

Transitioning from the Optimal Weight 5 & 1 Plan

If you need more time to achieve your health and wellness goals, that is okay! Keep going and remember that your journey is a gradual progress. **OPTAVIA** provides you with the tools and resources to help reach those goals when you are ready.

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
WEEK 1	850 - 1,050	5 Total Fuelings □ □ □ □ □	1	<input type="checkbox"/> 1 cup (2 servings) of your favorite vegetables (any kind)
WEEK 2	900 - 1,150	4 Total Fuelings □ □ □ □ Note: Remove 1 Fueling	1	<input type="checkbox"/> 1 cup of your favorite vegetables (any kind) IN WEEK 2 ADD: <input type="checkbox"/> 2 medium-sized pieces of fruit OR 1 cup (2 servings) of cubed fruit or berries*
WEEK 3	1,100 - 1,300	4 Total Fuelings □ □ □ □	1	<input type="checkbox"/> 1 cup of your favorite vegetables (any kind) <input type="checkbox"/> 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* IN WEEK 3 ADD: <input type="checkbox"/> 1 cup (2 servings) of low-fat or fat-free dairy
WEEK 4-6	1,100 - 1,550	3 Total Fuelings □ □ □ Note: Remove 1 Fueling	1	<input type="checkbox"/> 1 cup of your favorite vegetables (any kind) <input type="checkbox"/> 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* <input type="checkbox"/> 1 cup of low-fat or fat-free dairy IN WEEKS 4 - 6 ADD: <input type="checkbox"/> 4-6 oz. (1 serving)** of lean meat AND <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, ¼ 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 54](#).



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