OPTAVIA Fuelings Preparation Directions

OPTAVIA Fuelings are nutritious, delicious and effective. They’re also easy to prepare! This reference sheet provides both the standard preparation directions and alternative preparation directions for some of our most popular Fuelings.

Note: Microwave ovens vary and cook times are approximate.

**OPTAVIA Essential Drinks**
1. Pour 1 cup (8 fl. oz.) of hot water into a large heat-resistant cup or mug.
2. Add contents of 1 sachet.
3. Whisk thoroughly with a fork or wire whisk for 30 seconds or until well mixed.
4. Let stand for 2-3 minutes.

Alternate: Stovetop
1. Empty contents of 1 sachet into a saucepan.
2. Add 1 cup (8 fl. oz.) of cold water and mix well.
3. On low heat, bring to a boil or to desired temperature.
4. Remove from heat, and pour into a heat-resistant cup or mug.

*For a creamier version, replace the water with an equal amount of unsweetened almond or cashew milk (1 cup unsweetened almond or cashew milk = 1 condiment).

**OPTAVIA Essential and Select Shakes**
1. Pour 1 cup (8 fl. oz.) of water into a blender or shaker jar.
2. Add contents of 1 sachet and ice if desired.
3. Shake or blend for 20-30 seconds.

**OPTAVIA Essential Smoothies**
1. Pour ½ cup of ice into a blender.
2. Blend for 30 seconds or until ice is fully crushed. Tap ice from blender sides.
3. Add ½ cup (4 fl. oz.) of cold water, and empty contents of 1 sachet into the blender.
4. Blend for 30 seconds.

Alternate: Shake Version
1. Pour 1 cup (8 fl. oz.) of cold water into a shaker jar.
2. Add contents of 1 sachet.

*For a creamier version, replace the water with an equal amount of unsweetened almond or cashew milk (1 cup unsweetened almond or cashew milk = 1 condiment).
**OPTAVIA Essential Pancakes**
1. Pre-heat griddle to medium temperature. Coat with a non-stick cooking spray.
2. Add 3 tablespoons of cold water (for a hearty pancake) or ¼ cup (2 fl. oz.) of cold water (for thinner pancakes) into a bowl.
3. Add contents of 1 sachet. Mix with a fork or whisk until ingredients are combined.
4. Pour batter to make 1 hearty pancake or 3 thinner pancakes.
5. Flip after bubble appears near center. Cook 1 additional minute.

**Alternate: Waffle Version**
1. Prepare batter as above and pour into a pre-heated, lightly greased waffle iron.

**Alternate: Microwave**
1. Add 3 tablespoons of cold water to a microwave-safe mug or bowl.
2. Add contents of 1 sachet and mix well.
3. Microwave 1 minute and 15 seconds.

**OPTAVIA Essential Oatmeals**
1. Pour ⅔ cup (5 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and mix well.
3. Microwave 2 minutes and stir.
4. Let stand for 3-5 minutes.

**Alternate: Stovetop**
1. Empty contents of 1 sachet into a saucepan.
2. Add ½ cup (4 fl. oz.) of cold water and mix well.
3. On medium heat, bring to a boil.
4. Remove from heat, cover and let stand for about 3 minutes.

**Alternate: Overnight Oats Version**
1. Add ⅓ cup (2.5 fl. oz.) of unsweetened almond or cashew milk (⅓ cup = ⅓ condiment) to a shaker or mason jar with contents of 1 sachet. Place lid on jar, and shake well.
2. Refrigerate overnight.

**OPTAVIA Essential Biscuits**
1. Empty 1 sachet into provided tray. Add 3 tablespoons of cold water and stir well.
2. Microwave for 1 minute or bake at 350°F for 15-20 minutes or until cooked through.
3. Using either method, let stand for 3-5 minutes to cool and set.
OPTAVIA Essential Soups
1. Pour 1 cup (8 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and stir well.
3. Microwave for 2 ½ minutes. Stir and let stand 1 minute.
4. Microwave for an additional 45-60 seconds, and stir well.
5. Cover, and let stand for 3-5 minutes.

Alternate: Stovetop
1. Empty contents of 1 sachet into a saucepan.
2. Add 1 cup (8 fl. oz.) of cold water and stir well.
3. On medium heat, bring to a boil; stirring occasionally.
4. Remove from heat, cover and let stand about 3 minutes.

OPTAVIA Essential and Select Mac & Cheese
1. Pour ½ cup (4 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and stir well.
3. Microwave for 1 ½ minutes. Stir and let stand for 1 minute.
4. Microwave for an additional 1 minute (watching carefully to prevent boiling over). Stir well.
5. Let stand for 3-5 minutes to thicken.

Alternate: Stovetop
1. Empty contents of 1 sachet into a saucepan.
2. Add ½ cup (4 fl. oz.) of cold water and mix well.
3. On medium heat, bring to a boil; stirring occasionally.
4. Remove from heat, cover and let stand 3-5 minutes.

OPTAVIA Essential Smashed Potatoes and Select Honey Sweet Potatoes
1. Pour ½ cup (4 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and stir well.
3. Microwave 1 ½ minutes and stir well.
4. Let stand for 3-5 minutes.

Alternate: Stovetop
1. Empty contents of 1 sachet into a saucepan.
2. Add ½ cup (4 fl. oz.) of cold water and mix well.
3. On medium heat, bring to a boil; stirring occasionally.
4. Remove from heat, cover and let stand 3-5 minutes.

OPTAVIA Essential Hearty Red Bean & Vegetable Chili
1. Pour ⅔ cup (5 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and stir well.
3. Microwave for 2 ½ minutes. Stir and let stand for 1 minute.
4. Microwave for an additional 1 minute and stir well.
5. Let stand for 1 minute.

Alternate: Stovetop
1. Empty contents of 1 sachet into a saucepan.
2. Add ½ cup (4 fl. oz.) of cold water and mix well.
3. On medium heat, bring to a boil; stirring occasionally.
4. Remove from heat, cover and let stand 3-5 minutes.
**OPTAVIA Essential Rustic Tomato Herb Penne**
1. Pour ¾ cup (6 fl. oz.) of cold water into a deep, microwave-safe bowl.
2. Add contents of 1 sachet and stir well.
3. Microwave for 2 ½ minutes. Stir and let stand for 1 minute.
4. Microwave for an additional 3 minutes and stir well.
5. Let stand for 3 minutes.

**Alternate: Stovetop**
1. Empty contents of 1 sachet into a saucepan.
2. Add ¾ cup (6 fl. oz.) of cold water and mix well.
3. On medium heat, bring to a boil; stirring occasionally.
4. Remove from heat, cover and let stand about 3 minutes.

**OPTAVIA Essential Chewy Chocolate Chip Cookie**
1. Add 2 tablespoons of cold water into provided tray.
2. Add contents of 1 sachet and stir well (cookie dough will be thick and sticky).
3. Microwave for 1 minute 15 seconds or bake at 375°F for 12 minutes.
4. Let stand for 3-5 minutes to cool and set.

**OPTAVIA Essential Decadent Chocolate Brownie with Greek Yogurt Chips and**
**OPTAVIA Select Cinnamon Cream Cheese Swirl Cake**
1. Add 3 tablespoons of cold water into the provided tray.
2. Add contents of 1 sachet and stir well.
3. Microwave for 1 minute (1 minute and 15 seconds for brownie) or bake at 350°F for 15-20 minutes.
4. Let stand for 3-5 minutes to cool and set.

**OPTAVIA Essential Chocolate Fudge Pudding**
1. Pour ½ cup (4 fl. oz.) of cold water into a bowl.
2. Add contents of 1 sachet.
3. Whisk thoroughly with a fork or wire whisk for 20 seconds or until well mixed.
4. Pudding will be soft set and ready to eat.

**OPTAVIA Essential Mint Chocolate Soft Serve**
1. Pour ½ cup ice into a blender.
2. Blend for 30 seconds or until ice is fully crushed. Tap ice from sides of blender.
3. Add ½ cup (4 fl. oz.) of cold water and the contents of 1 sachet into blender.
4. Blend for 30 seconds.

*Tip: Use pre-crushed ice for faster prep time.

**Alternate: Milkshake Version**
1. Pour ¾ cup (6 fl. oz.) of cold water into a blender or blender bottle.
2. Add contents of 1 sachet and shake or blend for 30 seconds.
3. Leave in refrigerator overnight.

*For a creamier version, replace the water with an equal amount of unsweetened almond or cashew milk (1 cup unsweetened almond or cashew milk = 1 condiment).