Since their creation, our Physician-developed products and our plans have been recommended by thousands of healthcare providers.

OPTAVIA’s proprietary products and plans are based on nearly 40 years of experience, and are scientifically proven to help you lose weight when following the Optimal Weight 5 & 1 Plan®.

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.

Independent OPTAVIA Coaches are critical to the success of their Clients. Support has been proven time and again to be an important component to successful weight loss.
Honey Chili Cranberry Nut Bar
with Flaxseeds, Pumpkin Seeds, and Almonds
Naturally Flavored

Honey Chili Cranberry Nut Bar
with Flaxseeds, Pumpkin Seeds, and Almonds

You know you’ve had something out of the ordinary with this Honey Chili Cranberry Nut Bar that’s got everything you need to keep you going. The antioxidants and flavonoids in cranberries. The satisfying, crunchy texture of pumpkin seeds. The delicately nutty flavor of flaxseeds. All packed into one extraordinary nut bar.

Grab a bar and put more bite in your day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown rice syrup, honey, inulin, polydextrose, calcium caseinate, sugar, high oleic sunflower oil, casein, water, pumpkin seeds, glycerine, ground almonds, almonds, natural flavor, cranberries, coconut oil, sea salt, flaxseed, salt, maltodextrin, soy lecithin, puffed quinoa, nonfat milk, sunflower oil, steviol glycosides, ground chipotle chili, paprika (color and spice), Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND ALMONDS.
Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Dark Chocolate Coconut Curry Bar
with Almonds and Sea Salt
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 11G | SUGARS: 4G | PROTEIN: 11G
Dark Chocolate Coconut Curry Bar

with Almonds and Sea Salt

Enjoy the unique flavor of this Dark Chocolate Coconut Curry Bar that’s got everything you need to add a kick to your day. The protein and fiber in chia seeds. The monounsaturated fat in almonds. All packed into one seductive, magnificent bar.

Grab a bar and take your day to the next level.

Each OPTAVIA Select Fueling:

- Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate (isolated soy protein, soy lecithin), dark chocolate flavored coating (sugar, palm kernel oil, cocoa processed with alkali, lactose, sunflower lecithin, vanilla powder), brown rice syrup, chicory root fiber, polydextrose, whey protein isolate, glycerine, water, coconut, almonds, hydrogenated vegetable oil, high oleic sunflower oil, organic cane sugar, maltodextrin, gum arabic, soy lecithin, chia seeds, coconut milk type flavor, sea salt, curry powder (coriander, fenugreek, cumin, fennel, allspice, cinnamon, cardamom, ginger, cloves, turmeric, garlic), natural flavor, monk fruit extract, steviol glycosides, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, COCONUT, AND ALMONDS.

Manufactured in a facility that also processes egg, peanuts and wheat.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Chocolate Cherry Ganache Bar
with Dried Cherries, Pomegranate, and Chia Seeds
Naturally Flavored

Chocolate Cherry Ganache Bar
with Dried Cherries, Pomegranate, and Chia Seeds

Take time to savor this Chocolate Cherry Ganache Bar that’s got everything you need to make your day brighter. The essential vitamins and minerals in superfruits, like cherries and pomegranates. The protein and fiber in chia seeds. The crunchy goodness of almonds. All packed into one balanced, brilliant bar.

Grab a bar and make today even sweeter.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown rice syrup, invert cane sugar, polydextrose, inulin, glycerine, cocoa (processed with alkali), casein, unsweetened chocolate, dried cherries (cherries, sunflower oil), high oleic sunflower oil, water, maple syrup, natural flavor, tapioca starch, calcium caseinate, ground almonds, citrus fiber, maltodextrin, soy lecithin, pomegranate powder, roasted soybeans, chia seeds, steviol glycosides, almonds, nonfat milk, Bacillus coagulans GBI-30 6086, sunflower oil, salt, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND ALMONDS.
Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Dark Chocolate Covered Cherry Shake
with Real Cocoa
Naturally Flavored
**Dark Chocolate Covered Cherry Shake**

*with Real Cocoa*

Indulge in this Dark Chocolate Covered Cherry Shake that will have you feeling invigorated and ready for anything the day may bring. The benefits of cocoa flavanols in cocoa. Naturally sweetened with brown sugar, honey, and stevia extract. All blended into one flawlessly balanced, extraordinary shake.

Fill up your glass and take on the day.

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**Each OPTAVIA Select Fueling:**

- Has a Clean Label*
- Contains GanedenBC30® Probiotic
- Non-GMO‡
- Include additional Vitamin D (50%)

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All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled
- Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals
- Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Brown sugar, milk protein concentrate, whey protein isolate, cocoa (processed with alkali), cocoa, pea protein isolate, maltodextrin, inulin, honey, guar gum, xanthan gum, steviol glycosides, carrageenan, natural flavors, sunflower lecithin, cherry juice concentrate, *Bacillus coagulans* GBI-30 6086, Vitamins and Minerals blend. §

**CONTAINS: MILK.**

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* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Honey Sweet Potatoes
with Brown Sugar
and Cinnamon
Naturally Flavored
Honey Sweet Potatoes
with Brown Sugar and Cinnamon

Taste the comfort of Honey Sweet Potatoes and enjoy the flavors and inspiration of home. The hearty flavor of sweet potatoes. The delicate spice of cinnamon. The natural sweetness of honey, brown sugar, and stevia extract. All brought together in one heavenly dish.

Dish out, fill up on flavor, and feel the warmth take over.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Potato flakes, milk protein concentrate, whey protein isolate, gum arabic, organic sweet potato powder◊, calcium caseinate, nonfat milk, salt, maltodextrin, guar gum, potato starch, honey, brown sugar, tapioca dextrin, cinnamon, natural flavors, xanthan gum, carrageenan, whey, mono and diglycerides, sunflower lecithin, steviol glycosides, inulin, annatto (color), butter, Bacillus coagulans CGI-30 6086, Vitamins and Minerals blend. §◊ 9% ORGANIC INGREDIENTS

CONTAINS: MILK.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Spinach Pesto Mac & Cheese
with Basil and a Blend of Parmesan and Romano Cheeses
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 1.5G  |  TOTAL CARBOHYDRATE: 15G  |  SUGARS: 2G  |  PROTEIN: 11G
Spinach Pesto Mac & Cheese

with Basil and a Blend of Parmesan and Romano Cheeses

The comforting taste of Spinach Pesto Mac & Cheese will strengthen and sustain you for the day ahead. The taste and aroma of spinach and basil pesto. The rich and creamy cheese blend. The calcium and vitamin D. The antioxidant vitamins A, C, & E. All brought together in one perfectly balanced, savory dish.

Smell the aroma, fill up on freshness, and reach out for the possibilities ahead.

Each OPTAVIA Select Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Organic semolina macaroni (wheat)◊, calcium caseinate, gum arabic, cheddar cheese (milk, cultures, salt, enzymes), whey, maltodextrin, spinach, Parmesan and Romano cheese blend (milk, salt, cultures, enzymes), natural flavors, buttermilk, xanthan gum, sea salt, carrageenan, salt, basil, spices, garlic, onion, yeast extract, olive oil, inulin, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

◊ 32% ORGANIC INGREDIENTS

CONTAINS: MILK AND WHEAT.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Buttermilk Cheddar Herb Biscuit
with Rosemary and Thyme

Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2.5G  |  TOTAL CARBOHYDRATE: 14G  |  SUGARS: 2G  |  PROTEIN: 11G

Certified Gluten-Free
No Artificial Sources
High in Protein
Vitamins and Minerals
No Soy
Good Source of Fiber
Non-GMOs
Buttermilk Cheddar Herb Biscuit
with Rosemary and Thyme

Enjoy the mouthwatering flavor of a Buttermilk Cheddar Herb Biscuit that’s got everything you need to make today count. The rich, creamy cheddar cheese. The warm, savory aroma of rosemary. The delicate and bright flavor of thyme. All brought together in one perfectly balanced, delightful biscuit.

Enjoy every last crumb and embrace the possibilities ahead.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Rice flour, pea protein isolate, whey protein isolate, inulin, cheddar cheese (milk, cultures, salt, enzymes), canola oil, whey, organic coconut sugar◊, eggs, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, corn starch), natural flavors, buttermilk, xanthan gum, salt, maltodextrin, rosemary, thyme, guar gum, sunflower lecithin, carrageenan, garlic powder, butter, Bacillus coagulans GBI-306086, Vitamins and Minerals blend. §
◊ 2% ORGANIC INGREDIENTS

CONTAINS: MILK, EGGS, AND COCONUT.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Cinnamon Cream Cheese Swirl Cake

Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | SUGARS: 5G | PROTEIN: 11G
Cinnamon Cream Cheese Swirl Cake

You know when it’s time to indulge, and there’s nothing like a Cinnamon Cream Cheese Swirl Cake to give yourself something special. The sweet and spicy flavor of cinnamon. The rich blend of dairy and pea protein. All mixed together into one deliciously balanced, wonderful cake.

Celebrate every sweet bite and win the day.

Each OPTAVIA Select Fueling:
Has a Clean Label* • Contains GanedenBC<sup>®</sup> Probiotic • Non-GMO‡ • Include additional Vitamin D (50%)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Pea protein isolate, whey protein isolate, cinnamon cream cheese drops (sugar, palm and palm kernel oil, whey, whole milk, coconut oil, cinnamon, natural flavor, soy lecithin), rice flour, inulin, calcium caseinate, gum arabic, organic coconut sugar◊, canola oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, corn starch), cinnamon, salt, xanthan gum, organic cane sugar, egg, guar gum, whey, natural flavors, steviol glycosides, sunflower lecithin, carrageenan, butter, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §
◊ 4% ORGANIC INGREDIENTS

CONTAINS: MILK, SOY, EGGS, AND COCONUT.

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Decadent Chocolate Brownie with Greek Yogurt Chips

Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2G  |  TOTAL CARBOHYDRATE: 15G  |  SUGARS: 8G  |  PROTEIN: 11G
Decadent Chocolate Brownie with Greek Yogurt Chips

This decadent brownie made with real cocoa and Greek yogurt chips is the perfect indulgence. It’s high in protein, low in fat, and an excellent source of antioxidant vitamins A, C, and E.

Enjoy every last crumb and take on the day.

Ingredients: Soy protein isolate, Greek yogurt drops [sugar, fractionated palm kernel oil, nonfat milk, Greek yogurt powder (nonfat milk solids, culture, lactic acid, natural flavor), lactic acid, soy lecithin, natural flavor], dextrin, brown sugar, fructose, cocoa (processed with alkali), rice flour, cocoa, egg whites, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, calcium phosphate), maltodextrin, modified food starch, xanthan gum, soy lecithin, natural flavors, steviol glycosides, inulin, salt, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Sweet Blueberry Biscuit
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 6G | PROTEIN: 11G
Sweet Blueberry Biscuit

Breakfast, dessert, or any time in between, this Sweet Blueberry Biscuit has what you need to take on the day ahead. Sweet, moist, and bursting with fragrant blueberries, this classic treat is a joy to eat from start to finish. Take time to enjoy every delicious bite.

Savor each bite and make the day count.

Ingredients: Soy protein isolate, whey protein concentrate, oat fiber, rice flour, blueberries, corn starch, cane sugar, apple powder, egg whites, maltodextrin, sunflower oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, soy lecithin, natural flavors, whey, sodium caseinate, steviol glycosides, salt, dextrose, citric acid, monk fruit extract, butter, inulin, natural tocopherols, lemon juice concentrate, Bacillus coagulans GBI-30 6086, vanilla extract, blueberry juice concentrate.

CONTAINS: MILK, SOY, AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Chewy Chocolate Chip Cookie
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 2G | TOTAL CARBOHYDRATE: 15G | SUGARS: 7G | PROTEIN: 11G

Certified Gluten-Free
Low in Fat
High in Protein
Vitamins and Minerals
No Trans Fat Added
Chewy Chocolate Chip Cookie

Add a sweet touch to your day with this Chewy Chocolate Chip Cookie that’s just what you need to make your day count. This delightfully chewy treat will be an instant favorite. Soft, perfectly satisfying, and delicious, it’ll melt in your mouth every time.

Enjoy every bite and make your day wonderful.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown sugar, resistant corn starch, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), apple powder, rice flour, dextrin, calcium caseinate, maltodextrin, sunflower oil, salt, sugar, soy lecithin, xanthan gum, sodium caseinate, guar gum, natural flavors, gum arabic, whey, monk fruit extract, steviol glycosides, inulin, butter, molasses, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: SOY AND MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Chocolate Fudge Pudding
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 1G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 8G  |  PROTEIN: 13G
Chocolate Fudge Pudding

Love every decadent bite of this Chocolate Fudge Pudding. It’s the perfect indulgence right when you need it. With the rich chocolate fudge flavor of this silky smooth pudding, you’ll never feel like you’re missing out on the sweetness of life.

Savor each bite and be bold today.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Fructose, calcium caseinate, milk protein concentrate, inulin, soy protein isolate, cocoa (processed with alkali), modified food starch, whey protein concentrate, maltodextrin, canola oil, xanthan gum, sugar, corn syrup solids, gum arabic, natural flavors, soy lecithin, monk fruit extract, steviol glycosides, salt, Bacillus coagulans GBI-30 6086.§

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosty Coffee Soft Serve
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2.5G  |  TOTAL CARBOHYDRATE: 14G  |  TOTAL SUGARS: 7G  |  PROTEIN: 11G
Frosty Coffee Soft Serve

Enjoy each spoonful of this Frosty Coffee Soft Serve that’s got the right kick of flavor for your day. The bold flavor of coffee blended to smooth, frozen perfection is just what you need to step up your day. Enjoy it any time of year for a cool dessert treat.

Savor each spoonful and be bold today.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, sugar, fructose, inulin, sunflower oil, maltodextrin, dextrin, whey protein concentrate, coffee, cellulose gum, egg whites, sodium caseinate, xanthan gum, erythritol, steviol glycosides, carrageenan, natural flavors, natural tocopherols, mono and diglycerides, monk fruit extract, Bacillus coagulans GBI-30 6086.§

CONTAINS: MILK AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosty Mint Chocolate Soft Serve
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 2.5G  |  TOTAL CARBOHYDRATE: 14G  |  TOTAL SUGARS: 7G  |  PROTEIN: 11G
Frosty Mint Chocolate Soft Serve

Treat yourself to this refreshing Frosty Mint Chocolate Soft Serve that’s the perfect sweet touch to your day. The bright flavor of mint perfectly blended with sweet, decadent cocoa makes one delightful frozen dessert. Enjoy it any time of year for a cool treat when you need it most.

Savor each bite and brighten up your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, fructose, sugar, sunflower oil, inulin, maltodextrin, dextrin, cocoa (processed with alkali), whey protein concentrate, cellulose gum, egg whites, sodium caseinate, natural flavors, xanthan gum, salt, steviol glycosides, carrageenan, natural tocopherols, mono and diglycerides, monk fruit extract, Bacillus coagulans GBI-30 6086. §

CONTAINS: MILK AND EGGS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Golden Chocolate Chip Pancakes

Rise and shine. These Golden Chocolate Chip Pancakes will make your morning a little sweeter. Golden, fluffy and delicious, with real chocolate chips, these pancakes have everything you need to get up and get going.

Enjoy every bite and start your day off strong.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, rice flour, whey protein concentrate, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), egg whites, dextrin, oat fiber, apple powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, salt, guar gum, soy lecithin, natural flavors, xanthan gum, whey, inulin, steviol glycosides, butter, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Golden Pancakes
Naturally Flavored

CALORIES: 90  |  TOTAL FAT: 0.5G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 3G  |  PROTEIN: 11G

Certified Gluten-Free
No Artificial Sources
High in Protein
Low in Fat
V+M Vitamins and Minerals
No Trans Fat Added
Golden Pancakes

Rise and shine with these Golden Pancakes. Golden, fluffy, and perfectly sweet, these pancakes have everything you need to take on the morning.

Enjoy every bite and add some flavor to your morning.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contains high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein concentrate, rice flour, soy protein isolate, egg whites, dextrin, oat fiber, apple powder, erythritol, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, whey, natural flavors, guar gum, salt, soy lecithin, xanthan gum, butter, inulin, steviol glycosides, *Bacillus coagulans* GBI-30 6086, Vitamins and Minerals blend. §

CONTAiNS: MILK, SOY, AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Old Fashioned Maple & Brown Sugar Oatmeal
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 1G | PROTEIN: 11G
Old Fashioned Maple & Brown Sugar Oatmeal

Start your day the best way you can with this Old Fashioned Maple & Brown Sugar Oatmeal. Brown sugar and molasses melt into hearty oats cooked to perfection for a delicious breakfast you’ll want to get out of bed for.

Make yourself a bowlful and wake up your day.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whole grain rolled oats, soy protein isolate, oat fiber, brown sugar, maltodextrin, soy lecithin, salt, natural flavors, monk fruit extract, steviol glycosides, inulin, molasses, *Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: SOY.
MAY CONTAIN: WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Orchard Apple & Cinnamon Spiced Oatmeal

Indulge in the flavors of fall any time of the year with this Orchard Apple & Cinnamon Spiced Oatmeal. With the deliciously sweet, fresh-from-the-orchard flavor of apples and warm, spicy cinnamon, this tasty oatmeal is the perfect beginning to an amazing day.

Make yourself a bowlful and add some excitement to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whole grain rolled oats, soy protein isolate, oat fiber, apple, maltodextrin, cinnamon, soy lecithin, salt, steviol glycosides, inulin, monk fruit extract, natural flavors, Bacillus coagulans GBI-30 6086, vanilla extract, Vitamins and Minerals blend. §

CONTAINS: SOY.
MAY CONTAIN: WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Red Berry Crunchy O’s Cereal

Making the most of every day begins with making the most of your mornings. Wake up your taste buds and start your day with the crunchy, fruity goodness of our Red Berry Crunchy O’s Cereal. This nutritious breakfast fuels your morning with the perfect dose of get-up-and-go.

Embrace your morning with something sweet.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea hull fiber, sugar, sunflower lecithin, sunflower oil, steviol glycosides, salt, malic acid, inulin, red cabbage extract (color), natural flavor, purple carrot juice (color), Bacillus coagulans GBI-30 6086, citric acid. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cinnamon Crunchy O’s Cereal

Begin your day with the sweet taste and vitamin-packed power of our Cinnamon Crunchy O’s Cereal. A cinnamon sensation you can munch on, crunch on, and savor, one splendid spoonful at a time. Every bite delivers the kind of flavor that wakes you up and excites you for the day ahead.

Embrace your morning with something sweet.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea hull fiber, sugar, sunflower lecithin, sunflower oil, natural flavor, salt, steviol glycosides, monk fruit extract, inulin, Bacillus coagulans GBI-30 6086. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Campfire S’mores
Crisp Bar
Naturally Flavored

Campfire S’mores Crisp Bar

Relax and enjoy a deliciously sweet Campfire S’mores Crisp Bar that’s just what you need to live your day to the max. The sweet flavor of marshmallows perfectly combines with chocolate flavor for an on-the-go treat any time of the day.

Savor each bite and add some fire to your day.

Each OPTAVIA Essential Fueling:

- Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, polydextrose, oligofructose, palm kernel oil, glycerine, maltitol syrup, milk protein isolate, brown sugar, brown rice syrup, nonfat milk, rice starch, rolled oats, natural flavor, rice flour, soy lecithin, dextrose, cocoa, guar gum, salt, palm oil, cellulose, Bacillus coagulans GBI-30 6086, steviol glycosides.§

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Caramel Delight Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 12G  |  TOTAL SUGARS: 2G  |  PROTEIN: 11G
Caramel Delight Crisp Bar

Even the strongest sweet craving is no match for the heavenly flavor of this Caramel Delight Crisp Bar. The chewy, delicious, real caramel in this crispy bar is an indulgence you’ll always look forward to.

Grab a bar and live it up today.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedrenBC30 Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy nuggets (soy protein isolate, rice starch), poydextrose, inulin, maltitol syrup, glycerine, brown rice syrup, ground peanuts, nonfat milk, natural flavor, butter, peanut flour, sugar, water, milk protein isolate, soy protein isolate, sunflower oil, soy lecithin, palm kernel oil, hydrogenated palm oil, salt, cocoa, steviol glycosides, carrageenan, Bacillus coagulans GBI-30 6086, mono and diglycerides, mixed tocopherols, Vitamins and Minerals blend. §

CONTAINS: MILK, PEANUTS, AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Chocolate Mint Cookie Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 12G  |  TOTAL SUGARS: 4G  |  PROTEIN: 11G
Chocolate Mint Cookie Crisp Bar

Add some zing to your day with a refreshing Chocolate Mint Cookie Crisp Bar. Enjoy the exquisite flavor of real cocoa and the cool sweetness of mint anytime, anywhere.

Take it with you wherever you’re going and fuel up for the day’s adventures.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, polydextrose, oligofructose syrup, brown rice syrup, palm kernel oil, cocoa (processed with alkali), glycerine, maltitol syrup, chocolate liquor, milk protein isolate, erythritol, nonfat milk, rice starch, natural flavor, soy lecithin, salt, guar gum, steviol glycosides, Bacillus coagulans GBI-30 6086, peppermint oil, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cranberry Honey Nut Granola Bar
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 4G  |  PROTEIN: 11G
Cranberry Honey Nut Granola Bar

Take in every last flavor of this Cranberry Honey Nut Granola Bar and reach higher today. With tart cranberries and delicately sweet honey roasted peanuts, you’ll get the perfect amount of flavor in every bite.

Grab a bar and make today amazing.

Each OPTAVIA Essential Fueling:
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All OPTAVIA Fuelings:
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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, brown rice syrup, inulin, peanuts, maltitol syrup, sugar, water, polydextrose, golden raisins (with sulfur dioxide to protect color), rolled oats, milk protein isolate, almonds, natural flavor, rice starch, glycerine, sunflower oil, cranberries, guar gum, soy lecithin, salt, honey, maltodextrin, peanut oil, citric acid, potato starch, steviol glycosides, xanthan gum, vegetable oil, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: PEANUTS, SOY, ALMONDS, AND MILK.
Produced on equipment that also processes tree nuts, egg, and wheat.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Drizzled Chocolate Fudge Crisp Bar

The Drizzled Chocolate Fudge Crisp Bar will put a smile on your face and delight your senses. The sweetness of real, luscious cocoa and perfectly satisfying crunch will leave you feeling fantastic.

Grab, go, and enjoy a blissful day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, polydextrose, oligofructose syrup, palm kernel oil, cocoa (processed with alkali), brown rice syrup, glycerine, maltitol syrup, chocolate liquor, milk protein isolate, erythritol, nonfat milk, rice starch, natural flavor, soy lecithin, salt, guar gum, steviol glycosides, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosted Cinnamon Spice Crisp Bar
Naturally Flavored

Frosted Cinnamon Spice Crisp Bar

Savor every bite of this delicious Frosted Cinnamon Spice Crisp Bar. Warm, spicy cinnamon adds the perfect kick to this on-the-go favorite. With bold flavors topped with frosting, you’ll love this blissful bar.

Grab a bar and add some spice to your day.

Each OPTAVIA Essential Fueling:

- Has a Clean Label*
- Contains GanedenBC30® Probiotic
- Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled
- Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals
- Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, cane sugar, inulin, maltitol syrup, fractionated palm kernel oil, polydextrose, water, brown rice syrup, nonfat milk, glycerine, rice starch, milk protein isolate, rolled oats, brown sugar, natural flavor, guar gum, cinnamon, soy lecithin, maltodextrin, salt, steviol glycosides, Bacillus coagulans GBI-30 6086, monoglycerides, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.
Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Silky Peanut Butter & Chocolate Chip Bar

Enjoy this Silky Peanut Butter & Chocolate Chip Bar that will nourish you for the day ahead. Sweet, nutty, real peanuts mixed with scrumptious chocolate chips is a heavenly combination you can’t miss out on.

Take it with you wherever you’re going and push your day to perfection.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, polydextrose, glycerine, soluble corn fiber, whey protein isolate, sugar, milk protein isolate, peanut flour, water, fructose, peanuts, inulin, palm kernel oil, natural flavor, chocolate liquor, cocoa (processed with alkali), hydrogenated palm oil, soy lecithin, salt, whey powder, nonfat milk, sea salt, cocoa butter, Bacillus coagulans GBI-30 6086, steviol glycosides, Vitamins and Minerals blend. §

CONTAINS: MILK, PEANUTS, AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Raisin Oat Cinnamon Crisp Bar
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 5G | PROTEIN: 11G
**Raisin Oat Cinnamon Crisp Bar**

Fully enjoy this Raisin Oat Cinnamon Crisp Bar that gives you just what you need to make the most of your day. Sweet, ripened raisins and the warm spice of cinnamon come together perfectly for a joyful combination you’ll love. And with a layer of delicious icing on top, you can’t go wrong.

Grab a bar and give the day everything you’ve got.

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**Each OPTAVIA Essential Fueling:**

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**All OPTAVIA Fuelings:**

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

**Ingredients:** Soy protein isolate, cane sugar, inulin, raisins, polydextrose, maltitol syrup, fractionated palm kernel oil, water, glycerine, milk protein isolate, rice starch, nonfat milk, rolled oats, sunflower oil, fructose, natural flavor, soy lecithin, guar gum, cinnamon, maltodextrin, salt, citric acid, steviol glycosides, *Bacillus coagulans* GBI-30 6086, monoglycerides, Vitamins and Minerals blend. §

**CONTAINS:** MILK AND SOY.

Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

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* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frosted Cookie Dough Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 5G  |  PROTEIN: 11G
Frosted Cookie Dough Bar

No need to lick the bowl when you can grab this Frosted Cookie Dough Bar for a treat. Scrumptious cookie dough flavor, enrobed in sweet icing. You’ll enjoy every chewy and delicious bite of this tasty bar.

Indulge your senses with this tempting treat.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Polydextrose, soy protein isolate, glycerine, whey protein isolate, sugar, palm kernel oil, milk protein isolate, water, nonfat milk, natural flavors, inulin, wheat flour, erythritol, fructose, hydrogenated palm oil, soy lecithin, nonfat yogurt (cultured nonfat milk), palm oil, salt, cocoa (processed with alkali), steviol glycosides, Bacillus coagulans GBI-30 6086, sodium bicarbonate, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Zesty Lemon Crisp Bar
Naturally Flavored

CALORIES: 110  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 5G  |  PROTEIN: 11G
Zesty Lemon Crisp Bar

With just the right amount of zing, this Zesty Lemon Crisp Bar has what you need to live your day boldly. Satisfyingly sweet and crunchy with a tangy twist of lemon, this frosted bar is perfect at home or on-the-go.

Savor each bite and add a twist to your day.

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Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, cane sugar, inulin, polydextrose, brown rice syrup, fractionated palm kernel oil, water, maltitol syrup, milk protein isolate, golden raisins (with sulfur dioxide to protect color), rice starch, nonfat milk, sunflower oil, glycerine, rolled oats, natural flavor, nonfat yogurt powder (cultured nonfat milk), guar gum, citric acid, soy lecithin, malic acid, lemon powder, maltodextrin, salt, steviol glycosides, Bacillus coagulans GI-30 6086, vegetable oil, silicon dioxide, monoglycerides, Vitamins and Minerals blend. §

CONTAINS: SOY AND MILK.
Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Drizzled Berry Crisp Bar
Naturally Flavored

Drizzled Berry Crisp Bar

Experience summer sweetness any time of the year with this Drizzled Berry Crisp Bar. The fresh flavor of berries and satisfying crunch make this bar the perfect Fueling when you’re looking for something special.

Savor each bite and awaken something special today.

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All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, cane sugar, inulin, brown rice syrup, polydextrose, water, fractionated palm kernel oil, maltitol syrup, sugar, milk protein isolate, rice starch, sunflower oil, nonfat milk, dried cranberries, glycerine, rolled oats, natural flavor, guar gum, soy lecithin, citric acid, malic acid, maltodextrin, salt, elderberry juice concentrate (color), steviol glycosides, Bacillus coagulans GBI-30 6086, monoglycerides, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.
Produced on equipment that also processes peanuts, tree nuts, wheat and egg.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Creamy Double Peanut Butter Crisp Bar
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 11G | TOTAL SUGARS: 4G | PROTEIN: 11G
Creamy Double Peanut Butter Crisp Bar

Give in to the goodness of our Creamy Double Peanut Butter Crisp Bar and satisfy your sweet and salty craving. With two layers of rich and creamy peanut butter nestled within a scrumptious cookie crisp.

Grab a bar and indulge in bliss.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, peanut flour, polydextrose, oligofructose syrup, sugar, ground peanuts, glycerine, palm kernel oil, maltitol syrup, erythritol, brown rice syrup, nonfat milk, rice starch, milk protein isolate, salt, soy lecithin, natural flavor, peanut oil, guar gum, Bacillus coagulans GBI-30 6086, steviol glycosides, Vitamins and Minerals blend. §

CONTAINS: SOY, MILK, AND PEANUTS.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Roasted Garlic Creamy Smashed Potatoes
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 1G  |  TOTAL CARBOHYDRATE: 15G  |  TOTAL SUGARS: 2G  |  PROTEIN: 11G
Roasted Garlic Creamy Smashed Potatoes

Taste the satisfying flavor of Roasted Garlic Creamy Smashed Potatoes and take on the day. The sweet, spicy flavor of garlic and creamy texture ignites your palette, making these smashed potatoes a unique and delightful experience.

Dish out, fill up on flavor, and savor every minute of life.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Potato flakes, milk protein concentrate, soluble corn fiber, calcium caseinate, whey protein isolate, nonfat milk, egg whites, gum arabic, salt, sour cream (cultured cream, nonfat milk), cheddar cheese (milk, salt, cultures, enzymes), potato starch, cellulose gum, yeast extract, whey, natural flavors, garlic powder, autolyzed yeast extract, buttermilk, xanthan gum, mono and diglycerides, torula yeast, carrageenan, sunflower lecithin, butter, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Sour Cream & Chive Smashed Potatoes
Naturally Flavored
Sour Cream & Chive Smashed Potatoes

Taste the hearty flavor of Sour Cream & Chive Smashed Potatoes and enjoy the day ahead. Smooth, real sour cream and the delicate, earthy flavor of chives fill these smashed potatoes with incredible flavor.

Dish out, fill up on flavor, and enjoy the life ahead.

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- Are Nutrient Dense and Portion Controlled  •  Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals  •  Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Potato flakes, milk protein concentrate, soluble corn fiber, calcium caseinate, whey protein isolate, nonfat milk, egg whites, gum arabic, salt, sour cream (cultured cream, nonfat milk), potato starch, cellulose gum, chives, yeast extract, onion powder, autolyzed yeast extract, xanthan gum, mono and diglycerides, natural flavors, carrageenan, torula yeast, sunflower lecithin, *Bacillus coagulans* GBI-30 6086, Vitamins and Minerals blend. §

**CONTAINS: MILK AND EGG.**

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Rustic Tomato Herb Penne
Naturally Flavored
Rustic Tomato Herb Penne

Enjoy the taste of Italy and savor every bite of this Rustic Tomato Herb Penne that will satisfy your taste buds and your soul. The sweet and juicy tomatoes and savory herbs combine perfectly in this hearty dish.

Enjoy every last bite and every wonderful moment.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Textured soy protein concentrate, enriched pasta (semolina wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), tomato powder, inulin, modified food starch, salt, mozzarella cheese (milk, cultures, salt, enzymes), parmesan cheese (milk, cultures, salt, enzymes), brown sugar, canola oil, garlic powder, onion powder, natural flavors, paprika (color & spice), basil, oregano, xanthan gum, black pepper, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, WHEAT AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cheesy Buttermilk Cheddar Mac
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 1G | PROTEIN: 11G
Cheesy Buttermilk Cheddar Mac

There’s nothing better than a classic, homestyle meal, and this Cheesy Buttermilk Cheddar Mac is just what you’re looking for. Creamy and sharp cheddar cheese combines perfectly with the subtle flavor of buttermilk for a classic mac & cheese that’s anything but boring. The perfect lunch or dinnertime indulgence, this meal is hearty and satisfying.

Dish out, fill up on flavor, and make the day what you want it to be.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Semolina macaroni (wheat), milk protein isolate, gum arabic, cheddar cheese (milk, cultures, salt, enzymes), whey, salt, buttermilk, natural flavors, xanthan gum, carrageenan, maltodextrin, citric acid, inulin, Bacillus coagulans GBI-30 6086, annatto (color), Vitamins and Minerals blend. §

CONTAINS: MILK AND WHEAT.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Hearty Red Bean & Vegetable Chili
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | SUGARS: 4G | PROTEIN: 12G

Certified Gluten-Free No Artificial Sources High in Protein Low in Fat Vitamins and Minerals No Trans Fat Added No Dairy No Preservatives
Hearty Red Bean & Vegetable Chili

Enjoy the flavors of a cool winter day any time of year with this Hearty Red Bean & Vegetable Chili that will kick your day into gear. Flavorful carrots, celery, and peppers mix perfectly with the bold spices in this hearty chili. Warm and tasty, it’s perfect for any day you’re seeking comfort.

Enjoy every spoonful and make the day what you want it to be.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Red beans, textured soy protein concentrate, tomato powder, soy protein isolate, chili powder (chili peppers, salt, cumin, oregano, garlic), inulin, yeast extract, carrots, salt, onion, celery, canola oil, cumin, green pepper, sugar, garlic powder, natural flavors, soy lecithin, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Homestyle Chicken Flavored & Vegetable Noodle Soup

Enjoy the savory aroma of this Homestyle Chicken Flavored & Vegetable Noodle Soup that will warm up your day in no time. Carrots, celery, and onion cooked perfectly al dente combine with the classic, homestyle flavor of chicken soup to warm your soul and make this the ultimate comfort food.

Enjoy every spoonful and take some time for you.

Each OPTAVIA Essential Fueling:

- Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein concentrate, enriched egg noodles (durum wheat flour, egg yolk, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soy protein isolate, soluble corn fiber, yeast extract, canola oil, onion powder, carrots, celery, garlic powder, natural flavor, citric acid, xanthan gum, salt, black pepper, soy lecithin, parsley, Bacillus coagulans GBI-30 6086, turmeric (color), Vitamins and Minerals blend. §

CONTAINS: SOY, WHEAT AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Wild Rice & Chicken Flavored Soup
with Carrots, Celery, Onions, Peas, and Shiitake Mushrooms

Enjoy the warm, hearty goodness of this Wild Rice & Chicken Flavored Soup that’ll leave you feeling renewed and amazing. The wholesome vegetables and bright flavors of garlic and parsley mingle perfectly with tender, blossoming wild rice to make this a savory meal you’ll enjoy every time.

Enjoy every spoonful and fill the day with what you love.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Textured soy protein concentrate, soy protein isolate, long grain white rice, wild rice, cellulose, carrots, inulin, yeast extract, green peas, white meat chicken, mushrooms, salt, canola oil, xanthan gum, celery, onion powder, onion, natural flavors, maltodextrin, soy lecithin, sunflower oil, black pepper, garlic powder, parsley, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Silky Peanut Butter Shake
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 15G | SUGARS: 8G | PROTEIN: 11G
Silky Peanut Butter Shake

Take a moment and savor this rich, creamy peanut butter shake. The combination of sweet and savory from real peanuts and sea salt is sublime. It’s high in antioxidant vitamins A, C, and E, and smooth until the last sip.

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All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Calcium caseinate, peanut flour, fructose, sugar, erythritol, whey protein concentrate, inulin, egg whites, dextrin, maltodextrin, sunflower oil, cellulose gum, gum arabic, cocoa (processed with alkali), sea salt, xanthan gum, peanut oil, natural flavors, salt, sodium caseinate, carrageenan, Bacillus coagulans GBI-30 6086, vanilla extract, Vitamins and Minerals blend. §

CONTAINS: MILK, PEANUTS, AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Caramel Macchiato Shake

Coffee lovers rejoice! This shake is made with real coffee and sea salt is full of antioxidant vitamins A, C, and E. Foamy, frothy, and infused with salted caramel flavor, it’s sure to give you the jump start you need to take on the day!

Ingredients: Calcium caseinate, fructose, sugar, milk protein concentrate, erythritol, inulin, whey protein concentrate, dextrin, egg whites, maltodextrin, sunflower oil, cellulose gum, cocoa (processed with alkali), natural flavors, coffee, sea salt, xanthan gum, salt, sodium caseinate, carrageenan, gum arabic, Bacillus coagulans GBI-30 6086, vanilla extract, Vitamins and Minerals blend. §

CONTAINS: MILK AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Wild Strawberry Shake
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 12G | SUGARS: 6G | PROTEIN: 14G
Wild Strawberry Shake

Revel in sweet summer flavor any time of the year with this frothy Wild Strawberry Shake. Creamy, bright, and jam-packed with the juicy, fruity flavor of strawberries, this frothy shake will refresh you for the day’s journey, no matter where you’re headed.

Fill up your glass and shake up the day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, whey protein concentrate, modified food starch, salt, soy lecithin, maltodextrin, cellulose gum, citric acid, steviol glycosides, red beet powder (color), xanthan gum, natural flavors, monk fruit extract, carrageenan, inulin, strawberry juice concentrate, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Creamy Chocolate Shake
Naturally Flavored

Creamy Chocolate Shake

Splurge on this Creamy Chocolate Shake that will have you feeling fabulous. With the mild sweetness of real cocoa, this frothy shake is perfectly delicious from start to finish.

Fill up your glass and make it a truly enjoyable moment of your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, cocoa (processed with alkali), whey protein concentrate, modified corn starch, inulin, maltodextrin, sugar, soy lecithin, salt, cellulose gum, gum arabic, steviol glycosides, natural flavors, xanthan gum, monk fruit extract, carrageenan, vanilla extract, *Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Creamy Vanilla Shake
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 13G | SUGARS: 7G | PROTEIN: 14G
Creamy Vanilla Shake

Take time to enjoy the simple pleasures in life with this sweet and delicious Creamy Vanilla Shake. Delightfully rich and simply delicious, this amazingly frothy shake is the perfect treat any time of the day.

Fill up your glass and take delight in living life to its fullest.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, fructose, dextrin, whey protein concentrate, modified food starch, maltodextrin, soy lecithin, salt, cellulose gum, erythritol, natural flavors, steviol glycosides, xanthan gum, carrageenan, vanilla extract, monk fruit extract, inulin, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Rich Dark Chocolate Shake with Antioxidants
Naturally Flavored

CALORIES: 90 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 13G
Rich Dark Chocolate Shake with Antioxidants

Full of antioxidants, this Dark Chocolate Antioxidant Shake has the flavor and nutrition you need for the amazing day ahead. This rich and creamy shake, with its bold dark chocolate flavor, is the perfect indulgence.

Take pleasure in every sip and drink up to your health.

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Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, cocoa, calcium caseinate, erythritol, inulin, fructose, modified food starch, dextrin, xanthan gum, salt, nutraceutical powder blend (grape seed extract, sweet cherry, acai, blueberry, resveratrol, cranberry), maltodextrin, sunflower lecithin, steviol glycosides, dextrose, natural flavors, monk fruit extract, vanilla extract, Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Mocha Blast Shake
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 7G | PROTEIN: 14G
Mocha Blast Shake

Take a break and shake things up with our refreshing Mocha Blast Shake. This irresistible combination of cocoa and coffee flavor cools you down and revs you up for every challenge and adventure that awaits.

Today is full of possibilities. Try this decadent shake and conquer your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, sugar, whey protein concentrate, dextrin, cocoa (processed with alkali), inulin, coffee, cocoa, soy lecithin, salt, maltodextrin, cellulose gum, gum arabic, steviol glycosides, natural flavors, xanthan gum, carrageenan, monk fruit extract, Bacillus coagulans GBI-30 6086,

Vitamins and Mineral blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Tropical Fruit Smoothie
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 6G | PROTEIN: 12G
Tropical Fruit Smoothie

Enjoy the refreshing warmth of tropical ocean breeze anywhere you go with this Tropical Fruit Smoothie. Filled with the fun, sun-drenched flavors of orange, banana, and real mango, this smoothie is the perfect way to take your taste buds on a tropical getaway whenever the mood strikes.

Fill up your glass and embrace your day.

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Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Whey protein isolate, egg whites, dextrin, sugar, fructose, mango, citric acid, maltodextrin, cellulose gum, xanthan gum, gum arabic, natural flavors, steviol glycosides, lecithin (sunflower and soy), carrageenan, monk fruit extract, inulin, annatto powder (color), Bacillus coagulans GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK, SOY, AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Yogurt Berry Blast Smoothie
Naturally Flavored

CALORIES: 90  |  TOTAL FAT: 0G  |  TOTAL CARBOHYDRATE: 13G  |  TOTAL SUGARS: 6G  |  PROTEIN: 11G
Yogurt Berry Blast Smoothie

Feel the warmth of summer any time of year with this refreshing Yogurt Berry Blast Smoothie. Bursting with the juicy flavor of blueberries, strawberries, and raspberries, this sweet and frosty smoothie will renew you for whatever lies ahead.

Fill up your glass and make today whatever you want it to be.

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All OPTAVIA Fuelings:
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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Egg whites, whey protein isolate, dextrin, yogurt (cultured whey protein concentrate, cultured nonfat milk), fructose, cellulose gum, inulin, strawberries, blueberries, maltodextrin, malic acid, xanthan gum, raspberry juice concentrate, carrageenan, citric acid, steviol glycosides, natural flavors, sunflower lecithin, strawberry juice concentrate, monk fruit extract, *Bacillus coagulans* CBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK AND EGG.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Frothy Cappuccino Boost
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 8G | PROTEIN: 13G
Frothy Cappuccino Boost

From your very first sip, our Frothy Cappuccino Boost delivers the perfect kick to make your day great. Made with real coffee, each serving gives you the taste of a rich, coffee-house treat.

It’s a delicious boost to enhance your day.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach

Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Sugar, milk protein concentrate, inulin, calcium caseinate, whey protein concentrate, sodium caseinate, decaffeinated coffee, maltodextrin, natural flavors, green tea extract, caffeine, salt, steviol glycosides, Bacillus coagulans GBI-30 6086, vanilla extract. Vitamins and Minerals blend §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Velvety Hot Chocolate
Naturally Flavored

Velvety Hot Chocolate

Wrap your hands around a steaming mug of our Velvety Hot Chocolate and warmly embrace the day. Made with real cocoa, our take on a cold-weather classic is a chocolate lover’s dream come true. Sweet and creamy, rich and smooth.

Chase away the chill and capture the warmth of every glorious day.

Each OPTAVIA Essential Fueling:

- Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Fructose, milk protein concentrate, calcium caseinate, whey protein concentrate, inulin, sodium caseinate, cocoa (processed with alkali), cocoa, dextrose, salt, steviol glycosides, natural flavors, monk fruit extract, vanilla extract, *Bacillus coagulans* GBI-30 6086, Vitamins and Minerals blend. §

CONTAINS: MILK.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Jalapeño Cheddar Poppers
Naturally Flavored

CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 2G | PROTEIN: 11G
Jalapeño Cheddar Poppers

Our Jalapeño Cheddar Poppers deliver flavor the same way you take on life. Boldly and passionately. With no holding back. Made with real jalapeño peppers and real cheddar cheese, every popper packs a delicious, nutritious blast.

Break open a bag and add some pop to your day.

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Effective Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
Contain high quality, complete protein which helps retain lean muscle mass.

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea hull fiber, soybean oil, whey, cheddar cheese (milk, cultures, salt, enzymes), dextrin, maltodextrin, onion, salt, chili pepper, garlic, buttermilk, spices, torula yeast, natural color (paprika extract and turmeric extract), jalapeno pepper, lactic acid, natural flavor, yeast extract, inulin, potato starch, corn starch, Bacillus coagulans GBI-30 6086, guar gum, Vitamins and Minerals blend. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Zesty Cheddar & Italian Herb Crunchers
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 11G | TOTAL SUGARS: 2G | PROTEIN: 12G

Certified Gluten-Free | No Artificial Sources | High in Protein | Low in Fat | Vitamins and Minerals | No Trans Fat Added
Zesty Cheddar & Italian Herb Crunchers

Temptingly tangy with a burst of real cheddar. Zesty Cheddar & Italian Herb Crunchers are the perfect pick-me-up. Satisfy your craving by crunching into the cheesy, herb-baked goodness while dreaming of beautiful scenes of Italy.

Crunch into the big, bold taste and take your day to the next level.

Each OPTAVIA Essential Fueling:

Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an OPTAVIA Coach
Help to Promote a Gentle, But Effective Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan®
Contain high quality, complete protein which helps retain lean muscle mass.

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, whey, maltodextrin, dextrin, salt, dextrose, tomato powder, garlic powder, natural flavors, spices, torula yeast, cheddar cheese (milk, cultures, salt, enzymes), onion powder, sugar, buttermilk, yeast extract, cream, malic acid, citric acid, paprika extract (color), lactic acid, inulin, potato starch, corn starch, Bacillus coagulans GBI-30 6086, guar gum, pectin, Vitamins and Minerals blends. §

CONTAINS: MILK AND SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Smoky BBQ Crunchers
Naturally Flavored

CALORIES: 100  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 11G  |  TOTAL SUGARS: 2G  |  PROTEIN: 11G
Smoky BBQ Crunchers

Capture the savory smokehouse flavors of an outdoor barbecue anywhere you go with our Smoky BBQ Crunchers. It’s a spicy, sure-fire way to add some depth to your day.

Crunch into the big, bold taste and take your day to the next level.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*

Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, sugar, dextrin, torula yeast, salt, onion powder, maltodextrin, brown sugar, dextrose, natural flavors, yeast extract, molasses, tomato, citric acid, paprika extract (color), spices, inulin, garlic powder, potato starch, corn starch, Bacillus coagulans GBI-30 6086, guar gum, pectin, Vitamins and Minerals blend. §

CONTAINS: SOY.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Honey Mustard & Onion Sticks
Naturally Flavored

CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 1G | PROTEIN: 11G
Honey Mustard & Onion Sticks

The sweet and tangy flavor of these Honey Mustard & Onion Sticks will satisfy your crunch craving and fuel you forward. The essence of garlic and paprika, the sweetness of honey, and the savory tang of mustard combine for a flavor that tickles your taste buds.

Break open a bag and add a dose of boldness to your day.

Each OPTAVIA Essential Fueling:
Has a Clean Label* • Contains GanedenBC30® Probiotic • Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:
Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent OPTAVIA Coach
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, wheat flour, resistant maltodextrin, soy flour, seasoning blend (sugar, prepared mustard powder [distilled vinegar, mustard seed, salt, turmeric, paprika, spice, garlic, natural flavor], honey powder [honey, maltodextrin], onion powder, salt, maltodextrin, modified food starch, dextrose, fructose, wheat flour, sodium diacetate, citric acid, paprika, turmeric [added for flavor and color], spices, natural flavor), butter, wheat protein isolate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yeast, modified food starch, maltodextrin, probiotic (inulin, Bacillus coagulans GBI-30 6086), Vitamins and Minerals blend. §

CONTAINS: MILK, WHEAT, AND SOY. Produced in a facility that also processes tree nuts.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Cinnamon Sugar Sticks

Cinnamon Sugar Sticks are packed with incredible flavor and crunch. The delicious twist of real brown sugar and pure cinnamon is perfect. Cinnamon Sugar Sticks are high in protein and an excellent source of calcium and antioxidant vitamins A, C, and E.

Grab a bag and enjoy any time of day!

Each OPTAVIA Essential Fueling:

- Has a Clean Label*
- Contains GanedenBC30® Probiotic
- Includes Additional Vitamin D (50% DV)

All OPTAVIA Fuelings:

- Are Nutrient Dense and Portion Controlled
- Are Nutritionally Interchangeable
- Contain at least 24 Vitamins and Minerals
- Are Available Exclusively from an independent OPTAVIA Coach
- Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of The Optimal Weight 5 & 1 Plan*
- Contain high quality, complete protein which helps retain lean muscle mass

Ingredients: Soy protein isolate, wheat flour, resistant maltodextrin, soy flour, seasoning blend (sugar, brown sugar, salt, cinnamon, molasses, steviol glycosides, canola oil, natural flavors), butter, wheat protein isolate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yeast, modified food starch, maltodextrin, probiotic (inulin, Bacillus coagulans GBI-30 6086), Vitamins and Minerals blend. §

CONTAINS: MILK, WHEAT, AND SOY.
Produced in a facility that also processes tree nuts.

* No flavors, colors or sweeteners from artificial sources.
§ See product box or website for more details.
Puffed Ranch
Snacks
Naturally Flavored

CALORIES: 50  |  TOTAL FAT: 3G  |  TOTAL CARBOHYDRATE: 6G  |  PROTEIN: 1G

Certified Gluten-Free
No Artificial Sources
Non-GMO
No Soy
No Preservatives
No Trans Fat Added
Puffed Ranch Snacks

Grab Puffed Ranch Snacks and experience a bold flavor you’ll love.

Made with real cheddar cheese, real onion, and real garlic, this snack will drive away hunger while satisfying your hankering for something flavorful and savory. With no flavors, colors, sweeteners, or preservatives from artificial sources, you’ll love their true taste.

Keep these on hand for a burst of flavor, and a burst of courage to get you through the journey of life.

All OPTAVIA Snacks Are:
- 70 calories or less
- Kosher or Kosher Dairy
- Certified Gluten-Free
- Non-GMO‡
- Soy Free
- Contain no flavors, colors, or sweeteners from artificial sources

Available Exclusively from an independent OPTAVIA Coach

Ingredients: Sorghum meal, sunflower oil, pea hull fiber, tapioca maltodextrin, whey powder, salt, cane sugar, tomato powder, cheddar cheese (milk, cultures, salt, enzymes), natural flavors, onion powder, yeast extract, spices, garlic powder, lactic acid. §

CONTAINS: MILK.
Puffed Sweet & Salty Snacks

Excite your mood with Puffed Sweet & Salty Snacks. You’ll feel ready for any great adventure heading your way.

This natural snack can keep hunger at bay and satisfy your cravings with its sweet & salty combination. Made with no flavors, colors, sweeteners, or preservatives from artificial sources, you can enjoy a guilt-free snack that’s sure to surprise and delight your taste buds.

Keep these on hand for a burst of salty sweetness, and a burst of courage to get you through the journey of life.

All OPTAVIA Snacks Are:
70 calories or less • Kosher or Kosher Dairy • Certified Gluten-Free • Non-GMO‡ Soy Free • Contain no flavors, colors, or sweeteners from artificial sources
Available Exclusively from an independent OPTAVIA Coach

Ingredients: Sorghum meal, sunflower oil, pea hull fiber, sugar, salt, natural flavor. §

* No flavors, colors, sweeteners or preservatives from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Sharp Cheddar & Sour Cream Popcorn

Our scrumptious Sharp Cheddar & Sour Cream Popcorn will be your new favorite indulgence.

Sharp cheddar cheese and creamy sour cream combine perfectly to create this mouthwatering snack. The popcorn taste you love is enhanced with these delectable flavors that can satisfy any craving.

Grab a bag today and create inspiration wherever you go.

All OPTAVIA Snacks Are:
70 calories or less • Kosher or Kosher Dairy • Certified Gluten-Free • Non-GMO‡
Soy Free • Contain no flavors, colors, or sweeteners from artificial sources
Available Exclusively from an independent OPTAVIA Coach

Ingredients: Popcorn, vegetable oil (contains one or more of the following: canola or sunflower), maltodextrin, whey, salt, nonfat milk, sour cream (cultured cream), cheddar cheese (milk, cultures, salt, enzymes), onion powder, natural flavor, citric acid, lactic acid, paprika extract (color), disodium phosphate, yeast extract. §

CONTAINS: MILK.

* No flavors, colors, or sweeteners from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Olive Oil & Sea Salt Popcorn
Naturally Flavored

CALORIES: 70 | TOTAL FAT: 4.5G | TOTAL CARBOHYDRATE: 6G | PROTEIN: 1G
Olive Oil & Sea Salt Popcorn

Nothing says kick back and relax like popcorn, and our Olive Oil & Sea Salt Popcorn packs a powerful, perfectly salted crunch!

Stay inspired to live healthy and satisfy your flavor and crunch cravings. The convenient package makes our Olive Oil & Sea Salt Popcorn the perfect nosh for the movies, whether you’re out at a big screen or home at a little one. Enjoy your movie, enjoy your snack, enjoy your day!

Grab a bag today and create inspiration wherever you go.

All OPTAVIA Snacks Are:
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Soy Free • Contain no flavors, colors, or sweeteners from artificial sources
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Popcorn, vegetable oil (contains one or more of the following: canola, or sunflower), maltodextrin, sea salt, onion powder, garlic powder, citric acid, olive oil, natural flavor. §

* No flavors, colors, or sweeteners from artificial sources.
‡ Not made with genetically engineered ingredients.
§ See product box or website for more details.
Our Flavors of Home line is the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home options is a complete Lean & Green meal on the OPTAVIA Program—with the right portions of protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare. Use them daily, a few times a week, or on occasion—whatever works for the way you live.

**Beef Stew**

Your favorite stew just got better. With potatoes, carrots, celery, mushrooms, peas, and hunks of tender beef, it tastes like it’s been simmering all day.

**Chili Lime Chicken with Long Grain Rice (with White Meat Chicken)**

Filled with juicy white meat chicken strips and an array of zesty flavors ranging from aromatic to slightly spicy. Sit back and let the chili pepper, onions, lime, and bell peppers turn a time-saving, healthy meal into a tasty treat.
Chicken With Rice & Vegetables (with White Meat Chicken)

Chicken meets rice and vegetables at the intersection of creamy, savory deliciousness all in one convenient dish. White meat chicken, long-grain rice, bell peppers, celery, mushrooms, and water chestnuts mix perfectly in a tasty, savory sauce.

Chicken Cacciatore (with White Meat Chicken)

White meat chicken, red and green bell peppers, onions, and noodles in a tangy, tomato-based sauce delivers the traditional and delicious chicken cacciatore flavor you know and love.

Ginger Lemongrass Chicken with Long Grain Rice (with White Meat Chicken)

Super-fast meets super-flavorful. Light, slightly sharp, and a little tangy, this Asian-inspired chicken dish makes for a great change of pace for a busy day. With white meat chicken, lemongrass, ginger, bamboo strips, coconut milk, and carrots, we’ve done it all for you.

Turkey Meatball Marinara

Turkey Meatball Marinara features hearty turkey meatballs and veggies in a tangy marinara sauce. Mushrooms and red bell peppers play a delicious supporting role. Seasoned perfectly with Italian spices, your dinner is served!

See product box or website for ingredient information.
Mandarin Orange Energy Infuser - *Naturally Flavored*
It’s a big taste of little oranges in a thirst-quenching, energy-boosting glass! Give your glass of H₂O - and your day - a lift. Our Mandarin Orange Energy Infuser does both, and it tastes great, too. Our Energy Infusers are free from flavors, colors, and preservatives from artificial sources and have four energizing B vitamins - B5, B6, B12, and B9.

Unsweetened Lemon Energy Infuser - *Naturally Flavored*
Wake up your water with the flavor of pure lemon - and a bonus shot of B vitamins and caffeine! Here’s water’s wakeup call: a bold punch of zesty, tangy lemon. Our Energy Infusers are free from artificial flavors, colors, and preservatives and have four energizing B vitamins - B5, B6, B12, and B9.

Essential1: Antioxidants Raspberry Acai Flavor Infuser - *Naturally & Artificially Flavored*
Two powerhouse flavors, one great way to fortify your H₂O. Each serving provides 15 mg of resveratrol and is only five calories!

Essential1: Antioxidants White Grape Peach Flavor Infuser - *Naturally & Artificially Flavored*
Mellow peach, delicate grape, and awesome antioxidant power. Each serving provides 15 mg of resveratrol and is only five calories!

Essential1: Calorie Burn Green Tea Lemon Flavor Infuser - *Naturally Flavored*
Clean, refreshing, and invigorating. Just add a packet to your drinking water for delicious flavor and an extra metabolism boost! Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

Essential1: Calorie Burn Mixed Berry Flavor Infuser - *Naturally & Artificially Flavored*
A whole basket of just-picked berry flavor. Just add a packet to your drinking water for delicious flavor and an extra metabolism boost! Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

Essential1: Calorie Burn Strawberry Lemonade Flavor Infuser - *Naturally & Artificially Flavored*
Sweet and tangy summertime flavor - but for anytime of year. Just add a packet to your drinking water for delicious flavor and an extra metabolism boost! Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

See product box or website for ingredient information.
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<tr>
<th>Fueling Feature</th>
<th>OPTAVIA SELECT</th>
<th>OPTAVIA ESSENTIAL</th>
<th>MEDIFAST® CLASSIC</th>
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<tr>
<td>Nutrient Dense and Portion Controlled</td>
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<td>Help to promote a gentle but efficient fat-burning state when used as part of the Optimal Weight 5 &amp; 1 PLAN®</td>
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