

Vegetarian Information Sheet

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. Whether you adopt a vegetarian diet for health, ecological, religious or ethical reasons, there are plenty of **OPTAVIA** Fuelings to fit into your lifestyle.

In fact, the Academy of Nutrition and Dietetics has suggested that fortified foods like **OPTAVIA** Fuelings are a great choice for those looking to lose or maintain their weight and follow a vegetarian lifestyle.¹

Each **OPTAVIA** Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat which helps promote a gentle, but efficient fat-burning state. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass. **OPTAVIA** Fuelings do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains BC30™ probiotic cultures, which help support digestive health as part of a balanced diet and healthy lifestyle.

¹ *Academy of Nutrition & Dietetics position paper Volume 116, Number 12. Page 1970-1975 (December 2016).*

Vegetarian Options:

NOTE: Please reference [Product Claims Sheet](#) for most up to date information. **OPTAVIA** Fuelings are **not** appropriate for those following a strict vegan lifestyle. As Fuelings & Products may be improved and updated from time to time, please first check the packaging in your order received for the list of ingredients as they may differ from the information found on [OPTAVIA.com](#).

Do not contain eggs or milk:

Cinnamon Crunchy O's Cereal Red Berry Crunchy O's Cereal Maple & Brown Sugar Oatmeal	Apple & Cinnamon Spiced Oatmeal Smoky BBQ Crunchers Puffed Sweet & Salty Snacks*	Olive Oil & Sea Salt Popcorn* Mixed Berry Flavor Infuser Mix* Strawberry Lemonade Flavor Infuser Mix*
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Contain milk but not eggs:

Caramel Delight Crisp Bar Chocolate Mint Cookie Crisp Bar Creamy Double Peanut Butter Crisp Bar Drizzled Chocolate Fudge Crisp Bar Frosted Cookie Dough Bar Peanut Butter & Chocolate Chip Bar Zesty Cheddar & Italian Herb Crunchers Jalapeño Cheddar Poppers Cinnamon Sugar Sticks	Honey Mustard & Onion Sticks Chewy Chocolate Chip Cookie Mix Chocolate Fudge Pudding Mix Velvety Hot Chocolate Drink Mix Frothy Cappuccino Drink Mix Cheesy Buttermilk Cheddar Mac Rustic Tomato Herb Penne Creamy Chocolate Shake Mix Creamy Vanilla Shake Mix	Mocha Shake Mix Rich Dark Chocolate Shake Mix Wild Strawberry Shake Mix Puffed Ranch Snacks* Sharp Cheddar & Sour Cream Popcorn* Optimal Health Chocolate Peanut Butter Shake Mix* Optimal Health Cookies & Cream Shake Mix*
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Contain eggs and milk:

Campfire S'mores Crisp Bar Cranberry Honey Nut Granola Bar Dark Chocolate Coconut Curry Bar Drizzled Berry Crisp Bar Frosted Cinnamon Spice Crisp Bar Raisin Oat Cinnamon Crisp Bar Zesty Lemon Crisp Bar	Golden Chocolate Chip Pancake Mix Golden Pancake Mix Decadent Chocolate Brownie Mix with Greek Yogurt Chips Coffee Soft Serve Mix Mint Chocolate Soft Serve Mix Sweet Blueberry Biscuit Mix	Caramel Macchiato Shake Mix Peanut Butter Shake Mix Roasted Garlic Mashed Potatoes Sour Cream & Chive Mashed Potatoes Optimal Health Dark Chocolate Dream Bar* Optimal Health Strawberry Yogurt Bar*
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* Not a Fueling. Make sure you are eating your daily requirement of **OPTAVIA** Fuelings according to your plan guidelines.

Vegetarian options for the Lean & Green™ Meal

Meatless options generally provide more carbohydrates than a typical serving of lean meat.

For the best chance of reaching your weight-loss goal sooner:

- Eliminate your optional snack.
- Choose the lowest carbohydrate foods from your lean protein and vegetable categories.
- Choose **OPTAVIA** Fuelings that are lower in carbohydrates (ex. shakes).

If you are following the [Optimal Weight 5 & 1 Plan®](#), you should avoid legumes (peas, beans, lentils, etc.) until you reach your weight-loss goal as these foods are too high in carbohydrates to keep you in the fat-burning state. These healthy choices can be reintroduced during the transition and maintenance phases.

Meatless Options List

Anyone can enjoy meatless meals; you don't have to be a vegetarian! The following list provides alternative "Lean" choices instead of meat. Since most meatless options provide more carbohydrates than a typical serving of meat, the options below have been organized to reflect their relative carbohydrate levels. To help ensure that you remain within the fat-burning state when incorporating meatless options, we recommend choosing lower carbohydrate vegetables and/or Fuelings (ex. shakes).

Sodium levels for meatless portions are represented: √ = 250 mg of sodium*

Leanest: 2 Healthy Fat servings needed		
Lower Carbohydrate		
• 14 egg whites √√ • 5 oz. seitan √√	• 2 cups (16 oz.) liquid egg substitute √√√	• 2 cups (16 oz.) liquid egg whites √√
Moderate Carbohydrate		
• 1½ cups (12 oz.) 1% cottage cheese √√√√		
Higher Carbohydrate		
• 15 Yves Veggie Cuisine Veggie Turkey Slices √√√ • 12 oz. non-fat (0%) plain Greek yogurt (<15g carb per 12 oz.) √	• Lightlife Smart Ground Plant-Based Crumbles: Original or Mexican 1 cup (165g) √ • Gardein Plant-Based Ground Beef 1¼ cups (145g) √	• Trader Joe's Beefless Ground 1 cup (165g) √√ • Quorn Meatless Steak-Style Strips 1½ cups (165g) √
Leaner: 1 Healthy Fat serving needed		
Lower Carbohydrate		
• 2 whole eggs + 4 egg whites √	• 2 whole eggs + 1 cup liquid egg substitute √	• Beyond Meat Beyond Beef Crumbles: Beefy or Feisty 1 cup (110g) √
Moderate Carbohydrate		
• 6 MorningStar Farms Veggie Breakfast Sausage Links √√√ • 3 MorningStar Farms Veggie Sausage Patties (Original) √√	• 18 MorningStar Farms Meal Starters Chick'n Strips √√ • 18 MorningStar Farms Meal Starters Steak Strips √√	
Higher Carbohydrate		
• 1½ cups (12 oz.) 2% cottage cheese √√√ • 12 oz. low-fat (2%) plain Greek yogurt (<15g carb per 12 oz.) √ • 3 MorningStar Farms Veggie Sausage Patties (Hot & Spicy) √√ • 1½ cups MorningStar Farms Meal Starters Grillers Recipe Crumbles √√	• 2 Yves Veggie Cuisine Good Veggie Burger patties √√ • 2 Boca All American Veggie Burgers (7g per patty) √√ • Tofurky Plant-Based Deli Slices (Oven Roasted, Peppered, Hickory Smoked) 10 slices (104g) √√	
Lean: No Healthy Fat serving needed		
Lower Carbohydrate		
• 3 whole eggs √	• 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3-6 grams fat/oz.) √√	• 9 oz. Trader Joe's Organic Extra Firm Sprouted Tofu
Moderate Carbohydrate		
• 8 oz. (1 cup) part-skim ricotta cheese (2-3 grams fat/oz.) √ • 5 oz. tempeh • ¾ Gardein Teriyaki Chick'n Strips package (140 grams) √ • 15 oz. Mori-Nu Silken Extra Firm Tofu √	• 9 oz. Nasoya Organic Firm or Extra Firm Tofu • 9 oz. Trader Joe's Organic Firm or Extra Firm Tofu √ • 6 oz. Trader Joe's High Protein Organic Super Firm Tofu • 3 Trader Joe's Meatless Breakfast Patties √√	
Higher Carbohydrate		
• 10 Gardein BBQ Chick'n Wings √√ • 3 Gardein Chick'n Scallopini pieces √√√ • 2 MorningStar Farms Grillers Original Burgers √ • 10 Trader Joe's Meatless Meatballs √√√	• 16 pieces (170g) Gardein Beefless Tips √ • 15 oz. Mori-Nu Silken Firm Tofu √ • 12 Lightlife Smart Deli Veggie Turkey Slices √√	• Impossible Burger (ground) 5 oz. √ • 5 Gardein Classic Meatless Meatballs √ • 4 oz. Lisanatti Almond Cheddar or Mozzarella Style Shreds or Chunks √√

* Levels are approximate. Current dietary recommendations for sodium is less than 2,300 mg/day for most individuals and less than 1,500 mg/day for individuals with special health or dietary concerns.

	"Lean" portion of the Lean & Green™ Meal	Brand name products are subject to changes in ingredients and nutritional composition. These products are only suggestions. A product is appropriate on the OPTAVIA Program if the nutritional information meets the requirements listed in the chart to the left.
Calories	180-300	
Fat	N/A	
Protein	At least 25g	
Carbohydrates	≤ 15g	