Weight 5 & 2 & 2 Plan, you’ll choose from more than 50 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. Each Fueling contains complete high-quality, complete protein and also contains a patented probiotic, GanedenBC30®, making a healthier digestive tract easier. In addition to your five Fuelings, you’ll learn other healthy habits—how to make lean and green meals and choose healthy snacks for you and your family.
OPTAVIA’s proprietary products and programs are based on nearly 40 years of experience of helping people lose weight.

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 programs.

When you understand what optimal nutrition looks like, healthy eating becomes second nature.

Your OPTAVIA Coach and Community

OPTAVIA Coaches are the lifeblood of our program. They’re one of the biggest differences we offer. Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.* No matter what you’re facing, your Coach has likely been in your very same shoes and can help steer you to success. Committed and caring, your Coach will help you learn the Habits of Health that create Optimal Health and lead to lifelong transformation. Your Coach will support you and help you celebrate the little victories that add up to the big ones.

When you’re part of OPTAVIA, you’re part of a community of like-minded people who support each other through and through.

The OPTAVIA community features:
- Support calls with a caring community
- OPTAVIA community events
- Our knowledgeable Nutrition Support Team
- Exclusive offers from OPTAVIA Premier to help you stay on plan, save money, and receive FREE shipping.**

** Terms and conditions apply.
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.
The Optimal Weight 5 & 2 & 2 Plan

Our Optimal Weight 5 & 2 & 2 Plan is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight.

The Optimal Weight 5 & 2 & 2 Plan can meet the needs of a wide range of individuals. It is suitable for you if you:

• Want to incorporate all of the food groups, including fruit, dairy, and starches
• Have type 1 diabetes and are closely monitored by your healthcare provider
• Have type 2 diabetes and over 100 pounds to lose
• Are 65 years or older and not regularly active and/or have over 100 pounds to lose
• Exercise more than 45 minutes per day
• Have less than 15 pounds to lose

It’s as simple as this:

• Eat 5 Fuelings + 2 Lean & Green meals + 2 healthy snacks
• Eat six times daily, once every two to three hours. While 5 & 2 & 2 does not add up to six, this guide will show you how you can plan your meals throughout the day and add variety, too!

Each OPTAVIA Fueling has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team.

Each OPTAVIA Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 5 & 2 & 2 Plan.

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 five Fuelings each day, you’ll learn healthy habits - how to make lean and green meals and choose healthy snacks for you and your family.

*As part of a balanced diet and healthy lifestyle.
you can have your Lean & Green meals any time of day
What is a Lean & Green Meal?

A lean and green meal includes 5 to 7 ounces of cooked lean protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices. On the Optimal Weight 5 & 2 & 2 Plan you can enjoy your two lean and green meals any time of day – whatever works best for your schedule.

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 following page.

Lean & Green Meal: The Lean

Lean Tips:

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

Choose the appropriate serving size of any protein from the list on the following pages. We’ve sorted protein options into lean, leaner and leanest. All options are appropriate for the Optimal Weight 5 & 2 & 2 Plan; this just helps you make informed food choices.

For those requiring additional meatless choices, please refer to our Meatless Options list on the Vegetarian Information Sheet, 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)

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**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

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**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®

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**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
- 1 ½ ounces of avocado
Lean & Green Meal: 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 Optimal Weight 5 & 2 & 2 Plan; the list helps you make informed food choices.

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

- **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. But on the Optimal Weight 5 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussel sprouts) to enhance your results. Once you’ve achieved your healthy weight, we encourage you to include ALL vegetables for long-term health.
Healthy Snacks
On the Optimal Weight 5 & 2 & 2 Plan you may incorporate two servings of a starch, fruit, dairy, or OPTA VIA Snack into any of your meal times. While 5 & 2 & 2 does not add up to six, remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control. We recommend choosing a variety of foods from the categories below throughout each week. Variety is an integral part of healthy eating.

OPTA VIA Snacks
• Puffed Sweet and Salty Snacks
• Puffed Ranch Snacks
• Olive Oil & Sea Salt Popcorn
• Sharp Cheddar & Sour Cream Popcorn

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)
• ¾ 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 for The Optimal Weight
5 & 2 & 2 Plan

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.

Flavor Infusers
Infuse your water with flavors like Mandarin Orange and Mixed Berry!*  
- Essential1: Calorie Burn (Limit to three per day)  
- Essential1: 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.

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 on the Optimal Weight 5 & 2 & 2 Plan.

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.
Sample Meal 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 Fueling + 1st Healthy Snack
  - OPTAVIA Essential Old Fashioned Maple & Brown Sugar Oatmeal
  - 1 cup low-fat milk

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

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

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

Dinner: 2nd Lean & Green Meal + 2nd Healthy Snack
  - 5 oz. grilled salmon
  - 1 ½ cups cooked asparagus
  - OPTAVIA Puffed Ranch Snack

Evening: 5th Fueling
  - OPTAVIA Essential Chewy Chocolate Chip Cookie
we help you realize lifelong transformation
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 Transformational 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 these tools 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 OPTAVIA 30 journey 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 & 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.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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