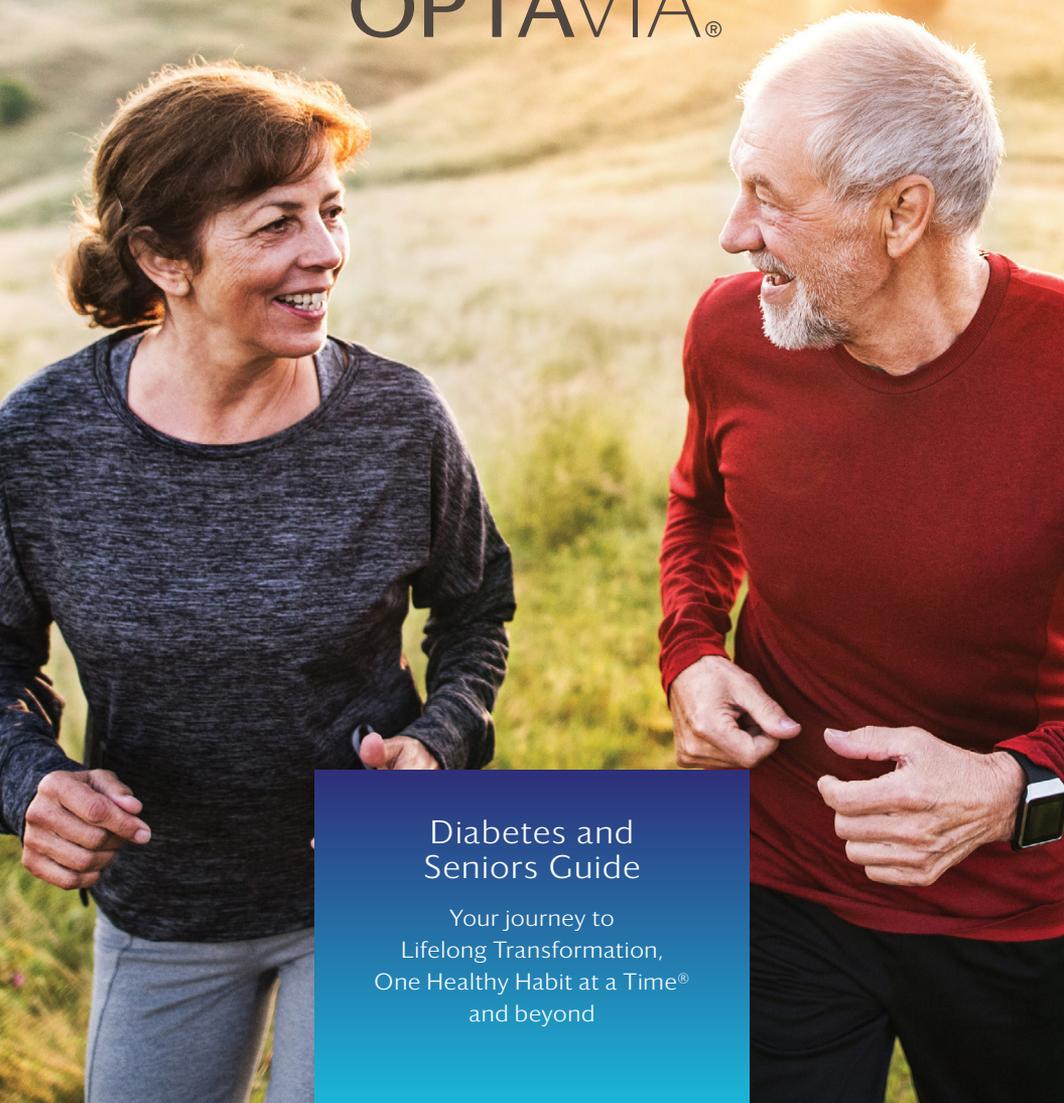




OPTAVIA®



## Diabetes and Seniors Guide

Your journey to  
Lifelong Transformation,  
One Healthy Habit at a Time®  
and beyond

**Contact your independent OPTAVIA Coach:**

Name \_\_\_\_\_

ID# \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Your Client ID# \_\_\_\_\_

Website \_\_\_\_\_



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# Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. We help our Coaches and Clients turn simple habit-building into Lifelong Transformation, One Healthy Habit at a Time. These habits get your mind and body working together, to work for you. We believe every simple new habit, every healthy decision, every positive change leads to more.

You are now part of the **OPTAVIA** Community, here to help you become your most fulfilled you. Healthy nutrition gets you where you want to go and our independent **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 may increase your health, confidence and vitality, and you can create space for the life you want.

The more you get your mind and body working together to work for you, the more you will start to see possibilities become realities every day. This guide will outline the foundational components of **OPTAVIA**, which can help you achieve a healthy weight. This guide is designed to help you select a Plan that is right for you, while sharing the resources to transition, which can help you sustain your success. Please read this guide to safely get started on your journey towards optimal health.



# OPTAVIA offers these 4 components to support you as you begin your journey:



## OPTAVIA Coach

Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.\* **OPTAVIA** Coaches are the lifeblood of our program. No matter what you are facing, your Coach has likely been in your same shoes and can help steer you to success. Lean on your **OPTAVIA** Coach for support to guide you through the Habits of Health Transformational System and help you develop new healthy habits. Your **OPTAVIA** Coach helps you celebrate the little victories that add up to the big ones.



## The Habits of Health® Transformational System

**OPTAVIA** incorporates healthy habits in everything we do. Developed by Dr. Wayne Scott Andersen, Co-founder of **OPTAVIA** and independent **OPTAVIA** Coach, Dr. A's Habits of Health Transformational System is an innovative lifestyle approach that helps you learn and adopt healthy habits that can contribute to your long-term health. Use the Habits of Health Transformational System to learn about the six MacroHabits.



## Clinically Proven Plans & OPTAVIA Products

Our clinically proven plans start you on your optimal weight journey. You can choose from dozens of delicious, convenient, nutritionally interchangeable, scientifically developed Fuelings. In addition to your Fuelings which should be eaten every 2 to 3 hours, you will 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 clinically proven plans and our scientifically designed products were developed by physicians, dietitians and scientists, and have impacted more than 2 million lives and been 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 plans and products.

\* Appel, L.J., et al., *Comparative effectiveness of weight-loss interventions in clinical practice*. N Engl J Med, 2011. **365**(21): p. 1959-68; Harrigan, M., et al., *Randomized Trial Comparing Telephone Versus In-Person Weight Loss Counseling on Body Composition and Circulating Biomarkers in Women Treated for Breast Cancer: The Lifestyle, Exercise, and Nutrition (LEAN) Study*. J Clin Oncol, 2016. **34**(7): p. 669-76; van Wier M.F., et al., *Phone and e-mail counselling are effective for weight management in an overweight working population: a randomized controlled trial*. BMC Public Health, 2009. **9**: 6; and Donnelly, J.E., et al., *Comparison of a phone vs clinic approach to achieve 10% weight loss*. Int J Obes (Lond), 2007. **31**(8): p. 1270-6.

WELCOME TO **OPTAVIA**



## **OPTAVIA Community**

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

### **The OPTAVIA Community features:**

- Coach-led support calls & webinars with a caring Community
- **OPTAVIA** Community events
- Our knowledgeable Nutrition Support Team
- Exclusive offers from **OPTAVIA** Premier to help you stay on plan, earn rewards and receive FREE shipping\*

*\***OPTAVIA Premier** is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable Rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. For complete Terms & Conditions, [click here](#).*

*awaken your possibilities*



*you define what's  
possible today*

# Daily Support & Top Tips

On your **OPTAVIA** journey, your **OPTAVIA** Coach and our daily support plan will help steer you to success as you start incorporating healthy habits that can help create optimal health.

**We recommend following these tips for success:**



## **Before you begin.**

We recommend that you contact your healthcare provider before you begin a weight loss program and throughout your **OPTAVIA** journey about the program and about any medications or dietary supplements you are using, especially including Coumadin (Warfarin), lithium, diuretics or medications for diabetes, high blood pressure or thyroid conditions. (For our complete medical disclaimer please review the [back cover](#) of this guide.)



## **Stay in touch with 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 as you begin your journey by setting goals for your health and wellness.



## **Track your progress with the Habits of Health Transformational System.**

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. *Your LifeBook* includes 26 progressive Elements to help you build a healthier life. Use *Your LifeBook* to create your new story on your way to optimal health and download the **OPTAVIA** App to manage important aspects of your journey like setting meal times, tracking hydration and your daily activity.



## **Stay motivated with daily tips and inspiration.**

With your phone text "**OPTAVIA**" to 462-57 (GOALS) the day before you start on plan to receive daily tips, inspiration, healthy reminders and much more!\*

\*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 462-57 (GOALS). You may receive up to 50 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 Southern Linc, Bandwidth, Google Voice, Buffalo Wireless, Chariton Valley Cellular, Leaco, Cablevision, Copper Valley, AT&T, Sprint/Boost/Virgin, T-Mobile/MetroPCS, Verizon Wireless, Cellcom USA, C Spire Wireless, U.S. Cellular, Pine Belt Wireless, ACS/Alaska, Atlantic Tele-Network International (ATN), Advantage Cellular (DTC Wireless), Appalachian Wireless, Bluegrass Cellular, Cellular Network Partnership (PIONEER), Cellular One of East Central Illinois, Chat Mobility USA, Coral Wireless (Mobi PCS), Element Mobile (Flat Wireless), Epic Touch (Elkhart Telephone), GCI Communications Corp, Golden State Cellular, Illinois Valley Cellular (IV Cellular), i Wireless (IOWA Wireless), Nex-Tech Wireless, MTA Communications, MTPCS (Cellular One Nation), Cross Telephone Company (MBO Wireless), Duet IP (Maximum Communications New Core Wireless), Inland Cellular Telephone Company, Immix (Keystone Wireless), Mosaic (Consolidated or CTC Telecom), Northwest Missouri Cellular Limited, Peoples Wireless, Panhandle Telecommunications Systems (PTCI), RINA, Revol Wireless USA, SI Wireless/Mobile Nation, SRT Wireless, Texas RSA 3 Ltd (Plateau Wireless), Thumb Cellular, United Wireless, Union Telephone Company (Union Wireless), Viaero Wireless, West Central Wireless (5 Star Wireless), Sagebrush Cellular (Nemont), Carolina West Wireless (CWW), Pine Cellular, Aio Wireless/Cricket. For help, text HELP to 462-57 (GOALS), visit [ANSWERS.OPTAVIA.com](https://www.answers.optavia.com) or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 462-57 (GOALS).

# Daily Support & Top Tips (cont.)



## **Engage with our OPTAVIA Community.**

Share your transformation story and connect with the **OPTAVIA** Community by following **OPTAVIA** on Facebook and Instagram. Use **#OPTAVIA** and tag your Coach in your posts and inspire others. Tune in to Coach-led support calls to ask questions and learn more about the program and products.



## **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. Download the **OPTAVIA** App on your iPhone or Android device for self-service features, such as Premier order details, returns and other key resources.



## **Discover new, delicious recipes.**

Download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a robust library of Lean & Green recipes.



# Choosing a Meal Plan

**OPTAVIA** works because it is simple and easy to follow. [The Optimal Weight 5 & 1 Plan](#), the [Optimal Weight 4 & 2 & 1 Plan](#) and the [Optimal Weight 5 & 2 & 2 Plan](#) are appropriate for those 65 or older, and those who have diabetes; however, it is essential that you contact your healthcare provider to determine which option is best for you.

For Clients with diabetes, it is especially important that your blood sugar be monitored carefully throughout the weight-loss process, as your medications may need to be adjusted – sometimes even before you begin. Your healthcare provider may choose to let you start with one plan option, then after you lose some weight, move you to another lower-calorie plan. He or she will need to review your medications as you work toward achieving your healthy weight. For people with type 1 diabetes, the Optimal Weight 5 & 2 & 2 Plan is a great plan to start with. Your healthcare provider may decide you should begin with one of our other plans as long as he or she is closely monitoring your blood sugar levels and insulin needs.

While any of our plans are appropriate for Clients 65 years and older, the Optimal Weight 5 & 1 Plan is recommended only for healthy and active seniors with fewer than 100 pounds to lose. Active means you spend an average of 30 minutes a day engaging in exercise such as walking, strength training, swimming, jogging, etc. Being active helps promote the maintenance of lean muscle mass as you lose weight and is an important component of the program. If you prefer to do more than 45 minutes of strenuous exercise per day, we suggest you use the Optimal Weight 4 & 2 & 1 Plan or the Optimal Weight 5 & 2 & 2 Plan.

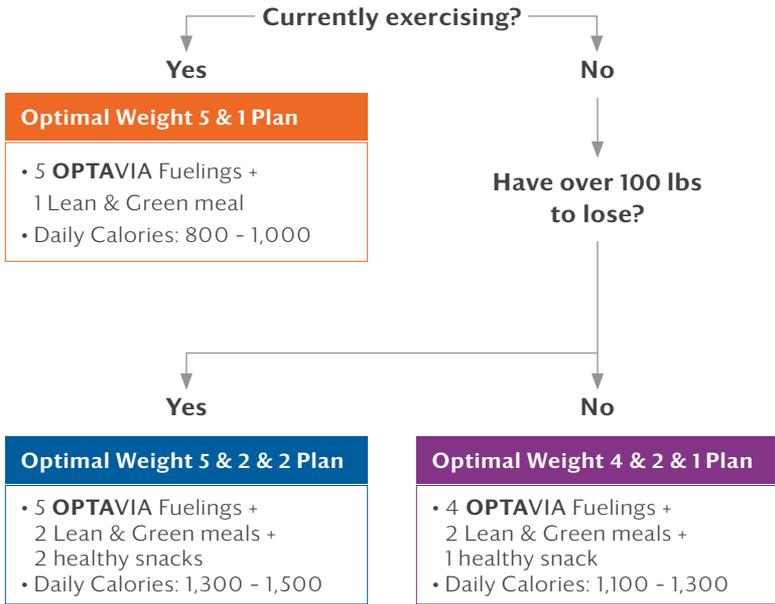
## Meal Plan Components

Each meal plan has some variation of the following components: **OPTAVIA** Fuelings, Lean & Green meals, healthy fats, healthy snacks and extras. On the pages following pages, you will find a description of each plan component and lists of foods you can enjoy while on our plans.

Meal planning for people with diabetes is geared toward limiting calories while maintaining consistent, healthy blood-sugar levels. Our plans are a good fit because they incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day. And, all Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for people living with diabetes.

Contact your healthcare provider to help you utilize the flowcharts on the following pages to decide which plan is best suited for you.

## Seniors 65 or Older



### Exercise on the Seniors Plan

Daily exercise is essential to a healthy lifestyle and can help you achieve your optimal weight. So, if your healthcare provider says you are fit enough to exercise, try it!

For seniors, you will find fitness programs for older adults offered by community or senior centers, recreation departments, hospitals, fitness centers, churches, schools or online. Strengthening your heart, lungs and muscles, exercise also increases your flexibility and contributes to your overall physical fitness. For those with diabetes, discuss appropriate pre-exercise meal planning with your healthcare provider, registered dietitian or certified diabetes educator.

Set a goal to be physically active for at least 30 minutes every day. If you are new to exercise, have certain chronic diseases or are taking medications, you should contact your healthcare provider to determine the best level of activity for you.



# Diabetes

Type 1

Type 2

## Optimal Weight 5 & 2 & 2 Plan\*

- 5 **OPTAVIA** Fuelings + 2 Lean & Green meals + 2 healthy snacks
- Daily Calories: 1,300 - 1,500

Unstable Blood Sugar?

No

Yes

Over 100 lbs to lose?

Yes

No

## Optimal Weight 5 & 2 & 2 Plan\*

- 5 **OPTAVIA** Fuelings + 2 Lean & Green meals + 2 healthy snacks
- Daily Calories: 1,300 - 1,500

*Best suited for people with type 2 diabetes and more than 100 lbs to lose or people with type 1 diabetes who are carefully monitored by their healthcare provider or diabetes specialist.*

## Optimal Weight 5 & 1 Plan\*

- 5 **OPTAVIA** Fuelings + 1 Lean & Green meal
- Daily Calories: 800 - 1,000

*Best suited for people with type 2 diabetes and less than 100 lbs to lose.*

## Optimal Weight 4 & 2 & 1 Plan\*

- 4 **OPTAVIA** Fuelings + 2 Lean & Green meals + 1 healthy snack
- Daily Calories: 1,100 - 1,300

*An option for people with type 1 or type 2 diabetes who are carefully monitored by their healthcare provider or diabetes specialist.*

\* Carefully monitored by healthcare provider.

## Exercise on the Diabetes Plan

- Check blood glucose/sugar, and do not exercise if blood glucose is less than 100 mg/dL or greater than 300 mg/dL (check again after exercise, too).
- Drink plenty of fluids (water, sugar-free beverages).\*\*
- Wear your medical alert identification while exercising.
- Wear appropriate clothing and shoes.
- Check your feet daily for any sores, blisters or abnormalities.
- Have a plan in place to handle low blood sugar.

\*\* 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.

# Getting Started

## **OPTAVIA Fuelings**

All **OPTAVIA** Plans allow you the flexibility to choose from dozens of delicious, convenient, nutritionally-interchangeable, scientifically developed Fuelings. They are calorie and carbohydrate-controlled and contain a balance of macronutrients that promote stable blood glucose levels, making all of our Fuelings appropriate for people with diabetes.

**OPTAVIA** Fuelings do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass, and **BC30™** probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle.

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



# What is a Lean & Green Meal?

A Lean & Green meal includes 5 to 7 ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two (2) 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.

## Healthy Fats

Every day, incorporate up to two (2) 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. Reference [page 17](#) to view our complete Healthy Fats List.

## 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 any of our meatless options like tofu and tempeh. If you are interested in our complete list of meatless options, please refer to our '[Vegetarian Information Sheet](#)' located on [Client Answers](#) (ANSWERS.OPTAVIA.com).

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



## GETTING STARTED

Choose the appropriate serving size of any protein from the list below. We've sorted protein options into leanest, leaner and lean. All options are appropriate for our **OPTAVIA** weight-loss Plans; this just helps you make informed food choices. For a variety of **OPTAVIA** Lean & Green recipes, download the **OPTAVIA** App for access to the complete library of meals.

### LEANEST:

**7 oz. of protein**



**+ Add 2 servings of Healthy Fats\***



**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:** buffalo, elk, deer

**Ground turkey or other meat:** ≥ 98% lean

**Turkey:** light meat

**Meatless options:** 14 egg whites, 2 cups of liquid egg substitute or liquid egg whites, 5 oz. seitan, 12 oz. (1 ½ cups) 1% cottage cheese, 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

### LEANER:

**6 oz. of protein**



**+ Add 1 serving of Healthy Fats\***



**Fish:** swordfish, trout, halibut

**Chicken:** breast or white meat, without skin

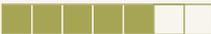
**Ground turkey or other meat:** 95% - 97% lean

**Pork:** pork chop or pork tenderloin

**Meatless options:** 2 whole eggs plus 4 egg whites, 2 whole eggs plus 1 cup liquid egg substitute, 1 2 oz. (1 ½ cups) 2% cottage cheese, 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

### LEAN:

**5 oz. of protein**



**0 servings of Healthy Fats\***



**Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring

**Lean beef:** steak, roast, ground

**Lamb**

**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, 8 oz. (1 cup) part-skim ricotta cheese (2-3g fat per oz.), 5 oz. tempeh

\* To view our complete Healthy Fats List please refer to [page 17](#).

## Lean & Green Meal: The "Green"

Choose **three (3)** 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 Plans; the list helps you make informed food choices.

### Choose 3 servings from the Green Options List:

**1 serving = ½ cup vegetables** (unless otherwise specified)

Example: 1 cup of lettuce  + ½ cup of broccoli  + ½ cup mushrooms 

|  |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
|--|--|----------------------|---------------------|-------------|----------------------|--|---|------------------------------------|-------------------------------------|------------------------------|-------------------|----------------|-------------------|----------|----------------|----------------|--------|------|----------------------|
| <b>Lower Carbohydrate</b>                          |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| <b>1 cup</b>                                       | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Collards (fresh/raw)</td> <td style="width: 50%;">spinach (fresh/raw)</td> </tr> <tr> <td>endive</td> <td>spring mix</td> </tr> <tr> <td>lettuce (green leaf, butterhead, iceberg, romaine)</td> <td>watercress</td> </tr> <tr> <td>mustard greens</td> <td>bok choy (raw)</td> </tr> </table>  | Collards (fresh/raw) | spinach (fresh/raw) | endive      | spring mix           | lettuce (green leaf, butterhead, iceberg, romaine) | watercress                                | mustard greens                     | bok choy (raw)                      |                              |                   |                |                   |          |                |                |        |      |                      |
| Collards (fresh/raw)                               | spinach (fresh/raw)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| endive   | spring mix   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| lettuce (green leaf, butterhead, iceberg, romaine) | watercress   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| mustard greens                                     | bok choy (raw)   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| <b>Lower Carbohydrate</b>                          |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| <b>½ cup</b>                                       | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">celery</td> <td style="width: 50%;">arugula</td> </tr> <tr> <td>cucumbers</td> <td>nopales</td> </tr> <tr> <td>white mushrooms</td> <td>escarole</td> </tr> <tr> <td>radishes</td> <td>jalapeño (raw),</td> </tr> <tr> <td>sprouts (alfalfa, mung bean)</td> <td>Swiss chard (raw)</td> </tr> <tr> <td>turnip greens</td> <td>bok choy (cooked)</td> </tr> </table>   | celery               | arugula             | cucumbers   | nopales              | white mushrooms                                    | escarole                                  | radishes                           | jalapeño (raw),                     | sprouts (alfalfa, mung bean) | Swiss chard (raw) | turnip greens  | bok choy (cooked) |          |                |                |        |      |                      |
|  | celery   | arugula              |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
|  | cucumbers  | nopales              |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| white mushrooms                                    | escarole   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| radishes   | jalapeño (raw),  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| sprouts (alfalfa, mung bean)                       | Swiss chard (raw)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| turnip greens                                      | bok choy (cooked)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| <b>Moderate Carbohydrate</b>                       |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
|  | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">asparagus</td> <td style="width: 50%;">kale</td> </tr> <tr> <td>cabbage</td> <td>portabella mushrooms</td> </tr> <tr> <td>cauliflower</td> <td>spinach (cooked)</td> </tr> <tr> <td>eggplant</td> <td>summer squash (scallop or zucchini)</td> </tr> <tr> <td>fennel bulb</td> <td></td> </tr> </table>   | asparagus            | kale                | cabbage     | portabella mushrooms | cauliflower  | spinach (cooked)                          | eggplant                           | summer squash (scallop or zucchini) | fennel bulb                  |                   |                |                   |          |                |                |        |      |                      |
| asparagus  | kale   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| cabbage  | portabella mushrooms   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| cauliflower  | spinach (cooked)   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| eggplant   | summer squash (scallop or zucchini)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| fennel bulb  |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| <b>Higher Carbohydrate</b>                         |  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
|  | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">broccoli</td> <td style="width: 50%;">peppers (any color)</td> </tr> <tr> <td>red cabbage</td> <td>scallions (raw)</td> </tr> <tr> <td>chayote squash</td> <td>summer squash (crookneck or straightneck)</td> </tr> <tr> <td>collard or mustard greens (cooked)</td> <td>tomatoes</td> </tr> <tr> <td>green or wax beans</td> <td>turnips</td> </tr> <tr> <td>kabocha squash</td> <td>spaghetti squash</td> </tr> <tr> <td>kohlrabi</td> <td>hearts of palm</td> </tr> <tr> <td>leeks (cooked)</td> <td>jicama</td> </tr> <tr> <td>okra</td> <td>Swiss chard (cooked)</td> </tr> </table> | broccoli             | peppers (any color) | red cabbage | scallions (raw)      | chayote squash                                     | summer squash (crookneck or straightneck) | collard or mustard greens (cooked) | tomatoes                            | green or wax beans           | turnips           | kabocha squash | spaghetti squash  | kohlrabi | hearts of palm | leeks (cooked) | jicama | okra | Swiss chard (cooked) |
| broccoli   | peppers (any color)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| red cabbage  | scallions (raw)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| chayote squash                                     | summer squash (crookneck or straightneck)  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| collard or mustard greens (cooked)                 | tomatoes   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| green or wax beans                                 | turnips  |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| kabocha squash                                     | spaghetti squash   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| kohlrabi   | hearts of palm   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| leeks (cooked)                                     | jicama   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |
| okra   | Swiss chard (cooked)   |                      |                     |             |                      |  |   |                                    |                                     |                              |                   |                |                   |          |                |                |        |      |                      |

### Note:

All vegetables promote healthful eating. But on the Optimal Weight Plans, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame and Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.

# Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

## Monounsaturated Fats

Almond flour: 1 ½ Tbsp  
Avocado: 1 ½ oz.  
Guacamole: 2 Tbsp

### Milks:

Almond Milk (refrigerated, unsweetened original or unsweetened vanilla): 2 cups  
Cashew Milk: (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

### Oils:

Avocado Oil: 1 tsp  
Canola Oil: 1 tsp  
Olive Oil: 1 tsp  
Peanut Oil: 1 tsp

### Nuts:

Almonds: ½ oz. (~8 pieces)  
Brazil nuts: ½ oz. (~2 pieces)  
Cashews: ½ oz. (~6 pieces)  
Hazelnuts: ½ oz. (~6 pieces)  
Macadamia: ½ oz. (~3 pieces)  
Peanuts: ½ oz. (~12 pieces)  
Pecans: ½ oz. (~5 halves)  
Pistachios: ½ oz. (~18 pieces)

Pesto: 1 Tbsp

### Seeds:

Sesame Seeds: 1 Tbsp

## Polyunsaturated Fats

Margarine (regular): ½ Tbsp  
Margarine (reduced-fat): 1 Tbsp  
Mayonnaise (regular): ½ Tbsp  
Mayonnaise (light): 1 ½ Tbsp  
Mayonnaise (reduced-fat with olive oil): 1 Tbsp

### Nuts:

Pine: ½ oz. (~55 kernels)  
Walnuts: ½ oz. (~4 halves)

### Oils:

Flaxseed Oil: 1 tsp  
Grapeseed Oil: 1 tsp  
Safflower Oil: 1 tsp  
Sesame Oil: 1 tsp  
Soybean Oil: 1 tsp

### Seeds:

Chia Seeds: 1 Tbsp  
Flax Seeds (ground): 2 Tbsp  
Flax Seeds (whole): 1 Tbsp  
Hemp Seeds: 1 Tbsp  
Poppy Seeds: 1 Tbsp  
Pumpkin Seeds: 1 Tbsp  
Sunflower Seeds (kernel only): 1 Tbsp

## Saturated Fats

Butter: ½ Tbsp  
Coconut (shredded, unsweetened): 1 ½ Tbsp  
Cream (half & half): 3 Tbsp  
Cream cheese (regular): 1 Tbsp  
Cream cheese (low-fat): 2 Tbsp

### Milks:

Coconut (canned, regular): 2 Tbsp  
Coconut (canned, light): ¼ cup  
Coconut (unsweetened original or unsweetened vanilla): 1 cup

Sour cream: 2 Tbsp  
The Laughing Cow Spreadable Cheese Original Swiss: 1 wedge



## Healthy Fats List: Salad Dressing

| Annie's Naturals |                                    |                      |                           |
|------------------|------------------------------------|----------------------|---------------------------|
| 1 Tbsp           | Goddess                            | Organic French       | Woodstock                 |
|                  | Organic Cowgirl Ranch              | Organic Caesar       | Lemon & Chive Vinaigrette |
|                  | Organic Roasted Garlic Vinaigrette | Organic Balsamic     | Tuscany Italian           |
|                  | Organic Green Goddess              | Organic Asian Sesame | Artichoke Parmesan        |
|                  | Organic Goddess                    | Cowgirl Ranch        | Organic Smoky Tomato      |
|                  | Organic Goddess                    | Balsamic Vinaigrette |                           |
| 2 Tbsp           | Roasted Red Pepper Lite Goddess    |                      |                           |

| Hidden Valley |                          |                             |                             |
|---------------|--------------------------|-----------------------------|-----------------------------|
| 1 Tbsp        | Avocado Ranch            | Roasted Garlic Ranch        | Simply Ranch Cucumber Basil |
|               | Cucumber Ranch           | Fiesta Salsa Ranch          | Simply Ranch Classic Ranch  |
|               | Sweet Chili Ranch        | Cracked Peppercorn Ranch    | Simply Ranch Chili Lime     |
| 2 Tbsp        | Buttermilk Ranch Light   | Original Ranch              | Greek Yogurt Lemon Garlic   |
|               | Cucumber Ranch Light     | Homestyle Light             | Greek Yogurt Ranch          |
|               | Fiesta Salsa Ranch Light | Greek Yogurt Spinach & Feta | Greek Yogurt Cucumber Dill  |

| Ken's  |                                    |                              |                        |
|--------|------------------------------------|------------------------------|------------------------|
| 1 Tbsp | Balsamic Vinaigrette               | Honey Mustard                | Three Cheese Italian   |
|        | Creamy French                      | Italian                      | Chef's Reserve French  |
|        | Greek                              | Red Wine Vinegar & Olive Oil | Chef's Reserve Italian |
| 2 Tbsp | Light Options Balsamic Vinaigrette |                              |                        |

| Kraft  |                      |                        |                    |
|--------|----------------------|------------------------|--------------------|
| 1 Tbsp | Buttermilk Ranch     | Classic Ranch          | Ranch with Bacon   |
|        | Red Wine Vinaigrette | Classic Caesar         | Cucumber Ranch     |
|        | Peppercorn Ranch     | Roka Blue Cheese       | Thousand Island    |
| 2 Tbsp | Sun Dried Tomato     | Greek Vinaigrette      | Caesar Vinaigrette |
|        | Tuscan House Italian | Zesty Lime Vinaigrette | Zesty Italian      |

| Newman's Own |                       |                           |                                   |
|--------------|-----------------------|---------------------------|-----------------------------------|
| 1 Tbsp       | Balsamic Vinaigrette  | Honey French              | Three Cheese Balsamic Vinaigrette |
|              | Greek Vinaigrette     | Parmesan & Roasted Garlic |                                   |
| 2 Tbsp       | Lime Lite Vinaigrette | Lite Italian              | Vinegar & Olive Oil               |
|              | Lite Caesar           | Lite Red Wine             |                                   |

## Healthy Fats List: Salad Dressing (cont.)

| Wishbone |                              |                                 |                      |
|----------|------------------------------|---------------------------------|----------------------|
| 1 Tbsp   | House Italian                | South of the Border Ranch       | Sweet & Spicy French |
|          | Creamy Italian               | Thousand Island                 | Deluxe French        |
|          | Spicy Caesar                 | Sweet & Spicy Honey Mustard     | Creamy Italian       |
| 2 Tbsp   | Mediterranean Italian        | Greek Vinaigrette               | Light Creamy Caesar  |
|          | Bruschetta Italian           | Balsamic Vinaigrette            | Light Buffalo Ranch  |
|          | Balsamic Italian Vinaigrette | Light Thousand Island           | Light Blue Cheese    |
|          | Romano Basil Vinaigrette     | Light Ranch                     |                      |
|          | Olive Oil Vinaigrette        | Light Parmesan Peppercorn Ranch |                      |

## Condiment List

While on our **OPTAVIA** Programs you are able to 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 (3) condiment servings per Lean & Green meal on our any of our Optimal Weight Plans.

| Fresh Herbs  |   |  |
|--|---|--|
| Basil (whole leaves): 1 cup<br>Basil (chopped): ½ cup<br>Capers: 2 Tbsp<br>Chives (chopped): ¼ cup<br>Cilantro: 1 cup<br>Dill weed: 1 cup  | Garlic (minced): 1 tsp<br>Garlic (whole): 1 clove<br>Ginger root: 2 tsp<br>Lemongrass: 2 tsp<br>Parsley: ¼ cup<br>Peppermint: ¼ cup   | Rosemary: 2 Tbsp<br>Sage: 2 Tbsp<br>Spearmint: 2 Tbsp<br>Thyme: 1 Tbsp   |
| Dried Herbs & Spices   |   |  |
| Allspice: ½ tsp<br>Anise seed: ½ tsp<br>Basil (whole leaves): 2 tsp<br>Basil (ground): 1 tsp<br>Bay leaf: 2 tsp<br>Caraway seed: ½ tsp<br>Cardamom: ½ tsp<br>Cayenne pepper: ½ tsp<br>Celery seed: 1 tsp<br>Chili powder: ½ tsp<br>Cilantro: 1 Tbsp<br>Cinnamon: ½ tsp<br>Cloves (whole): 1 tsp<br>Cloves (ground): ½ tsp<br>Coriander seed: 1 tsp<br>Crushed red pepper: ½ tsp<br>Cumin seed (whole or ground): 1 tsp | Curry powder: ½ tsp<br>Dill seed: ½ tsp<br>Dill weed: 1 tsp<br>Fennel seed: ½ tsp<br>Fenugreek seed: ¼ tsp<br>Garlic powder: ½ tsp<br>Ginger (ground): ½ tsp<br>Mace: 1 tsp<br>Marjoram: 2 tsp<br>Mustard seed (ground): 1 tsp<br>Nutmeg: ½ tsp<br>Onion powder: ½ tsp<br>Oregano (whole leaves): 1 tsp<br>Oregano (ground): ½ tsp<br>Paprika: ½ tsp<br>Parsley: 1 Tbsp<br>Pepper: ½ tsp<br>Poppy seed: 1 tsp | Poultry seasoning: 1 tsp<br>Pumpkin pie spice: ½ tsp<br>Rosemary: 1 tsp<br>Saffron: 1 tsp<br>Sage: 2 tsp<br>Salt: ¼ tsp<br>Savory: 1 tsp<br>Spearmint: 1 Tbsp<br>Spice mixes: ½ tsp<br>Tarragon (whole leaves): 1 Tbsp<br>Tarragon (ground): 1 tsp<br>Thyme (whole leaves or ground): 1 tsp<br>Turmeric: ½ tsp |

## Condiment List (cont.)

| Sauces & Syrups   |  |
|---|--|
| Barbecue sauce (regular): ½ tsp<br>Barbecue sauce (sugar-free): 1 Tbsp<br>Catsup (regular): ½ tsp<br>Catsup (reduced sugar): 1 Tbsp<br>Cocktail sauce (regular): ½ tsp<br>Fish sauce: 1 Tbsp<br>Honey mustard sauce: ½ tsp<br>Horseradish: 1 tsp<br>Hot sauce: 2 Tbsp<br>Mustard (dijon): 1 tsp<br>Mustard (yellow): 1 Tbsp<br>Oyster sauce: 1 tsp<br>Salsa (tomato): 1 Tbsp  | Soy sauce (regular or low sodium): 1 Tbsp<br>Sriracha: 1 tsp<br>Steak sauce: 1 tsp<br>Sweet and sour sauce: ½ tsp<br>Syrups/Flavorings (sugar-free Torani & Walden Farms, Inc.): 2 Tbsp<br>Teriyaki sauce: 1 tsp<br>Tomato paste: 1 tsp<br>Vinegar (cider, white, wine): ¼ cup<br>Vinegar (balsamic): 1 tsp<br>Wasabi: ½ tsp<br>Worcestershire sauce: ½ tsp  |
| Dairy, Cheese & Milk Substitutes  |  |
| Butter Buds: ½ tsp<br><br><b>Cheeses:</b><br>Blue, feta, parmesan (regular): 1 Tbsp<br>Blue, feta, parmesan (reduced-fat): 2 Tbsp<br>Cream cheese (regular): ½ Tbsp<br>Cream cheese (light): 1 Tbsp<br><br><b>Cream substitutes:</b><br>Liquid or powdered (regular): ½ tsp<br>Liquid or powdered (sugar-free): 1 tsp<br><br>Greek yogurt (plain, nonfat or low-fat): 2 Tbsp<br>Sour Cream (regular or light): 1 Tbsp<br>The Laughing Cow Spreadable Cheese: 1 wedge  | Whipped Topping (Cool Whip): 1 Tbsp<br>Whipped Topping (pressurized, Reddi-whip): 2 Tbsp<br><br><b>Milks:</b><br>Almond (refrigerated, unsweetened original or unsweetened vanilla): 1 cup<br>Cashew (refrigerated, unsweetened original or unsweetened vanilla): 1 cup<br>Coconut (canned, regular): 1 Tbsp<br>Coconut (canned, light): 2 Tbsp<br>Coconut (refrigerated, unsweetened original or unsweetened vanilla): ½ cup<br>Cow's (unflavored): 1 Tbsp<br>Rice (unsweetened): 1 Tbsp<br>Soy (unsweetened): 2 Tbsp                   |
| Baking & Cooking Ingredients  |  |
| Almond flour: 2 tsp<br>Baker's yeast: ½ tsp<br>Baking powder: ½ tsp<br>Baking soda: 1 tsp<br>Bouillon: 1 cube<br>Broth or stock: ½ cup - 1 cup (varies based on brand and flavor - use serving size for lg carb or less)<br>Bran - wheat, rice, corn: ½ tsp<br>Cocoa powder (unsweetened): 1 tsp<br>Coconut (shredded, unsweetened): 2 tsp<br>Cooking oil spray (Pam): 10, ¼ second sprays<br>Cornmeal: ½ tsp<br>Cream of tartar: ½ tsp<br>Extracts: 1 tsp<br>Imitation butter: 10 sprays<br>Lemon or lime juice: 2 tsp<br>Lemon or lime zest: 1 Tbsp | Liquid egg substitute: 3 Tbsp<br>Nutritional yeast (small flakes): 1 tsp<br>Nutritional yeast (large flakes): 2 tsp<br>Onion (chopped): 1 Tbsp<br>Pine nuts: ½ ounce (~20 kernels)<br>Ranch dressing mix: ½ tsp<br>Seaweed (dried): 1 Tbsp<br>Seaweed (fresh): 2 Tbsp<br><br><b>Seeds:</b><br>Chia Seeds: ½ tsp<br>Hemp Seeds: 1 tsp<br>Flax Seeds (whole or ground): 1 tsp<br>Poppy Seeds: 1 tsp<br>Pumpkin Seeds: 1 tsp<br>Sesame Seeds: 1 tsp<br>Sunflower Seeds (kernel only): 1 tsp<br>Slivered almonds: 2 tsp<br>Wheat germ: ½ tsp |
| Flavor Enhancers  |  |
| Calorie-free sweetener: 1 packet<br>Crystal Light "On the Go" sticks: ½ packet<br>Liquid stevia: 5 drops<br>Mio: ½ tsp<br>Monk Fruit In The Raw Sweetener: 1 packet   | Stevia In The Raw Sweetener: 1 packet<br>True Lemon or True Lime: 1 packet<br>Truvia: ½ packet   |

# Additional Resources

## 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.

## Recipe Conversion

To help you make delicious and plan approved Lean & Green meals, check out the **OPTAVIA** App for a myriad of suggestions. For those times when you are making your own recipes, you may use the Lean & Green meal parameters below.

## Lean & Green Meal Nutritional Parameters:

- 250-400 calories
- ≤20 grams total carbohydrate (ideally <15 grams)
- 10-20 grams total fat
- ≥25 grams protein

## Dining Out Guide

At **OPTAVIA**, we understand that there will be times when you are out with friends and family and need to make healthy eating decisions. Our "[Dining Out Guide](#)" located on [Client Answers](#) (ANSWERS.OPTAVIA.com) will empower you to make healthier choices, whether you are dining out, picking up take-out after a busy day or taking part in a special occasion.



# The Optimal Weight 5 & 1 Plan

Our clinically proven Optimal Weight 5 & 1 Plan teaches you to eat six small meals a day - one every two to three hours - an important habit to help you maintain a healthy weight. With the support of your independent **OPTAVIA** Coach and our Community you will start making progress right away.

Five of your daily meals are **OPTAVIA** Fuelings. 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.

Your **OPTAVIA** Coach can help you choose your Fuelings at the start, and you will soon discover your own favorites. In addition to five Fuelings each day, you will learn another healthy habit, how to make a Lean & Green meal for you and your family.

To download or view our complete [Optimal Weight 5 & 1 Plan Guide](#), which includes a journal to track your first 30 days on plan, visit [Client Answers](#) (ANSWERS.OPTAVIA.com).



A day on the  
OPTIMAL WEIGHT

5 & 1  
Plan®

## Sample Meal Plan: Optimal Weight 5 & 1 Plan

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

### Example Day 1

**Breakfast:** 1<sup>st</sup> Fueling - Peanut Butter & Chocolate Chip Bar

**Mid-Morning:** 2<sup>nd</sup> Fueling - Roasted Garlic Mashed Potatoes

**Lunch:** 3<sup>rd</sup> Fueling - Decadent Chocolate Brownie Mix

**Mid-Afternoon:** 4<sup>th</sup> Fueling - Wild Strawberry Shake Mix

**Dinner:** Lean & Green Meal -

- 5 oz. grilled salmon
- 1 ½ cups cooked asparagus

**Evening:** 5<sup>th</sup> Fueling - Chocolate Mint Cookie Crisp Bar

## Extras

### 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 independent **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 pickle 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.



## Transitioning from the Optimal Weight 5 & 1 Plan

Many people will need more time to achieve their healthy weight, and that is perfectly okay! Consistency is key, so remember to keep going!

Your journey is gradual progress. **OPTAVIA** provides you with the tools and resources to help reach your goals when you are ready. Visit **OPTAVIA Client Answers** ([ANSWERS.OPTAVIA.com](https://ANSWERS.OPTAVIA.com)) for more information.

**If you feel ready to take the next step, review the checklist below to ensure you are on the right path:**

- Have you achieved a healthy weight?
- Are you ready to continue your journey to UltraHealth?
- Have you reached out to your **OPTAVIA** Coach to discuss your transition plan?

During this time continue to use *Your LifeBook* to reset and create a new action plan and timeline that works for you. You can do it!

# Transitioning

Congratulations, 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.

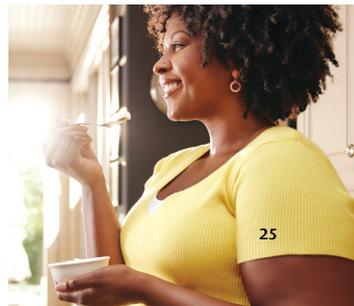
## sample transition chart

|                 | Target Number of Calories | Fuelings   | Lean & Green Meals | Additions  |
|-----------------|---------------------------|--|--------------------|--|
| <b>WEEK 1</b>   | 850<br>-<br>1,050         | 5 Total Fuelings<br>□□□□□                                    | 1                  | <input type="checkbox"/> 1 cup (2 servings) of your favorite vegetables (any kind)   |
| <b>WEEK 2</b>   | 900<br>-<br>1,150         | 4 Total Fuelings<br>□□□□<br><i>Note:</i><br>Remove 1 Fueling | 1                  | <input type="checkbox"/> 1 cup of your favorite vegetables (any kind)<br><b>IN WEEK 2 ADD:</b><br><input type="checkbox"/> 2 medium-sized pieces of fruit<br>OR 1 cup (2 servings) of cubed fruit or berries*  |
| <b>WEEK 3</b>   | 1,100<br>-<br>1,300       | 4 Total Fuelings<br>□□□□                                     | 1                  | <input type="checkbox"/> 1 cup of your favorite vegetables (any kind)<br><input type="checkbox"/> 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries*<br><b>IN WEEK 3 ADD:</b><br><input type="checkbox"/> 1 cup (2 servings) of low-fat or fat-free dairy  |
| <b>WEEK 4-6</b> | 1,100<br>-<br>1,550       | 3 Total Fuelings<br>□□□<br><i>Note:</i><br>Remove 1 Fueling  | 1                  | <input type="checkbox"/> 1 cup of your favorite vegetables (any kind)<br><input type="checkbox"/> 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries*<br><input type="checkbox"/> 1 cup of low-fat or fat-free dairy<br><b>IN WEEKS 4 - 6 ADD:</b><br><input type="checkbox"/> 4-6 oz. (1 serving)** of lean meat AND<br><input type="checkbox"/> 1 serving of whole grain*** |

\* 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. For our complete list of Healthy Exchange Options please refer to [page 37](#).



## Sample Transition Meal Plans

### Week 1: Add vegetables (850 - 1,050 target calories)

- Add any vegetable from the "Green Options List" of this guide, reference the charts on page 16.
- You're now eating 5 Fuelings, 1 Lean & Green meal and 1 additional cup of vegetables.

| Breakfast           | Mid-morning Fueling         | Lunch  | Mid-afternoon Fueling                  | Dinner                                     | Evening Fueling             |
|---------------------|-----------------------------|--|--|--|-----------------------------|
| Golden Pancakes Mix | Sweet Blueberry Biscuit Mix | Cheesy Buttermilk Cheddar Mac w/ 1 cup diced tomato & green pepper | Zesty Cheddar & Italian Herb Crunchers | 5 oz. grilled salmon w/ 1 ½ cups asparagus | Chocolate Fudge Pudding Mix |

### Week 2: Add fruit (900 - 1,150 target calories)

- Remove one Fueling.
- You're now eating 4 Fuelings, 1 Lean & Green meal, 1 additional cup of vegetables and 2 medium-sized pieces of fruit or 1 cup of cubed fruit or berries.

| Breakfast   | Mid-morning Fueling        | Lunch  | Mid-afternoon Fueling | Dinner   | Evening Fueling               |
|---|----------------------------|--|-----------------------|--|-------------------------------|
| Cranberry Honey Nut Granola Bar & 1 medium banana | Creamy Chocolate Shake Mix | Red Bean & Vegetable Chili Mix w/ 1 cup baby carrots | 1 medium pear         | 6 oz. grilled halibut w/ 1 ½ cups zucchini & 1 tsp olive oil | Mint Chocolate Soft Serve Mix |

### Week 3: Add dairy (1,100 - 1,300 target calories)

- Dairy includes low-fat and sugar-free yogurt, milk or Lactaid product.
- You're now eating 4 Fuelings, 1 Lean & Green meal, 1 additional cup of vegetables, 2 medium-sized pieces of fruit or 1 cup of cubed fruit or berries and 1 cup of low-fat or fat-free dairy.

| Breakfast                 | Mid-morning Fueling                | Lunch                                   | Mid-afternoon Fueling                                | Dinner  | Evening Fueling      |
|---------------------------|------------------------------------|---|--|---|----------------------|
| Velvety Hot Chocolate Mix | Peanut Butter & Chocolate Chip Bar | 5 oz. baked salmon w/ 1 ½ cups broccoli | Creamy Chocolate Shake Mix blended w/ 1 cup cherries | Rustic Tomato Herb Penne w/ 1 cup sliced bell pepper & cucumber | 1 cup low-fat yogurt |

### Week 4-6: Add whole grains (1,100 - 1,550 target calories)

- Remove one Fueling.
- You're now eating 3 Fuelings, 1 Lean & Green meal, 1 additional cup of vegetables, 2 medium-sized pieces of fruit or 1 cup of cubed fruit or berries, 1 cup of low-fat or fat-free dairy and 1 portion of whole-grain starch.

| Breakfast   | Mid-morning Fueling       | Lunch   | Mid-afternoon Fueling | Dinner  | Evening Fueling                 |
|---|---------------------------|---|-----------------------|---|---------------------------------|
| Red Berry Crunchy O's Cereal w/ 1 cup low-fat milk & ½ cup strawberries | Caramel Delight Crisp Bar | 4 oz. grilled chicken breast w/ 1 cup cooked spaghetti squash | 1 medium apple        | 6 oz. turkey breast (skinless) w/ 1 ½ cups green beans, 1 small sweet potato (3 oz.) & 1 Tbsp reduced-fat margarine | Chewy Chocolate Chip Cookie Mix |

*your best life  
is waiting*



# The Optimal Weight 4 & 2 & 1 Plan

Our Optimal Weight 4 & 2 & 1 Plan is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight.

## It's as simple as this:

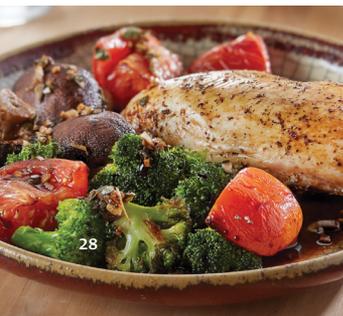
- Eat 4 Fuelings + 2 Lean & Green meals + 1 healthy snack
- Eat six times daily, once every two to three hours

Each **OPTAVIA** Fueling has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team. Each Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 4 & 2 & 1 Plan. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass.

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

In addition to four Fuelings each day, you will 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.

To download or view our complete [Optimal Weight 4 & 2 & 1 Plan Guide](#), which includes a journal to track your first 30 days on plan, visit [Client Answers](#) (ANSWERS.OPTAVIA.com).



## Sample Meal Plan: Optimal Weight 4 & 2 & 1 Plan

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

### Day 1

**Breakfast:** 1<sup>st</sup> Fueling - Golden Chocolate Chip Pancake Mix

**Mid-Morning:** 2<sup>nd</sup> Fueling - Chocolate Fudge Pudding Mix

**Lunch:** 1<sup>st</sup> Lean & Green Meal

- 6 oz. baked chicken
- 3 cups spring mix
- 2 Tbsp reduced-fat, low-carbohydrate salad dressing

**Mid-Afternoon:** 3<sup>rd</sup> Fueling - Campfire S'mores Crisp Bar

**Dinner:** 2<sup>nd</sup> Lean & Green Meal + Healthy Snack

- 5 oz. grilled salmon
- 1 ½ cups cooked asparagus
- **OPTAVIA** Puffed Ranch Snacks

**Evening:** 4<sup>th</sup> Fueling - Homestyle Chick'n Noodle Soup Mix

## Healthy Snacks

On the Optimal Weight 4 & 2 & 1 Plan you may incorporate an **OPTAVIA** Snack, starch, fruit or dairy choice into one of your meal times. Talk to your **OPTAVIA** Coach about plan-approved snacks which include the following **OPTAVIA** Snacks:

- Puffed Sweet & Salty Snacks
- Puffed Ranch Snacks
- Olive Oil & Sea Salt Popcorn
- Sharp Cheddar & Sour Cream Popcorn

To view a more detailed list of available healthy snacks please refer to [page 32](#).



# The Optimal Weight 5 & 2 & 2 Plan

Our [Optimal Weight 5 & 2 & 2 Plan](#) is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight. The Optimal Weight 5 & 2 & 1 Plan can meet the needs of a wide range of individuals.

## It is suitable for you if you:

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

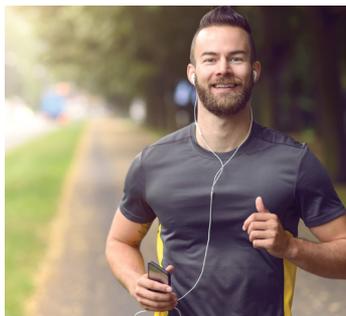
## It's as simple as this:

- Eat 5 Fuelings + 2 Lean & Green meals + 2 healthy snacks
- Eat six times daily, once every two to three hours

While 5 & 2 & 2 does not add up to six, this guide will show you how you can plan your meals throughout the day and add variety, too! Each **OPTAVIA** Fueling has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team. Each Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 5 & 2 & 2 Plan. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass.

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

In addition to five Fuelings each day, you will 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.



## Sample Meal Plan: Optimal Weight 5 & 2 & 2 Plan

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

### Day 1

**Breakfast:** 1<sup>st</sup> Fueling + 1<sup>st</sup> Healthy Snack

- Red Berry Crunchy O's Cereal
- 1 cup low-fat milk

**Mid-Morning:** 2<sup>nd</sup> Fueling - Creamy Vanilla Shake Mix

**Lunch:** 1<sup>st</sup> Lean & Green Meal + 3<sup>rd</sup> Fueling

- 6 oz. baked chicken
- 3 cups spring mix
- 2 Tbsp reduced-fat, low-carbohydrate salad dressing
- Creamy Double Peanut Butter Crisp Bar

**Mid-Afternoon:** 4<sup>th</sup> Fueling - Red Bean & Vegetable Chili Mix

**Dinner:** 2<sup>nd</sup> Lean & Green Meal + 2<sup>nd</sup> Healthy Snack

- 5 oz. grilled salmon
- 1 ½ cups cooked asparagus
- **OPTAVIA** Olive Oil & Sea Salt Popcorn

**Evening:** 5<sup>th</sup> Fueling - Cinnamon Sugar Sticks

### Healthy Snacks

On the Optimal Weight 5 & 2 & 2 Plan you may incorporate an **OPTAVIA** Snack, starch, fruit or dairy choice into one of your meal times. Talk to your **OPTAVIA** Coach about plan-approved snacks which include the following **OPTAVIA** Snacks:

- Puffed Sweet & Salty Snacks
- Puffed Ranch Snacks
- Olive Oil & Sea Salt Popcorn
- Sharp Cheddar & Sour Cream Popcorn

To view a more detailed list of available healthy snacks please refer to [page 32](#).



# Healthy Snacks

On the Optimal Weight 4 & 2 & 1 Plan and the Optimal Weight 5 & 2 & 2 Plan, you may incorporate starches, fruits, dairy or **OPTAVIA** Snacks into one or two of your meal times. Remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control.

While the Optimal Weight 4 & 2 & 1 Plan and the Optimal Weight 5 & 2 & 2 Plan do not add up to six, remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control. We recommend choosing a variety of foods from the categories below throughout each week. Variety is an integral part of healthy eating. Have fun with it! The combination of each plan component ensures that you get all the nutrition you need for healthy weight-loss.

## Starch

### A healthy snack serving of starch is:

- 1 slice whole-grain bread (3g or more fiber/slice)
- 2 slices low-calorie, light, whole-grain bread (about 40 calories/slice)
- $\frac{3}{4}$  cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
- $\frac{1}{2}$  cup cooked cereal
- $\frac{1}{2}$  cup peas, corn
- 1 cup winter squash
- $\frac{1}{4}$  large (3 oz.) baked potato
- $\frac{1}{3}$  cup cooked brown rice
- $\frac{1}{3}$  cup cooked whole-wheat pasta
- $\frac{1}{2}$  cup cooked beans or lentils

*Note: Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye and whole oats.*

## Fruit

### A healthy snack serving of fruit is:

- 1 small (4 oz.) piece of fresh fruit such as pear, apple, orange, etc.
- $\frac{1}{2}$  cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- $\frac{3}{4}$  cup fresh berries
- $\frac{1}{2}$  cup canned fruit such as peaches, pears or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- $\frac{1}{2}$  large grapefruit
- $\frac{1}{2}$  large or 1 extra-small banana

## Dairy

### A healthy snack serving of dairy is:

- $\frac{3}{4}$  cup (6 oz.) low-fat yogurt (fewer than 120 calories)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond or cashew)
- $\frac{1}{2}$  cup fat-free evaporated milk

*Note: Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be considered a dairy option and therefore cannot be counted as a healthy snack. See the [‘Vegetarian Information Sheet’](#) located on [OPTAVIA Client Answers](#) (ANSWERS.OPTAVIA.com) for information about including cheese as a lean protein choice in your weight-loss plan.*

# What's Next?

Many people will need more time to achieve their healthy weight, and that is perfectly okay! Consistency is key, so remember to keep going!

Your journey is gradual progress. **OPTAVIA** provides you with the tools and resources to help reach your goals when you are ready. Visit [OPTAVIA Client Answers](https://www.optavia.com) ([ANSWERS.OPTAVIA.com](https://www.optavia.com)) for more information.

If you feel ready to take the next step, review the checklist below to ensure you are on the right path:

Have you achieved a healthy weight?

Are you ready to continue your journey to UltraHealth?

Have you reached out to your **OPTAVIA** Coach to discuss your maintenance plan?

During this time continue to use *Your LifeBook* to reset and create a new action plan and timeline that works for you. You can do it!



## The Optimal Health 3 & 3 Plan

### Continuing your path to optimal health.

Once you have transitioned off of the Optimal Weight 5 & 1 Plan and achieved your healthy weight, it's crucial to maintain the good habits you have learned. To help you sustain your healthy weight, we have developed the Optimal Health 3 & 3 Plan.

This plan focuses on nutritionally balanced, small meals eaten every two to three hours, like our Optimal Weight Plans, while integrating more food choices in the right portions. It's easy to follow the Optimal Health 3 & 3 Plan, just consume three Optimal Health Fuelings and three balanced meals daily. If you choose to replace an Optimal Health Fueling with one of your favorite **OPTAVIA** Fuelings used during weight loss, remember to include an additional Healthy Exchange item from the list starting on [page 37](#).

Your independent **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians. Remember, your **OPTAVIA** Coach is there to help steer you to success and celebrate your journey!

Ready? Let's get started.

# The Optimal Health 3 & 3 Plan in Three Easy Steps

## Step 1

**Calculate your Total Energy Expenditure (TEE), which is the number of calories you burn each day.**

Visit our '[Optimal Health 3 & 3 Program](#)' webpage located under the 'Products & Programs' section of [OPTAVIA.com](#) for our total energy expenditure calculator. The Optimal Health 3 & 3 Plan takes a common sense approach to sustaining a healthy weight based on balancing your food intake with the calories you burn. Remember, increasing your activity is also an important part of maintaining a healthy weight.



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

## Step 2

**Choose your meal plan based on your TEE.**

When you know what optimal nutrition looks like, healthy eating becomes second nature. Our registered dietitians have developed a variety of meal plans ranging from 1,200 - 2,500 calories. Visit our '[Program Guides & Information Sheets](#)' section on [OPTAVIA Client Answers](#) (ANSWERS.OPTAVIA.com) to view our '[Optimal Health 3 & 3 Plan Sample Meal Plans](#).'

## Step 3

**Familiarize yourself with the plan's food groups, which include fruits, dairy, starches, proteins, fats and vegetables.**

To add variety, select foods from the 'Healthy Exchange List' as substitutions. You can also have one Free Choice each day. All of the food and beverage options in the 'Healthy Exchange List' are approximately 100 calories and can also be used as a "Free Choice". Our list of options can be found on next few pages of this guide.

**Need help?** If you need help calculating your TEE and getting started on the Optimal Health 3 & 3 Plan, contact your **OPTAVIA** Coach or our Nutrition Support team at 1.888.OPTAVIA or [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com) for more information.

# Healthy Exchange Options

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into the Optimal Health 3 & 3 Plan! We list a variety of food options with serving sizes around 100 calories and 15g of carbohydrate or less. You will also find recommended serving sizes for alcohol and sweet treats that can occasionally be incorporated into your Optimal Health 3 & 3 Plan as the "Free Choice."

The best path to optimal health includes eating a well-balanced diet with a variety of:

- Fruits
- Low-fat dairy foods
- Lean protein
- Whole grains
- Healthy fats
- Vegetables

The amounts of food you will eat from each food group depends on the number of calories you burn each day (i.e. your total energy expenditure). If you haven't already, work with your **OPTAVIA** Coach to calculate your total energy expenditure, and then use our list of Healthy Exchanges to help create balanced meals.

On the Optimal Weight 4 & 2 & 1 Plan and Optimal Weight 5 & 2 & 2 Plan, you may incorporate one to two servings (depending on your plan) of starch, fruit or dairy as your healthy snack each day. Only choose options from the fruit, starch and dairy food lists on these plans. For more information and a list of choices, please see your Plan Guide



**Recommended readings:** Part 2.3-2.6 in *Dr. A's Habits of Health, Second Edition* and Elements 08-09 in *Your LifeBook*.



# Healthy Exchange List

Note: The Healthy Exchange List is designed specifically for the Optimal Health 3 & 3 Plan. The options listed are not suitable substitutions for **OPTAVIA** Fuelings during the weight-loss phase of the program.

| OPTAVIA Fuelings  |  |
|-------------------|--|
| 1 OPTAVIA Fueling |  |

| Fruit         |   |
|---------------|---|
| Amount        | Food  |
| 1 (4 oz.)     | Fresh whole fruit, small (apple, pear, orange)  |
| ½ cup         | Chopped fresh fruit                             |
| ½ cup         | Canned fruit (no sugar added)                   |
| ½ cup (4 oz.) | 100% fruit juice                                |
| 2 Tbsp        | Dried fruit                                     |
| 2             | Tangerines or plums, small                      |
| 17            | Grapes, small                                   |
| 12            | Cherries  |
| ¾ cup         | Berries   |
| 1 oz.         | Coji berries (dried, unsweetened)               |
| 3             | Dates   |
| 1             | Kiwi  |
| 1 cup         | Melon, cubed (cantaloupe, honeydew, watermelon) |
| ½ (4 oz.)     | Banana, large                                   |

## Tips for Fruit:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety and less sugar.

| Dairy         |   |
|---------------|---|
| Amount        | Food  |
| 1 cup (8 oz.) | Fat-free or low-fat milk                    |
| 1 cup (8 oz.) | Milk substitute (soy, rice, almond, cashew) |
| ½ cup (4 oz.) | Evaporated milk                             |
| ¾ cup (6 oz.) | Nonfat or low-fat yogurt (including Greek)  |
| 1 cup (8 oz.) | Kefir                                       |

## Tips for Dairy:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes – ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.

# Healthy Exchange List (cont.)

| Protein |   |
|---------|---|
| Amount  | Food  |
| 2 oz.   | <b>Lean beef:</b> select or choice grades trimmed of fat- ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin |
| 1 oz.   | Beef jerky*   |
| 1 oz.   | <b>Beef:</b> corned beef, ground beef, meatloaf, Prime grades trimmed of fat, short ribs, tongue  |
| 2 oz.   | Cheese with 3g of fat or fewer per oz.  |
| 1 oz.   | Cheese with 4-7g of fat per oz.   |
| 1       | Egg   |
| ½ cup   | Low-fat cottage cheese  |
| ½ cup   | Egg substitute  |
| 4       | Egg whites  |
| 2 oz.   | <b>Fish:</b> fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna   |
| 2 oz.   | <b>Shellfish:</b> clams, crab, imitation shellfish, lobster, scallops, shrimp   |
| 1 oz.   | <b>Fish:</b> smoked: herring or salmon (lox)*   |
| 2 oz.   | <b>Game:</b> buffalo, ostrich, rabbit, venison  |
| 2 oz.   | <b>Lamb:</b> chop, leg or roast   |
| 12      | Oysters, medium   |
| 2 oz.   | Canadian bacon*   |
| 2 oz.   | <b>Poultry (without skin):</b> chicken, Cornish hen, domestic duck or goose, turkey   |
| 2 oz.   | Canned tuna, salmon or sardines in water  |
| 2 oz.   | Sausage with 3g of fat or fewer*  |
| 1 oz.   | <b>Veal:</b> loin, chop, roast  |
| 1 patty | Meatless burger   |
| 4 oz.   | Tofu  |
| ¼ cup   | Tempeh  |
| 2 oz.   | Seitan  |
| ¼ cup   | Hummus  |

\* High in Sodium.

## Tips for Protein:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin and chuck shoulder and arm roasts.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



| Starch            |  |
|-------------------|--|
| Amount            | Food   |
| 1 slice           | Bread  |
| 2 slices          | Reduced-calorie bread  |
| ½                 | Pita, 6 inches in diameter   |
| 1                 | Tortilla, 6 inches in diameter   |
| ¼                 | Naan, 8 inches by 2 inches   |
| 1 small, 6 inches | Roti/chapatti  |
| 1 piece           | Matzoh   |
| ½                 | English muffin, hamburger or hot dog bun   |
| 1                 | Mini bagel   |
| ½ cup             | Hot cereal, cooked (oatmeal, cream of wheat)   |
| ¼ cup             | Oat bran   |
| 3 Tbsp            | Wheat germ   |
| ¾ cup             | Ready-to-eat, unsweetened cereal   |
| ½ cup             | Sweetened cereal   |
| ¼ cup             | Granola or muesli (low-fat or regular)   |
| ½ cup             | Bulgur, wheat bran   |
| ½ cup             | Cooked barley, freekeh, farro, couscous, millet, pasta, polenta, quinoa, white or brown rice, amaranth |
| 1 oz.             | Soba noodles   |
| ½ cup             | Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)                                   |
| 1 cup             | Winter squash (acorn, butternut, pumpkin)  |
| ½ cup             | Beans and lentils, cooked (mung beans, pinto beans, black beans)                                       |
| ½ cup             | Adzuki beans, cooked   |
| ½ medium (3 oz.)  | Baked potato (all varieties)   |
| ¾ oz.             | Pretzels   |
| 3 cups            | Air-popped popcorn   |
| 6                 | Crackers   |
| 2                 | Rice cakes   |
| 15 (¾ oz.)        | Baked chips (potato, tortilla, pita)   |
| ¾ cup             | Hominy, canned   |

### Tips for Starches:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole wheat pasta instead of white, etc.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Choose beans and lentils for extra protein and fiber. Soak dried beans overnight to reduce cooking time.
- If you're choosing canned, be sure to rinse through a colander to remove excess sodium.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white bread crumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal as croutons in a salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label, and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for products without added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar) that add extra calories.
- Look for 100-calorie sandwich rolls, often labeled "rounds," "flats" or "thins."

## Healthy Exchange List (cont.)

| Fats           |                     |          |                                 |
|----------------|---------------------|----------|---------------------------------|
| Amount         | Food                | Amount   | Food                            |
| 2 tsp          | Oil (any type)      | 1 Tbsp   | Tahini                          |
| 1 Tbsp         | Nut butter          | 2 Tbsp   | Seeds (sesame, sunflower, flax) |
| 12             | Almonds             | 1 Tbsp   | Chia seeds                      |
| 12             | Cashews             | 2 slices | Bacon, cooked                   |
| 20             | Peanuts             | ½ cup    | Light coconut milk              |
| 32             | Pistachios          | 2 Tbsp   | Cream cheese                    |
| 1-2 Tbsp       | Salad dressing      | ¼ cup    | Guacamole                       |
| 2 tsp          | Butter or margarine | 1 ½ Tbsp | Pesto                           |
| 4 Tbsp (2 oz.) | Avocado             | 2 Tbsp   | Baba ghanouj                    |
| 16-20          | Olives (large)      | 2 tsp    | Ghee                            |

### Tips for Fats:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.

| Non-starchy Vegetables                     |   |
|--|---|
| Amount                                     | Food  |
| ½ cup cooked vegetables or vegetable juice | Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, leafy greens (Collard, kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress, etc.), sauerkraut*, spinach, squash (summer, crookneck, zucchini), sugar snap peas, Swiss chard, tomatoes, tomato/vegetable juice*, turnips, water chestnuts |
| 1 cup raw vegetables                       |   |

\* May be high in Sodium.

### Tips for Non-starchy Vegetables:

- If you eat 3 cups or more of raw vegetables or 1 ½ cups of cooked non-starchy vegetables in a meal, count them as 1 Healthy Exchange option.
- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Starchy vegetables such as corn, peas, potatoes and winter squash have more calories and carbohydrates, so they are listed on the Starch List.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes and onions, into sandwiches, omelets, stir fries and pasta or rice dishes.
- Aim to fill half of your plate with non-starchy vegetables at meals. They are low in calories and provide a great source of fiber, vitamins and minerals.

# Healthy Exchange List: Free Choice Only

## OPTAVIA Fuelings

1 OPTAVIA Fueling

## Alcohol

| Amount      | Beverage   |
|-------------|--|
| 8 fl. oz.   | Beer   |
| 12 fl. oz.  | Light beer   |
| 1 ½ fl. oz. | Distilled spirits: vodka, rum, gin, whiskey (80 or 86 proof) |
| 2 fl. oz.   | Sake   |
| 5 fl. oz.   | Wine: dry, red or white                                      |
| 3 ½ fl. oz. | Wine: dessert (sherry)                                       |

### Tips for Alcohol:

- If you choose to drink alcohol, keep in mind that it contributes extra, unnecessary calories, may stimulate the appetite and may lead to dehydration. Alcohol does not offer any nutritional value.
- Choose a distilled spirit and zero-calorie chaser (for example, rum and Diet Coke, vodka and Diet Sprite or Sprite Zero, gin and diet tonic, etc.) which will not add carbohydrates.
- Avoid mixed drinks such as margaritas, daiquiris, etc. which are high in calories and sugar.
- Drink a glass of water in between every alcoholic beverage.
- Always drink alcohol with food and do not skip meals to make up for liquid calories.

## Sweets & Desserts

| Amount                      | Food                               |
|-----------------------------|------------------------------------|
| 4 pieces                    | Chocolate "Hershey Kisses"         |
| ¼ (1 oz.)                   | Muffin                             |
| ½ cup                       | Low-fat ice cream                  |
| 1 inch square               | Frosted cake                       |
| 1 (2 ¼ inches across)       | Chocolate chip cookie              |
| 4 oz.                       | Fat-free pudding                   |
| ½ of cake (about 2 oz.)     | Angel food cake                    |
| 1 inch square (about 1 oz.) | Brownie                            |
| 3                           | Gingersnap cookies                 |
| 4                           | Vanilla wafer cookies              |
| 1                           | Mini ice cream sandwich            |
| 1                           | Fun-size candy bar                 |
| 3 pieces                    | Licorice twists                    |
| 1 oz.                       | Fruit snacks                       |
| 2 strips                    | Fruit leather                      |
| 1 square (14 grams)         | Dark chocolate (at least 70% dark) |
| 1 oz.                       | Unsweetened cacao nibs             |

### Tips for Sweets & Desserts:

- Limit the consumption of sweets & desserts, as they provide calories without offering nutritional value.
- Indulge in sweets & desserts after consuming a balanced meal to help keep blood sugar stable.
- Keep in mind that sweets & desserts may increase cravings and lead to overeating.

# Congratulations!

You are on the right path - be proud of all you have accomplished for yourself and for those around you.

Fully immersed in the **OPTAVIA** Community, you will continue to build powerful connections with other like-minded, like-hearted individuals. As you begin this next phase of your journey toward Ultrahealth, take time to write down what you envision for your future.

What will you do each day to continue improving your health and wellbeing? Continue sharing **OPTAVIA**'s mission with others and pay it forward! Your transformation will be an inspiration to others. Those around you have likely noticed your transformation and you can have an impact on others. If you would like to help your friends and family get healthy, refer them to your **OPTAVIA** Coach. Or, many **OPTAVIA** Clients decide to share this gift with others and become an **OPTAVIA** Coach!

Making the decision to become an **OPTAVIA** Coach can not only help with your own accountability, but may assist many others in achieving their health goals. Reach out to your **OPTAVIA** Coach to learn more about this powerful opportunity.

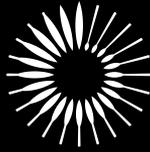


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Lifelong transformation,  
*one healthy habit at a time.®*

**#OPTAVIA**  
**#LifelongTransformation**





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**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 [OPTAVIA.com](http://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 labeled, 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 [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).



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