

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 20](#) 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*



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 the Optimal Weight 5 & 1 Plan; 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, 12 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 [pages 20-22](#)

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 5 & 1 Plan; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:

1 serving = ½ cup vegetables (unless otherwise specified)

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

Lower Carbohydrate		
1 cup	Collards (fresh/raw)	spinach (fresh/raw)
	endive	spring mix
	lettuce (green leaf, butterhead, iceberg, romaine)	watercress
	mustard greens	bok choy (raw)
Lower Carbohydrate		
½ cup	celery	arugula
	cucumbers	nopales
	white mushrooms	escarole
	radishes	jalapeño (raw),
	sprouts (alfalfa, mung bean)	Swiss chard (raw)
	turnip greens	bok choy (cooked)
	Moderate Carbohydrate	
	asparagus	kale
	cabbage	portabella mushrooms
	cauliflower	spinach (cooked)
eggplant	summer squash (scallop or zucchini)	
fennel bulb		
Higher Carbohydrate		
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 5 & 1 Plan, 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.