



OPTAVIA®

OPTAVIA GUIDE

Your First 30 Days of Integration
to Lifelong Transformation,
One Healthy Habit at a Time®



Table of Contents

Welcome to OPTAVIA ®!	4
Daily Support	6
Six Steps to Optimal Health	8
The Optimal Weight 5 & 1 Plan®	15
What is a Lean & Green Meal?	17
The Optimal Health 3 & 3 Plan®	26
Additional Resources & Support	28
OPTAVIA 30 Journal	31



Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible and we know 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. Healthy nutrition gets 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 the life you want.

OPTAVIA offers four components to support you as you begin your journey toward Lifelong Transformation, One Healthy Habit at a Time®.

OPTAVIA Coach

OPTAVIA Coaches are the lifeblood of our program. No matter what you're facing, your Coach has likely been in your very same shoes and can help steer you to success. They guide you through the Habits of Health® that create optimal health and can lead to lifelong transformation. Your Coach guides you and helps you celebrate the little victories that add up to the big ones.

The Habits of Health®

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything we do. Developed by our co-founder independent **OPTAVIA** Coach, 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.

Scientifically Proven Plans and OPTAVIA Products

Our proven Optimal Weight 5 & 1 Plan jump-starts your optimal weight journey. Five of your daily meals are **OPTAVIA** Fuelings. You'll choose from more than 50 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. On our plan, your body enters a gentle, but efficient fat-burning state, which is essential for losing weight. Each Fueling contains high-quality, complete protein which helps retain lean

muscle mass, and probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle. In addition to five Fuelings per day eaten every 2 to 3 hours, you'll learn another healthy habit, how to make a Lean & Green meal for you and your family. When you know what optimal nutrition looks like, healthy eating becomes second nature™.

Our scientifically proven plans and our products were developed by physicians, dietitians, and scientists, and have been used by more than 1.5 million Clients and recommended by thousands of healthcare providers.

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 Community

Our **OPTAVIA** Community will support you alongside your Coach. When you're part of **OPTAVIA**, you're part of a Community of like-minded, like-hearted people who support each other through and through.

The **OPTAVIA** Community features:

- Support calls and webinars 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










Daily Support

Your First 30 Days of Integration to Lifelong Transformation, One Healthy Habit at a Time®.

Over the next 30 days, on your **OPTAVIA** 30 journey, your independent **OPTAVIA** Coach, and our daily support plan will help steer you to success as you start incorporating healthy habits that create optimal health.

We recommend following these tips for success:

-  **Before you begin.**
Before starting a weight loss program, talk with your healthcare provider about the program and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions.
-  **Stay in touch with your OPTAVIA Coach for support and information.**
Lean on your **OPTAVIA** Coach as you begin your journey. Set goals for your health and wellness. Remember, your Coach has likely been in your very same shoes and can help steer you to success.
-  **Track your progress with the Habits of Health Transformational System.**
Use *Your LifeBook* to create your new story on your way to optimal health. *Your LifeBook* includes 26 progressive Elements to help you build a healthier life. Download the Habits of Health App to help you manage important aspects of your journey, like setting meal times, tracking hydration, and your daily activity.
-  **Give yourself a boost with daily tips and inspiration.**
With your phone, text the message "**OPTAVIA30**" to number 990-00 the day before you start for tips, inspiration, healthy reminders and more.**
-  **Be a part of the fun! Engage with our Community on social media.**
Share your **OPTAVIA** transformation story and connect with our Community by liking **OPTAVIA** on Facebook, Pinterest, and Instagram and share using **#OPTAVIA** and tagging your **OPTAVIA** Coach! Find inspiration, share your story and inspire others.
-  **Join weekly support calls.**
Join **OPTAVIA** Coaches to learn more about the program and receive the support you need. Talk to your Coach for more information.
-  **Visit your OPTAVIA Coach's personalized website.**
Place your **OPTAVIA** Premier order and find more information and support tools to help you along the way to optimal health.

**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.

Reference your OPTAVIA Guide

The more you get your mind and body working together to work for you, the more you'll start to see possibilities open up every day.

This guide will help you track your daily Fuelings, motion, activity, hydration, and much more. We outline the foundational offerings of the Optimal Weight 5 & 1 Plan which will help you achieve a healthy weight and the Optimal Health 3 & 3 Plan which will help you sustain your success. Plus, you'll learn about the Habits of Health lifestyle six step process, which you'll use to inspire and guide you along the way to lifelong transformation.

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any OPTAVIA® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The OPTAVIA for Teens plan is the only OPTAVIA Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, 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 - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent OPTAVIA Coach about other OPTAVIA plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your OPTAVIA Coach. Do not consume an OPTAVIA product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the OPTAVIA website.

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

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the OPTAVIA Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The OPTAVIA programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888.OPTAVIA or email at nutritionssupport@OPTAVIA.com.

Six Steps to Optimal Health

Your Steps to Integration

Our **OPTAVIA** Community provides encouragement and real answers along the path to health, confidence, and vitality. It's all built on our innovative, six-step approach that will enable you to reach your personal goals and create your own foundation for lifelong optimal health.

The six steps are:



*No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.




Step 1

Prepare for Your Journey

As you take your first step toward a healthier life, your **OPTAVIA** Coach will be there for you, to help you see what's possible and to work with you to set the right goals for yourself. For most people, learning the habits that lead to optimal health starts with achieving a healthy weight. Talk to your Coach about:

- Any questions you have about starting your journey.
- Learning the Habits of Health Transformational System.
- Helping you complete your Wellbeing Evaluation online.
- Guiding you to set goals for your health and wellness.


 **Recommended readings:** Parts 1.1 - 1.7 in *Dr. A's Habits of Health, Second Edition* and Elements 01 - 05 in *Your LifeBook*.

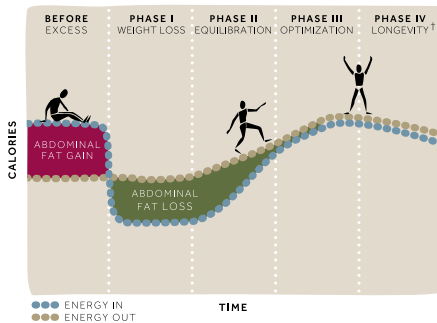
Step 2

Achieve a Healthy Weight

A healthy weight is the catalyst for bigger changes and the Optimal Weight 5 & 1 Plan is the way to get there:

- Work with your **OPTAVIA** Coach to follow our proven
- Optimal Weight 5 & 1 Plan outlined in this guide.
- Notice and celebrate each victory and discuss new opportunities with your **OPTAVIA** Coach.
- Participate in our weekly Community support calls
- Understand and take charge of your energy management system.

 **Recommended readings:** Parts 2.1 - 2.7 in *Dr. A's Habits of Health, Second Edition* and Elements 06 - 13 in *Your LifeBook*.



*OPTAVIA offers specialized programs for individuals who have unique dietary needs and/or preferences and may not be able to do the Optimal Weight 5 & 1 Plan. Please speak with your OPTAVIA Coach or visit [OPTAVIA.com](https://www.optavia.com) for alternative plans.


*No one can predict how long we are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.



Step 3

Transition to Healthy Eating


When you know what optimal nutrition looks like, healthy eating becomes second nature. Work with your **OPTAVIA** Coach to calculate a calorie intake level that maintains your new, healthy weight. Our Optimal Health 3 & 3 Plan includes three Optimal Health Fuelings and three balanced meals daily. Please continue to enjoy your favorite **OPTAVIA** Fuelings or mix it up, whatever works best with your lifestyle. Choose the right portion sizes and start increasing your total energy expenditure (calories burned daily) by moving more. Visit [OPTAVIA.com](https://www.optavia.com) for our energy expenditure calculator and meal plans by our Registered Dietitians. Increasing your activity is also an important part of maintaining a healthy weight. And don't forget, your **OPTAVIA** Coach is always there for support.

 **Recommended readings:** Part 2.8 in *Dr. A's Habits of Health, Second Edition* and Elements 14 - 16 in *Your LifeBook*.

Step 4

Live the Habits of Health

The more you incorporate healthy habits into everything you do, the better you may look and feel. These changes become a positive part of your routine. Next, you will learn the Habits of Healthy Motion and Habits of Healthy Sleep, all in partnership with your **OPTAVIA** Coach.

 **Recommended readings:** Parts 2.9 - 2.13 in *Dr. A's Habits of Health, Second Edition* and Elements 17 - 19 in *Your LifeBook*.





*increase your health,
confidence and vitality*

become your most fulfilled you




Step 5

Optimize Health for Your Age

You've integrated the foundational Habits of Health. Little victories are adding up to big ones. You're feeling healthier, more confident, and your energy levels are up. You've successfully incorporated the Habits of Health into your lifestyle.

Another aspect of your lifelong transformation is optimization. Managing stress and organizing your life around what matters most to you. This is when you see that what began as a journey to optimal health can become a powerful opportunity. Your transformation can become an inspiration to others as you move from being the coached to the Coach. You're building a growing, successful business while showing others the way. You can become a Leader in the **OPTAVIA** Community.

 **Recommended readings:** Parts 2.14 - 2.16 in *Dr. A's Habits of Health, Second Edition* and Elements 20 - 24 in *Your LifeBook*.


Step 6

The Potential to Live a Longer*, Healthier Life

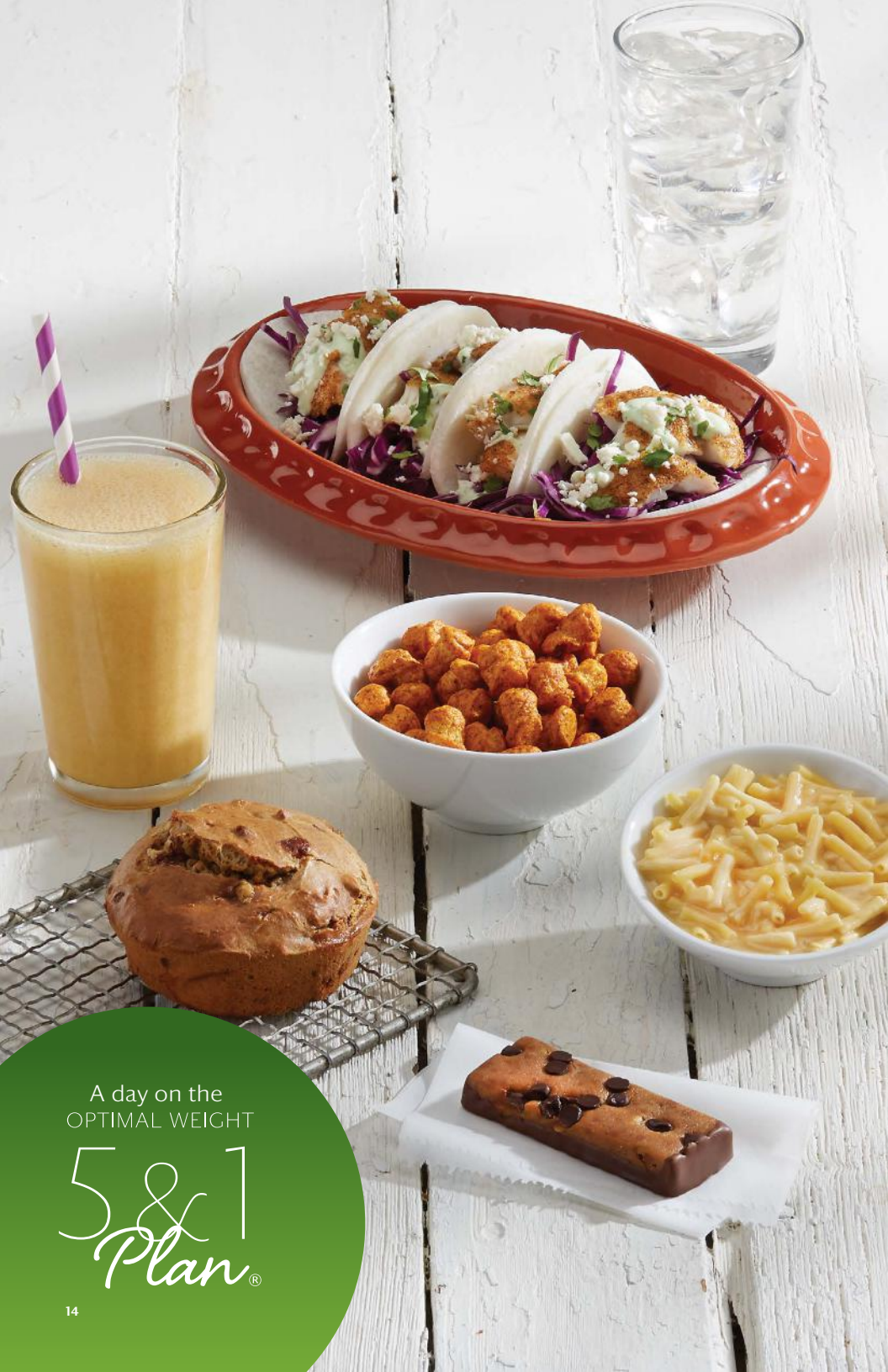
No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer*, healthier life.

An optimal life means staying as healthy as you can, for as long as you can. After all, with renewed health and energy, your life can become whatever you wish it to be! Optimal health – indicated by healthy weight, healthy motion, healthy sleep, healthy habits, and the desire to get better.

- You are reaching for Ultrahealth.
- You are learning how to develop ultimate energy control.
- You are learning to help protect brain function and support a healthy body.
- Continue to work with your **OPTAVIA** Coach to help you lead a fuller, healthier life and THRIVE!

 **Recommended readings:** Parts 3.1 - 3.5 in *Dr. A's Habits of Health, Second Edition* and Elements 25 - 26 in *Your LifeBook*.

*No one can predict how long we are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.



A day on the
OPTIMAL WEIGHT

5 & 1
Plan[®]

The Optimal Weight 5 & 1 Plan

Our scientifically proven Optimal Weight 5 & 1 Plan teaches you to eat six small meals a day, an important habit that helps you maintain a healthy weight. It's fast, hassle-free, simple to follow, and based on the healthy habit of eating six small meals per day – one every two to three hours. With the support of your **OPTAVIA** Coach and our Community you'll start making progress right away.

Five of your daily meals are **OPTAVIA** Fuelings. Choose from more than 50 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings including shakes, soups, bars, hot beverages, hearty choices, biscuits, pretzels, pudding, and brownies. Each 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 which helps promote a gentle, but efficient fat-burning state. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass.

OPTAVIA Fuelings are clean label, and do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains Ganeden**BC**³⁰® probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle.

Your **OPTAVIA** Coach can help you choose your Fuelings at the start, and you'll soon discover your own favorites.

In addition to five Fuelings each day, you'll learn another healthy habit, how to make a Lean & Green meal for you and your family. You will begin to learn what optimal nutrition looks like and soon healthy eating will become second nature.

5 Fuelings for the Optimal Weight 5 & 1 Plan®



1 Lean & Green Meal



*you can have your
lean & green meal
any time of day*

Lean & Green

We make healthy eating second nature™

What is a Lean & Green Meal?

A Lean & 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.

Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

If you are dining out or tracking your intake, use the following Lean & Green Meal Nutritional Parameters to help guide your choices:

Lean & Green Meal Nutritional Parameters	
Calories	250 - 400
Carbohydrates	≤ 20g total carbohydrate (preferably < 15g)
Protein	≥ 25g
Fat	10 - 20g

Healthy Fats

Every day, incorporate up to two servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. A serving of healthy fat should have 5 grams of total fat and less than 5 grams of carbohydrate. You'll find a list of healthy fat choices on page 19.

Lean & Green Meal: The "Lean"

Lean Tips:

- Portion size recommendations are for cooked weight
- Choose meats that are grilled, baked, broiled, or 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 tofu and tempeh. For a complete list of meatless options, please refer to our [Vegetarian Information Sheet](#) or contact Nutrition Support at NutritionSupport@OPTAVIA.com.

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 & 1 Plan; this just helps you make informed food choices.

*For any protein option not on the list, you may use the following nutritional information to determine if it is appropriate on the **OPTAVIA** Program:*

"Lean" Portion of the Lean & Green Meal	
Calories	180 - 300
Carbohydrates	≤ 15g
Protein	≥ 25g
Fat	Refer to individual protein categories on next page



➤ **LEANEST: Choose a 7 oz. cooked portion that has 0 - 4g total fat and add 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 liquid egg substitute or liquid egg whites
 - 5 oz. seitan
 - 1 ½ cups (12 oz.) 1% cottage cheese
 - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

➤ **LEANER: Choose a 6 oz. cooked portion that has 5 - 9g total fat and add 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
 - 2 whole eggs plus 1 cup liquid egg substitute
 - 1 ½ cups (12 oz.) 2% cottage cheese
 - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

➤ **LEAN: Choose a 5 oz. cooked portion with 10g - 20g total fat - 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® extra firm or firm tofu (bean curd)
 - 3 whole eggs (up to two times per week)
 - 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3 - 6g fat per oz.)
 - 8 oz. (1 cup) part-skim ricotta cheese (2 - 3g fat per oz.)
 - 5 oz. tempeh

Healthy Fat Servings

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

- 1 teaspoon oil (any kind)
- 1 tablespoon regular, low-carbohydrate salad dressing
- 2 tablespoons reduced-fat, low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 ½ oz. avocado
- ½ oz. plain nuts, such as almonds, peanuts, or pistachios
- 1 tablespoon plain seeds, such as sesame, chia, flax, or pumpkin seeds
- ½ tablespoon regular butter, margarine, or mayonnaise

For a complete list of healthy fat options, refer to our [Condiment & Healthy Fat](#) list online.

Lean & Green Meal: The "Green"

Choose three servings from our Green Options list below for each of your Lean & Green meals. We've sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the Optimal Weight 5 & 1 Plan; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:

1 serving = $\frac{1}{2}$ cup vegetables (unless otherwise specified) with ≤ 25 calories and ≤ 5 g carbohydrate

> 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)

$\frac{1}{2}$ 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

$\frac{1}{2}$ cup: asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

> HIGHER CARBOHYDRATE

$\frac{1}{2}$ cup: broccoli, red cabbage, chayote squash, collard or mustard greens (cooked), green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, 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.



*we help you realize lifelong transformation,
one healthy habit at a time*



Extras for The Optimal Weight 5 & 1 Plan

Optional Snacks

In addition to your five Fuelings and one Lean & Green meal, you may choose one of these optional snacks daily. Talk to your **OPTAVIA** Coach about plan-approved optional snacks including:

- **OPTAVIA** Puffed Snacks or **OPTAVIA** Popcorn
- 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 – choose this optional snack sparingly.

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 & 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.

Purposeful Hydration®

At **OPTAVIA**, one healthy habit truly leads to another and proper hydration is just as critical as healthy nutrition to achieving lifelong transformation.** **OPTAVIA** Purposeful Hydration provides key functional benefits that help make hydration a delicious, easy habit.

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

B ACTIVE is an excellent source of B Vitamins, which help support cellular energy production.

REPLENISH helps restore key electrolytes lost throughout your active day.



Recommended reading: Element 10 in *Your LifeBook*.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and 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 day on the Optimal Weight 5 & 1 Plan.

Examples:

- ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ sauce, cocktail sauce, or Worcestershire 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 unsweetened vanilla almond or cashew milk

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



Transition

Once you've achieved your healthy weight, make the transition to lifelong healthy eating. The transition phase 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. [Transition Sample Meal Plans](#) are available online.

sample transition chart

Week	Target # of calories	Fuelings	Lean & Green Meals	Additions
1	850 - 1,050	5	1	1 cup (2 servings) of your favorite vegetables (any kind)
2	900 - 1,150	4	1	In addition to your • 1 cup of your favorite vegetables ADD • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*
3	1,100 - 1,300	4	1	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)
4 - 6	1,100 - 1,550	3	1	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)***

*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, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ½ cup brown rice.

*the life you want is waiting.
all you have to do is take the first step.*



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, like the Optimal Weight 5 & 1 Plan, 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.



be an inspiration to others



We're with you every step of the way



Talk to your independent 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. Visit Answers.OPTAVIA.com for additional tools and resources.



Discover new, delicious recipes

Visit the **OPTAVIA** Pinterest page for Lean & Green meal 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, Unicom, 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.



The following pages will help you track your progress during the first 30 days on the Optimal Weight 5 & 1 Plan. As you begin on your journey to optimal health, we will help you integrate manageable microHabits of Health into your life. While these habits might seem small, they bring extraordinary results. Over time, they make healthy habits second nature. During the next 30 days, you will begin to see the benefits as your transformation unfolds.

We encourage you to lean on your Coach and the **OPTAVIA** Community for support and track your progress in *Your LifeBook* and Habits of Health App.

be extraordinary today



Week 1:

Habits of Healthy Eating and Hydration

microHabit of Health 1:

Drink one extra glass of water a day.*

Start the Optimal Weight 5 & 1 Plan and eat six small meals per day. Then drink one more glass of water per day than you currently do. Whether in the morning, with a Fueling or in the evening, just one additional glass can be a big win. Staying hydrated is essential to health and helps fight food cravings.

Today and this week, focus on drinking one additional glass of water each day. **OPTAVIA** Purposeful Hydration also helps make hydration a delicious, easy habit and provides key functional benefits. Use the Habits of Health App to track your water and Fuelings from day 1.







Recommended readings: Part 2.5 in *Dr. A's Habits of Health, Second Edition* and Element 10 in *Your LifeBook*.

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

week 1 journal

	Example Day	Day 1	Day 2
Fueling	ex: Caramel Macchiato Shake		
Fueling	ex: Creamy Double Peanut Butter Crisp Bar		
Fueling	ex: Roasted Garlic Creamy Smashed Potatoes		
Fueling	ex: Cinnamon Sugar Sticks		
Fueling	ex: Chewy Chocolate Chip Cookie		
Lean & Green Meal	Check out OPTAVIA on Pinterest for Lean & Green recipes!		

microHabits of Health (mHOH)

<p>Water Intake (check off how many glasses of water you have each day)</p> <p> = 8 oz.</p>			
---	---	---	--

Quick Tips for your **OPTAVIA** 30 Journey

Day 1

Be sure to connect with your **OPTAVIA** Coach!
Your Coach will help steer you to success so reach out any time with questions or for support.

Day 2

Use the Habits of Health App to set a reminder to enjoy your Fuelings every two to three hours. Alarms can be a great way to pace your day for success.

*You define what's
possible today*



Week 2:

Be Mindful

Continue your week 1 microHabit of Health by incorporating an additional glass of water daily until you reach eight glasses (64 ounces)*. Note the amount of water you've had each day in your log or by using the Habits of Health App.

microHabit of Health 2:

Write one sentence in your OPTAVIA 30 log each day.

As your transformation begins with healthy Fuelings, you will begin to learn mindfulness. Each day, reflect on a moment when you felt a craving and how you handled it, or write about an accomplishment. One sentence is all it takes. Mindfulness helps you avoid choices that lead you away from success. Incorporating this habit into your daily routine will give you an important record of your thoughts and feelings during your **OPTAVIA** journey.




























Recommended reading: Element 4 in *Your LifeBook*.

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

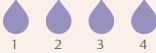

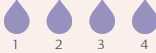

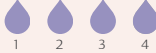

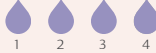

week 2 journal

	Day 8	Day 9	Day 10
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			

microHabits of Health (mHOH)

<p>Water Intake (check off how many glasses of water you have each day)  = 8 oz.</p>	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
---	--	--	--

OPTAVIA Log	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

Day 11	Day 12	Day 13	Day 14
 1 2 3 4  5 6 7 8	 1 2 3 4  5 6 7 8	 1 2 3 4  5 6 7 8	 1 2 3 4  5 6 7 8
<hr/> <hr/> <hr/> <hr/> <hr/>			

Day 11

With **OPTAVIA**, you're never alone. In addition to your **OPTAVIA** Coach, there are thousands of people in the **OPTAVIA** Community to support you. Connect with them on social media at **#OPTAVIA** and **#LifelongTransformation** to share how mindfulness has helped you.

Day 12

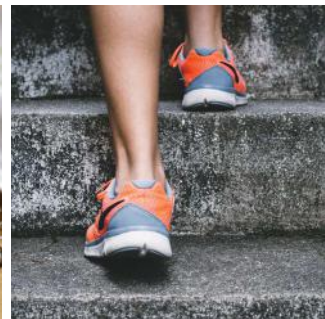
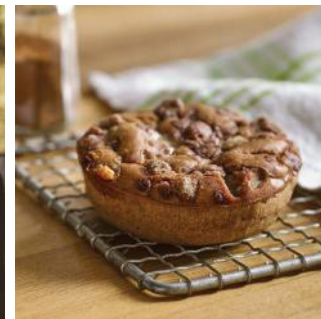
On occasion, take some extra time when preparing your Lean & Green meal to be mindful of what you're doing and how it's making you feel. While we lead busy lives, a new and different recipe can really spice things up.

Day 13

Progress vs. Perfection. Most of us try to succeed by being perfect. So when we just need a minor course adjustment, we may feel we've failed. Your **OPTAVIA** Coach can help you move past these feelings and give you fresh perspective along the way, as they have been in your shoes and can help steer you to success. If you haven't yet started using *Your LifeBook*, this is a great time to start!

Day 14

Celebrate the past week and plan for the second half of your **OPTAVIA** 30 journey! Your **OPTAVIA** Coach will celebrate your victories with you and offer support from their own experiences. Share your win of the week on social using **#OPTAVIA** or **#LifelongTransformation** and tag your **OPTAVIA** Coach.



Quick Tips

Day 8

Practice mindfulness as you eat your Fuelings this week, consuming food slowly and thoughtfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one bite at a time. Reflect on changes you're experiencing. What does an optimal life look like to you?

Day 9

As you practice mindfulness, you will become more connected to what matters most, and begin seeing your biggest opportunities. Connect with your **OPTAVIA** Coach for suggestions and support.

Day 10

Hydration alert! As you learned last week, hydration is vital for your health and for reaching your goals. So keep building on this Habit of Health. For a new twist, try a Purposeful Hydration in your water this week.

*every positive change
leads to more*



Week 3:

Transform with Habits of Healthy Sleep

Congratulations! You are two weeks in! You're drinking water and journaling daily, well on your way to integrating new Habits of Health into your daily life. This week's theme is healthy sleep. Sleep is a crucial part of optimal health, but is often overlooked. Getting seven to eight hours of restful sleep nightly can reduce stress, reduce food cravings, prevent overeating, and prevent overeating. Those are some big rewards!

microHabit of Health 3:

Drink one less cup of coffee, soda, or other caffeine source after 12 noon each day.

To build Habits of Healthy Sleep and Energy Management that support reaching a healthy weight, your new microHabit of Health is to drink one less cup of coffee, soda, or other caffeine source after noon each day. According to the FDA, the average American drinks about 300 milligrams (mg) of caffeine per day, equivalent to three cups of coffee or eight cans of soda. If you eliminate caffeine after noon, you're more likely to get a restful night's sleep!

Additionally, following a reduced-calorie meal plan might make you more sensitive to caffeine and keep you even more awake at night.






Recommended readings: Part 2.13 in *Dr. A's Habits of Health, Second Edition* and Element 19 in *Your LifeBook*.

week 3 journal

	Day 15	Day 16	Day 17
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			

microHabits of Health (mHOH)

<p>Water Intake (check off how many glasses of water you have each day)  = 8 oz.</p>	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
---	--	--	--

OPTAVIA Log	
Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	

<p>After 12 PM, did you have 1 less cup of caffeine? (check the cup if you cut one each day and fill out how many you had)</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
--	--	--	--

Quick Tips

Day 15

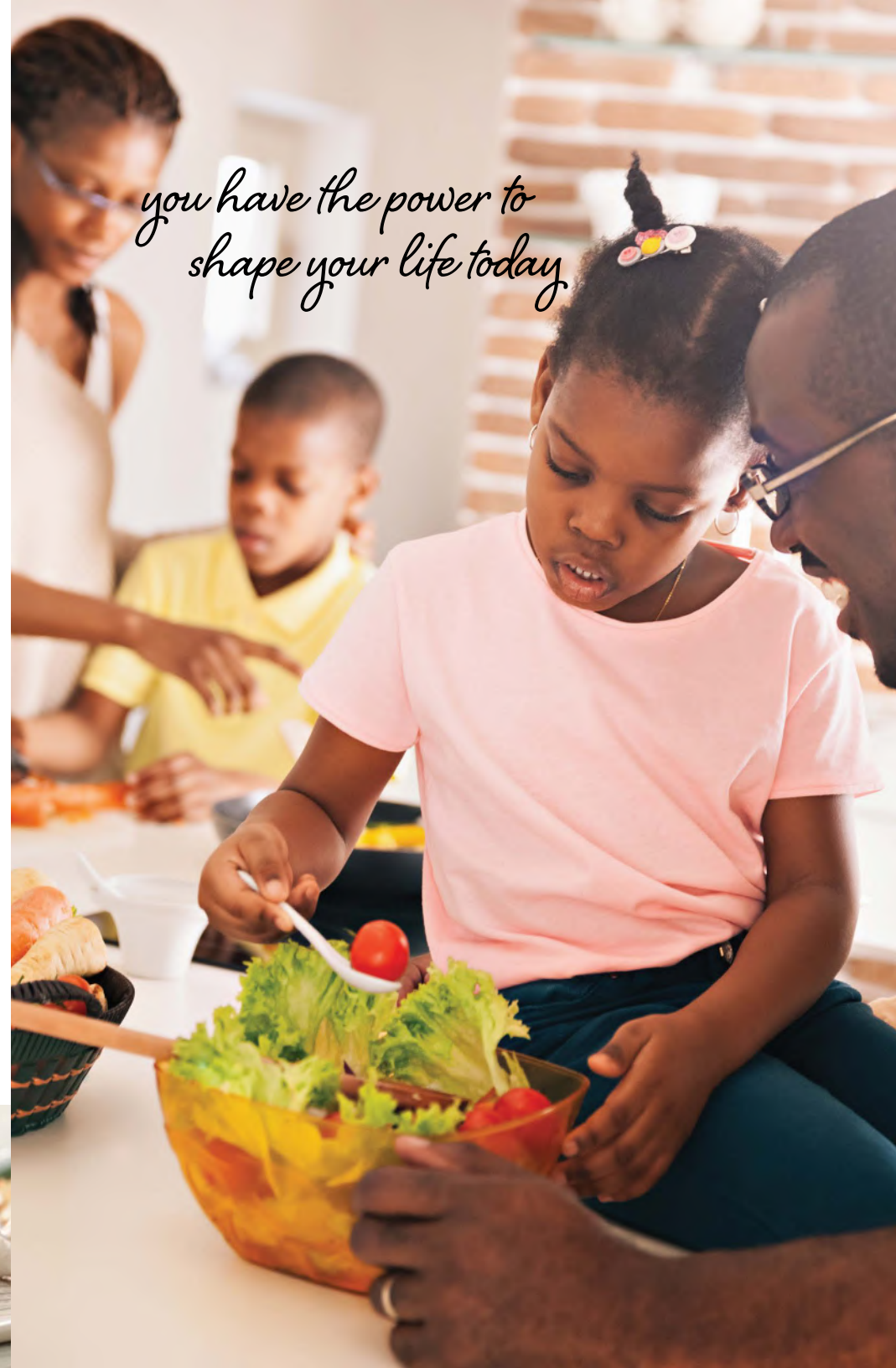
Drinking less caffeine can improve your sleep quality. Your **OPTAVIA** Coach is a great resource for simple steps leading to healthier sleep.

Day 16

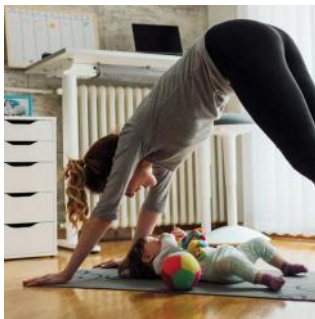
As you build on microHabit of Health, you'll start to see some significant transformations. Drinking more water and practicing mindfulness, together with this week's microHabit of sleep, sets the foundation for optimal health and wellbeing.

Day 17

Had a long day and need an extra crunch? An optional snack can be just the boost you need to fuel your day in a healthy way. Check with your **OPTAVIA** Coach for ideas, or refer to the Optional Snacks section in this guide on page 22.



*you have the power to
shape your life today*



Week 4:

Share the Habits of Healthy Motion

Intense workouts, especially if you're not ready, may do more harm than good. The Habits of Health you've already integrated—eating healthy Fuelings every two to three hours, drinking more water, journaling, sleeping better by consuming less caffeine, and being mindful – are making a difference in your life. Now, we recommend you start being more active with this microHabit of Health.

microHabit of Health 4:
Stand for an extra 2 minutes a day.

Your new microHabit of Health for the week is to stand up during your favorite TV show or while reading a book. Standing activates almost every muscle in your body as you stabilize your posture. It sounds small, but one of the biggest health recommendations in years is to sit down less, so 2 minutes extra of standing a day is a good start! Share this practice with your family and friends to introduce more motion into their lives.*




Recommended readings: Parts 2.9-2.12 in *Dr. A's Habits of Health, Second Edition* and Elements 17-18 in *Your LifeBook*.

*When on the Optimal Weight 5 & 1 Plan, we recommend 30 minutes of moderate exercise while limiting exercise to 45 minutes of light to moderate physical activity each day.




week 4 journal

	Day 22	Day 23	Day 24
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			
Habit of Motion* (activity)			

microHabits of Health (mHOH)

Water Intake <i>(check off how many glasses of water you have each day)</i> ☹ = 8 oz.	Day 22	Day 23	Day 24
	 1 2 3 4	 1 2 3 4	 1 2 3 4
	 5 6 7 8	 5 6 7 8	 5 6 7 8

OPTAVIA Log	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 22							
Day 23							
Day 24							
Day 25							
Day 26							
Day 27							
Day 28							

After 12 PM, did you have 1 less cup of caffeine? <i>(check the cup if you cut one each day and fill out how many you had)</i>	Day 22	Day 23	Day 24
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Standing	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra

Day 25	Day 26	Day 27	Day 28



--	--	--	--

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing for 2 minutes extra	Standing for 2 minutes extra	Standing for 2 minutes extra	Standing for 2 minutes extra

Day 25

Note how your clothes fit as your body changes, which doesn't always show up instantly on the scale. Remember, it's about a healthier you, living your best life. Journal how you feel physically, mentally, and emotionally. Who in your life might benefit from what you're doing? Tag them in a post with your **OPTAVIA** Coach on social media, or connect them directly. You can even pay it forward and decide to coach them yourself!

Day 26

Tried one of our Lean & Green recipes? Awaken your taste buds by mixing things up a bit! Visit our **OPTAVIA** Pinterest page, share your favorite recipe and include friends who may be ready for optimal health. Tag your **OPTAVIA** Coach as they may have recipes to share.

Day 27

You've been journaling for several days now. Today, reread your daily entries and reflect on your next health goals. Your **OPTAVIA** Coach and *Your LifeBook* will help you continue to successfully integrate the Habits of Health and create a plan of action to ensure your continued success for Lifelong Transformation, One Healthy Habit at a Time.

Day 28

One of the best ways to make physical activity even more enjoyable is to share the experience. What group activity can you arrange for family or friends? Share with your social networks and when local connections comment, invite them to join you! Be sure to tag **#OPTAVIA** and **#LifelongTransformation**



Quick Tips

Day 22

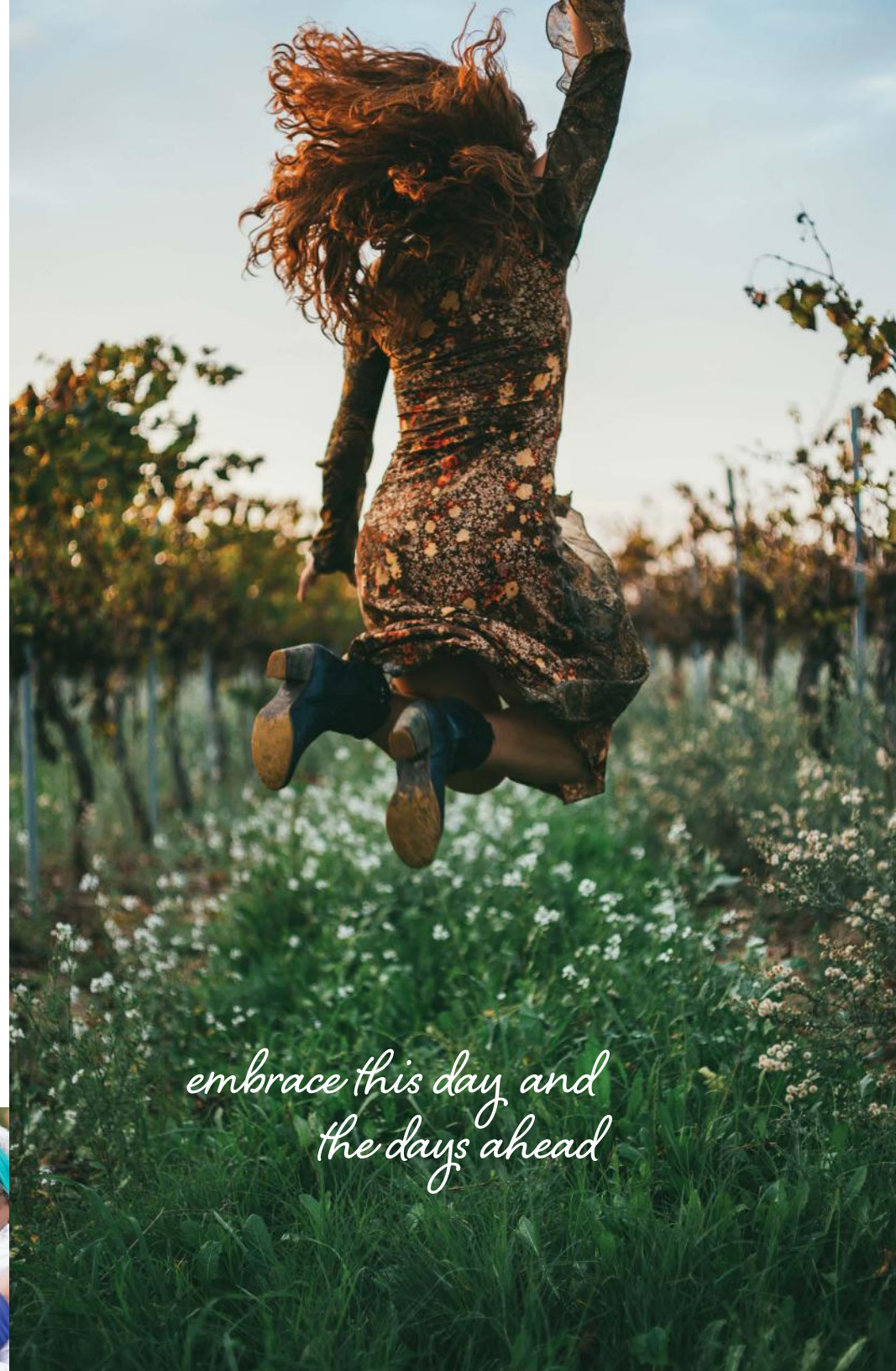
You now know sitting for long periods can be unhealthy. As you integrate standing more as a microHabit of Health, think about friends and family who could benefit from a bit more activity. How can you share the Habits of Healthy Motion?

Day 23

Sometimes when we start our journey, our goals center on the scale. But we believe optimal health is about what's added to your life, not what's subtracted. Reflect on your larger health goals. List reasons why you joined the **OPTAVIA** Community and share them with your **OPTAVIA** Coach. This will give you positive reinforcement when you need it.

Day 24

Two more minutes of standing will build a foundation for more activity. Spread the benefits to people you care about most. By walking with your family to the store, strolling after dinner, or hiking with the kids, you're building Habits of Healthy Motion for those you love!



*embrace this day and
the days ahead*



Week 5:

Celebrate and Continue








You are about to finish your first 30 days! The steps you've taken are remarkable. You may have had challenges at times, but the obstacle is the way. You made it this far, and that momentum is powerful as you continue on your transformational journey.

microHabit of Health 5:
Celebrate Your Victories.

Your **OPTAVIA** Coach and *Your LifeBook* will help you reflect on and celebrate the integration of each new habit along your journey, giving you the opportunity to step back and say, "Wow, I really did that!" Share your excitement on Facebook and other social media channels, and tag your **OPTAVIA** Coach using **#OPTAVIA**

Call your **OPTAVIA** Coach to celebrate and discuss your next 30 days!

week 5 journal

	Day 29	Day 30
Fueling		
Fueling		
Fueling		
Fueling		
Fueling		
Lean & Green Meal		
Habit of Motion (activity)		
microHabits of Health (mHOH)		
Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1 2 3 4  5 6 7 8	 1 2 3 4  5 6 7 8
OPTAVIA Log		
Day 29		
Day 30		
After 12 noon, did you have 1 less cup of caffeine? <i>(check the cup if you cut one each day and fill out how many you had)</i>	 <input type="checkbox"/>	 <input type="checkbox"/>
Standing	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra
How did you reward yourself?		
Day 29		
Day 30		

1 Describe three things that you learned so far on your **OPTAVIA** journey.

2 What are you most excited about as you continue your **OPTAVIA** journey?

3 Who in your life would benefit from beginning their own **OPTAVIA** journey?

Quick Tips

Day 29

Celebrate! You began your **OPTAVIA** journey to lifelong transformation, incorporated microHabits of Health, were supported by your **OPTAVIA** Coach and the **OPTAVIA** Community, and adopted healthy eating habits through Fuelings!

Day 30

Congratulations – you completed your first 30 days! A great way to mark these changes is to post a before and after picture (or even just an after of how your life has changed in 30 days). Share it on social media using the official **OPTAVIA** 30 badge found on the [OPTAVIA 30 Facebook](#) page and #LifelongTransformation

What's next? As you complete your first 30 days, this is just the beginning of your journey to Lifelong Transformation, One Healthy Habit at a Time! Continue to work with *Your LifeBook* and the support of your **OPTAVIA** Coach as you create your story of optimal health and wellbeing.

*Check with your **OPTAVIA** Coach for assistance on how to compliantly post before/after pictures.



Your **OPTAVIA** Coach is your
guide on your journey.

Contact Your **OPTAVIA** Coach

Name _____

ID# _____

Phone# _____

Email _____

Your Client ID# _____

Website _____



OPTAVIA®

Lifelong transformation,
one healthy habit at a time.®

#OPTAVIA
#LifelongTransformation





OPTAVIA®



1.888.OPTAVIA
www.OPTAVIA.com
Baltimore, Maryland
32240-CUI_OPTAVIA-30-Day_051820