



Your Fat Burn Blueprint

Activate fat loss,
preserve muscle and
feel your best

What is fat burn?

Fat burn is your body's way of using stored fat for energy. Most of the time, your body runs on carbohydrates. But when carbs are not available, it shifts into **fat-burning mode** — tapping into reserves and using fat as fuel instead.

This metabolic switch can lead to visible weight loss, reduced appetite and more stable energy — especially when supported by a **structured approach**.

The science of burning smarter. (*Not harder.*)

A well-designed fat-burning plan doesn't just emphasize eating less — it's about helping your body **burn fat more efficiently while protecting lean muscle**.

Key components include:

- ✓ **Reduced carbohydrates to trigger fat burn**
- ✓ **Enough protein to preserve muscle**
- ✓ **Small, consistent meals every 2–3 hours**
- ✓ **Essential nutrients specifically designed for a weight loss phase**

When this balance is in place, a gentle yet efficient **fat burn can begin within 3–5 days**. You may notice more than just

the number on the scale changing — you may feel clearer, more energized and more in control.

Structure: the secret sauce of fat burn.

One of the ways to encourage fat burn is through a structured eating pattern. This includes eating small, protein-rich meals every 2–3 hours.

The goal is to create a **caloric deficit** — eating fewer calories than your body burns — while still **meeting nutritional needs**. Prioritizing high-quality protein helps preserve lean muscle mass, which is vital for strength, a healthy metabolism and long-term results.

Why skipping meals doesn't help.

Skipping meals might sound like a shortcut, but it can actually derail progress. Irregular eating patterns can:

- ✓ **Disrupt the fat-burning process**
- ✓ **Lead to energy crashes or cravings**
- ✓ **Cause your body to miss out on essential nutrients**

A consistent, simple meal structure keeps your body fueled, your metabolism steady and your decision fatigue low — so you can stay focused on your goals.

Ready to put it into practice with a fat burn plan designed for real life?

If you're looking for a simple, structured way to activate fat burn, preserve muscle and build healthy habits — there's a plan designed to do just that.

The [OPTAVIA® Optimal Weight 5 & 1 Plan®](#) is a clinically proven program built around everything you've just read: predictable, gentle fat burn, focusing on high-quality protein and consistent structure. You'll eat six small meals a day — five scientifically designed Fuelings and one Lean & Green™ meal — crafted to support fat burn without compromising essential nutrients.

And you're never going it alone.

With one-on-one guidance from a **coach** — someone who's been on the journey themselves — you'll get real support, accountability and encouragement along the way.

The results speak for themselves. In a clinical study,

88% of participants said the plan fit their lifestyle*

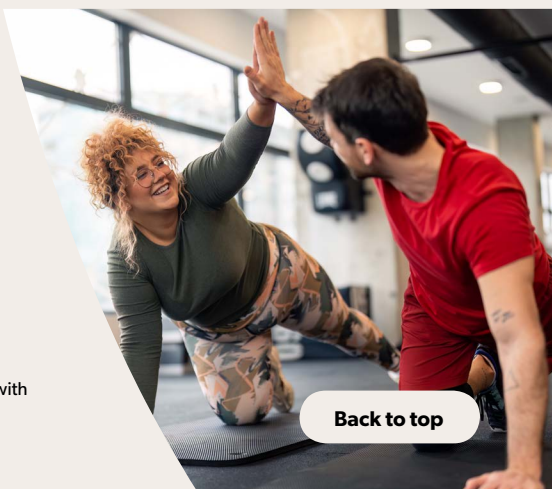
83% reported improved overall health — beyond just weight loss*

Plus, the plan is backed by the [Habits of Health® Transformational System](#) — a lifestyle approach that helps you create lasting change through small, manageable steps. Structured plan + science-backed nutrition + personalized coach support + healthy habit creation = weight loss that sticks.

[Connect with a coach](#) or learn more at [OPTAVIA.com](#).

Your next chapter starts here.

*Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. *Obes Sci Pract.* Feb 2019;5(1):3-14. doi:10.1002/osp4.312



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