



OPTAVIA.



GLP-1 Nutrition Support Plan Guide

DESIGNED FOR REAL LIFE™

Table of Contents

Welcome to OPTAVIA®	2
Day 1 Basics: Start Your Journey	3
Let's Break It Down	5
Understanding GLP-1 Medications	6
GLP-1 + OPTAVIA: Defining Your Routine	8
OPTAVIA ASCEND™	9
OPTAVIA ASCEND Daily Nutrients Pack	10
Lean & Green+ Meals	11
Helpful Nutrition Guidelines	16
Getting Started	17
Sample Week on the GLP-1 Nutrition Support Plan	18
Tips for a Sample Week	19
Continuing Your Path to Optimal Health	20
OPTAVIA Optimization Plan	21
Exercise Recommendations for Optimization	23
Tracking Your Habits	24
Healthy Exchange List	25
OPTAVIA Coaching: With You Every Step	30
Medical Disclaimer	31



Welcome to **OPTAVIA!**

We're so happy you've committed to your health. At **OPTAVIA**, we help take the guesswork out of your wellness journey with a simple and convenient, evidence-based approach to weight management, healthy eating and overall well-being to help you create the life you want.

The best part?
You'll never
go it alone.

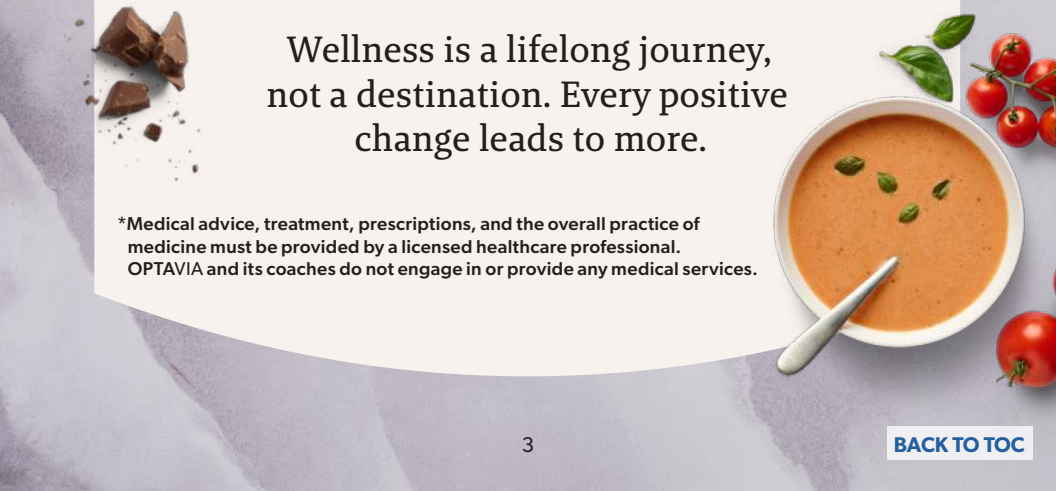


Here's what's in store as you begin the GLP-1 Nutrition Support Plan:

- **A dedicated coach.**
Personalized, 1:1, human-to-human support from someone who has been in your shoes along every step of your weight loss journey.
- **Turnkey nutrition designed for the GLP-1 journey (and beyond).**
Plans and products to support you throughout each phase — from weight loss to maintenance.
- **Habits of Health[®] Transformational System.**
Framework for building habits and positive lifestyle changes that support a healthier you.
- **Supportive community.**
Your village. Thousands of other people on similar journeys who have shared experiences and provide real-time encouragement.
- **Access to GLP-1s*.**
If at any point you need it, weight loss medication is integrated into our holistic system through our collaboration with LifeMD[®].

With our science-backed approach, we've impacted over 3 million lives — and counting. Now, it's your turn. **Let's get started!**

THROUGHOUT YOUR JOURNEY, KEEP IN MIND:



Wellness is a lifelong journey,
not a destination. Every positive
change leads to more.

*Medical advice, treatment, prescriptions, and the overall practice of medicine must be provided by a licensed healthcare professional. OPTAVIA and its coaches do not engage in or provide any medical services.

Day 1 Basics: Start Your Journey.

Getting started is often the hardest part, but you've already taken a major step toward a healthier, happier you — and that deserves a round of applause!

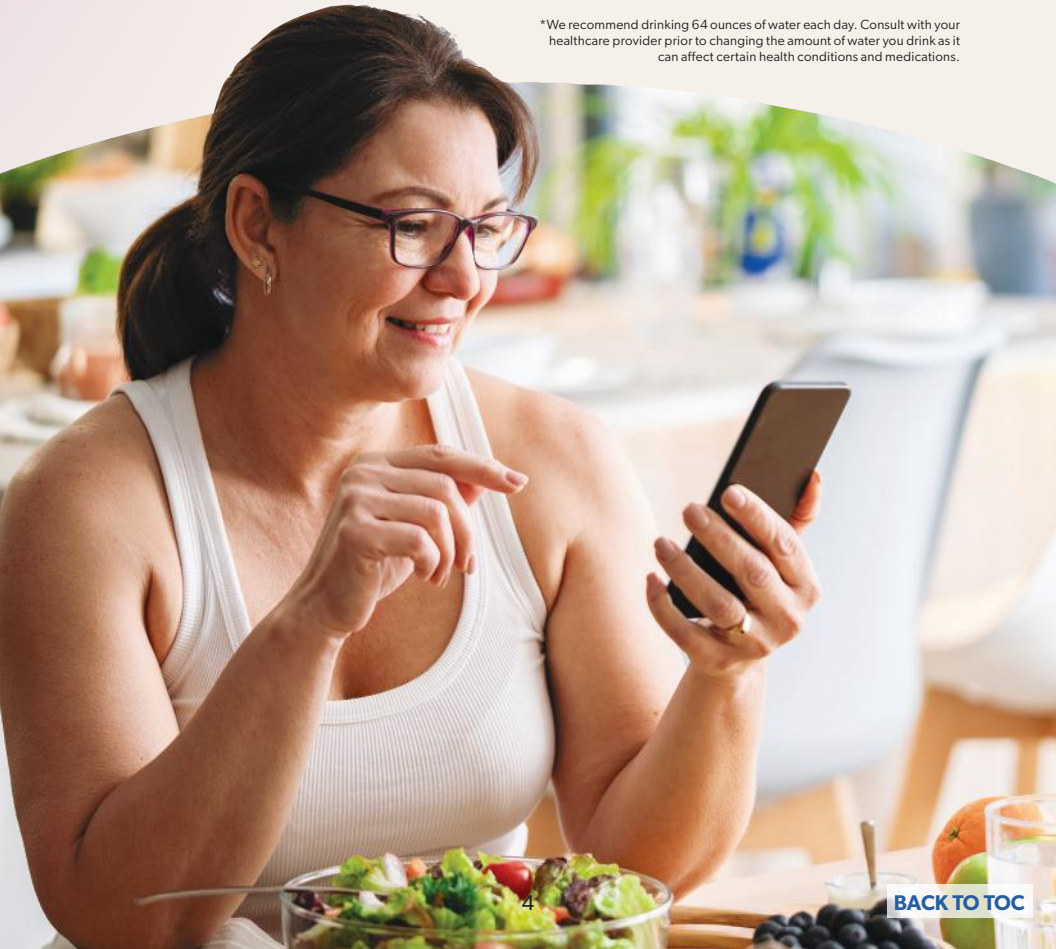
When utilizing GLP-1 medications, it's essential to nourish your body with proper nutrition.

Our signature GLP-1 Nutrition Support Plan combines the effectiveness of the medication with balanced nutrition and lifestyle strategies to help you lose weight, preserve lean muscle and support energy levels throughout your weight loss journey and into optimization.

Here's Your Nutrition Blueprint:

- ✓ 3 **OPTAVIA ASCEND™** mini meals
- ✓ 1 Lean & Green+ meal
- ✓ **OPTAVIA ASCEND** Daily Nutrients Pack
- ✓ Fruits and vegetables as tolerated
- ✓ 64+ ounces water*

*We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



Let's Break It Down.

How is each element designed to support you?

✓ OPTAVIA ASCEND mini meals

These mini meals are perfectly portioned to help you lose weight while you may be eating less on GLP-1 medications, providing:

High-quality protein. 20 grams or more to help retain lean muscle mass

Fiber. Up to 10 grams to promote digestive health

Calcium. A good source to support bone health and muscle function

OPTAVIA ASCEND mini meals are interchangeable and versatile, with no flavors, colors, or sweeteners from artificial sources.

✓ Lean & Green+ meals

Creating healthy, balanced meals will become second nature in no time — an important goal of your long-term health journey. The Lean & Green+ approach will make it easier to:

Prepare nutritionally balanced meals

Include protein and fiber-rich foods

Include all food groups that meet your needs

Follow delicious and easy recipes, available at your fingertips via the **OPTAVIA** app

Find more information on mastering Lean & Green+ meals on [page 11](#).

✓ OPTAVIA ASCEND Daily Nutrients Pack

This is your daily supplement routine nutritionally designed to provide key micronutrients and omega-3 fatty acids for those using GLP-1 medications.*

Omega-3 Fatty Acids formulated with DHA & EPA to support brain, eye and heart health.†

Multivitamin & Minerals: Contains 100% of the daily value for 21 vitamins and minerals to support whole body health: including immune health, metabolism and cellular energy.†

In combination with a healthy intake of fruits and vegetables, this approach is meant to support healthy lifestyle changes and complement your GLP-1 journey. Plus, always remember to lean on your independent **OPTAVIA** coach and community for continuous support and guidance.

*Consult your healthcare provider prior to beginning any dietary supplements and for personalized nutrition guidance.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Understanding GLP-1 Medications

Now that we've explored how **OPTAVIA ASCEND** products are designed to support your health and nutrition needs, let's take a closer look at the role of GLP-1 medications in your journey.

Understanding how these medications work is essential for maximizing their benefits in conjunction with our GLP-1 Nutrition Support Plan.

How GLP-1 Medications Work

GLP-1 medications have different mechanisms of action by which they can help with weight loss:

1. Promote release of insulin in response to food intake, thereby helping to manage blood sugar levels.¹
2. Work to slow down the gastrointestinal track, (i.e., slows stomach emptying), which helps to make you feel full longer.¹
3. Work in the brain to decrease food cravings and appetite. They thus regulate hunger sensations and satiety.¹

Source (1): Wegovy Prescribing Information; <https://www.novo-pi.com/wegovy.pdf>. Accessed September 18, 2024.

Health Benefits of GLP-1s

GLP-1 medications contribute to:

- 15–21% body weight loss²
- ~180–300 kcal reduction in energy intake at each meal³⁻⁴
- ~725–1200 kcal reduction in energy intake per day³⁻⁵
- 24 to 47% overall reduction in energy intake³⁻⁵

Nutrition and lifestyle behaviors, such as those incorporated into the **OPTAVIA** program, may help individuals on GLP-1 medications.

GLP-1 benefits also go beyond weight loss. Here's what taking the GLP-1 medications for one year can do⁶⁻⁸:

- Improves waist size
- Improves sleep apnea
- Lowers risk of cardiovascular events
- Improves blood pressure, blood cholesterol and blood sugar levels
- Lowers risk of kidney disease
- Improves diabetes management and delays progression of related co-morbidities

Impacts of GLP-1s

While GLP-1 medications support significant weight loss and health benefits, some people may experience⁹ unintended effects:



Gastrointestinal Issues

Nausea, vomiting and/or diarrhea from slower gastric motility.



Reduced Nutrient Intake

Lower appetite can impact nutrient food and nutrient intake.



Taste Sensitivity

Changes in taste perception and food preferences.



Muscle Loss

Loss of lean body mass can range from 20 to 50% of total weight loss.¹⁰



Weight Regain

Up to two-thirds of weight may return after stopping the medication.

For daily tips and inspiration to help manage GLP-1 side effects, download the **OPTAVIA** app!

Sources:

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3. Blundell J, et al. Effects of once-weekly semaglutide on appetite, energy intake, control of eating, food preference and body weight in subjects with obesity. *Diabetes Obes Metab.* 2017;19(9):1242-1251. doi: 10.1111/dom.12932.;
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5. Hall KD. Physiology of the weight-loss plateau in response to diet restriction, GLP-1 receptor agonism, and bariatric surgery. *Obesity.* 2024;32(6):1163-1168. doi: 10.1002/oby.24027.
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10. Sargeant JA, Henson J, King JA, Yates T, Khunti K, Davies MJ. A Review of the Effects of Glucagon-Like Peptide-1 Receptor Agonists and Sodium-Glucose Cotransporter 2 Inhibitors on Lean Body Mass in Humans. *Endocrinol Metab (Seoul).* 2019 Sep;34(3):247-262. doi: 10.3803/EnM.2019.34.3.247.



Establishing Your Eating Habits

GLP-1 + OPTAVIA: Defining Your Routine

Our signature GLP-1 Nutrition Support Plan is the perfect nutritional companion to your GLP-1 medication, allowing you to focus on your weight loss without the stress of figuring out what to eat.

Each day includes:

- ✓ 3 **OPTAVIA ASCEND™** mini meals
- ✓ 1 Lean & Green+ meal
- ✓ **OPTAVIA ASCEND** Daily Nutrients Pack*
- ✓ Fruits and vegetables as tolerated
- ✓ 64+ ounces water**



3 **OPTAVIA ASCEND™** mini meals

- 20 grams of protein or more to retain lean muscle
- 5–10 grams of fiber to support digestive health
- Calcium to support bone health and muscle function



1 **OPTAVIA®** Lean & Green+ meal

- Nutritionally balanced
- Protein and fiber-rich foods
- All food groups
- Simple recipes



OPTAVIA ASCEND Daily Nutrients Pack

- Multivitamin & minerals
- Omega-3 fatty acids

Eating 4 to 6 small meals daily — instead of 2 to 3 large ones — can help manage side effects, maintain energy and optimize nutrient intake.

*Consult your healthcare provider prior to beginning any dietary supplements and for personalized nutrition guidance.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



OPTAVIA

ASCEND™

*Eating better
while eating less*

OPTAVIA ASCEND Mini Meals

Our innovative line of **OPTAVIA ASCEND** mini meals is crafted to be both satisfying and nutritious, providing targeted nutrition support as you adjust to eating less on GLP-1 medications.

Pick and choose your favorites to enjoy throughout the day!

Closing the nutrition gap

OPTAVIA ASCEND™ Daily Nutrients Pack

The **OPTAVIA ASCEND** Daily Nutrients Pack is formulated with essential micronutrients and omega-3 fatty acids to help fill the nutrition gap in your diet*:

- Multivitamin & Minerals: 100% of the daily value for 21 vitamins and minerals to support whole body health**
- Omega-3 Fatty Acids: Formulated with DHA & EPA to support brain, eye and heart health**

*Consult your healthcare provider prior to beginning any dietary supplements and for personalized nutrition guidance.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





Lean & Green+

Supercharging your cooking skills

Lean & Green+ Meals

In addition to your ASCEND mini meals, learning to cook appropriately portioned, nutrient-dense Lean & Green+ meals will be a lifelong healthy habit that will support your weight management goals and overall health.

Enjoy your Lean & Green+ meal any time of day — whatever works best for your schedule.

A Lean & Green+ meal includes the following:

- 3–4 oz. cooked lean protein
- 2–3 servings of fruits and/or non-starchy vegetables
- 1 serving of whole grains or starchy vegetables
- 0–2 servings of healthy fat, depending on appetite level
- 1 serving of dairy, optional to include with meal



Lean & Green+ Meal: The “Lean”

Each Lean & Green+ meal includes 3 to 4 ounces of cooked lean protein. Whether or not you choose 3 or 4 ounces is based on your appetite level and personal preference/needs. Choose meats that are grilled, baked, broiled or poached (not fried) and try incorporating plant-based options, like beans and lentils, for a good source of protein and fiber.

Examples of Lean Protein Options:

- Fish, like cod, salmon, tilapia, haddock, swordfish, trout, mackerel, tuna and halibut
- Shellfish, like shrimp, crab, scallops and lobster
- Lean cuts of beef, like select or choice grades (trimmed of fat) of ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone) and tenderloin. For ground beef, choose 90% lean or higher.
- Lean cuts of pork, like pork chops and pork tenderloin
- Chicken and turkey, white or dark meat without skin. For ground chicken or turkey, choose 90% lean or higher.
- Meatless substitutions for 1 oz. lean meat
 - ¼ cup cooked beans or lentils
 - 1 oz. reduced-fat or part-skim cheese
 - 1 whole egg or 2 egg whites
 - ¼ cup low-fat plain Greek yogurt
 - ¼ cup reduced-fat or low-fat cottage cheese
 - 4 oz. tofu (½ cup)
 - 1 oz. tempeh

Lean & Green+ Meal: The “Green”

Aim for 2 non-starchy vegetable servings per Lean & Green+ meal. If your appetite allows, you can even have 3. Vegetables are a great source of nutrition, packing in key nutrients like vitamins, minerals and fiber.

1 serving = ½ cup (cooked or raw)
unless otherwise specified

Examples of Non-Starchy Vegetables

Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, hearts of palm, jicama, kale, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, spinach (cooked), squash (summer, crookneck, spaghetti, zucchini), sugar snap peas, Swiss chard, tomatoes, turnips, water chestnuts

1 cup: fresh/raw salad greens





Lean & Green+ Meal: The “+”

In addition to your lean protein and non-starchy vegetables, you'll want to include other healthy whole foods for balanced nutrition.

Starchy Vegetables

Peas, corn, sweet potato, parsnips, succotash, yam, 1 cup winter squash (acorn, butternut, pumpkin), 3 oz. baked potato (any kind), ½ cup cooked beans or lentils



Whole Grains

Aim for 1 serving of whole grains or starchy vegetables with each Lean & Green+ meal. Whole grains provide essential vitamins, minerals, and fiber, while also contributing to a well-balanced intake of macronutrients.

Examples of Whole Grains

- 1 slice 100% whole grain bread
- ¾ cup unsweetened cereal (e.g., bran flakes)
- ½ whole wheat English muffin, hamburger bun or pita (6-inches in diameter)
- 1 whole wheat tortilla (6-inches in diameter)
- ½ cup cooked cereal (like oatmeal), bulgur, or wheat bran
- ⅓ cup cooked whole-wheat pasta or couscous, rice, quinoa, barley, polenta, or farro
- 6 whole grain crackers



Fruit

Your Lean & Green+ meal should have a combined total of 3 servings of fruit and/or non-starchy vegetables (about ½ your plate). A general guideline is to aim for 2 servings of non-starchy vegetables and 1 serving of fruit but you may choose differently based on your appetite level and personal preference/needs. What you choose may vary from day-to-day and that is okay too.



Examples of Fruit

- 1 small (4 oz.) piece of fruit, like a peach, pear, apple, banana or orange
- ½ cup fresh (or plain frozen) cubed fruit, like pineapple or mango
- ¾ cup berries (any kind)
- ½ cup canned fruit in 100% fruit juice or water, like pears, mandarin oranges, or peaches



Dairy

We recommend incorporating 1 serving of dairy per day. You may choose to have this with your Lean & Green+ meal or at any of your other mealtimes throughout the day.

Examples of Dairy

- 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond, rice, cashew, etc.)
- ½ cup or 1, (5.3- to 6-oz.) single serving container low-fat or fat-free yogurt (including Greek)



Healthy Fats

You may incorporate up to 2 servings of healthy fats into your Lean & Green+ meals. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly.

Whether or not you include 0, 1 or 2 healthy fat servings is completely up to you! You may find you wish to include healthy fats on days when you are hungry and/or depending on the type of Lean & Green+ meal you are having (like a salad dressing on a salad, for example). Other days you may find that you do not need any at all. We encourage you to track your food intake in the **OPTAVIA** app to keep you mindful of the fats you are using and your overall calorie intake.

- 1 tsp oil (any kind)
- 1½ oz. avocado
- 5–10 black or green olives
- ½ tbsp nut butter
- Nuts (6 almonds, 2 Brazil nuts, 6 cashews, 3 macadamia nuts, 10 peanuts, 4 pecan halves, 16 pistachios, 1 tbsp pine nuts, 4 walnut halves)
- 1 tbsp seeds (sesame, sunflower, flax, etc.)
- ½ tbsp chia seeds
- 2 tbsp guacamole
- 2 tsp pesto
- 1 tbsp regular salad dressing or 2 tbsp reduced-fat salad dressing
- ½ tbsp tahini, butter, margarine, or mayo
- 1 tbsp reduced-fat mayo

Healthy Exchange List

Our Healthy Exchange List provides a variety of appropriately portioned food options within each food group to help guide your choices. [See page 25 for the full Healthy Exchange List.](#)

Examples of Lean & Green+ Meals

1. 3–4 oz. cooked chicken breast prepared with 1 tsp olive oil, 1 cup steamed broccoli, ½ cup cooked sweet potatoes and 1 cup unsweetened milk of choice (optional)
2. 3–4 oz. cooked salmon, 1 cup kale salad prepared with 1 tbsp salad dressing, 1 slice whole grain bread, ½ cup fresh chopped pineapple on top of ½ cup low-fat Greek yogurt
3. 2 eggs scrambled with 1 cup fresh spinach, 1 slice whole grain toast with 1–2 slices tomato on top, ½ cup chopped peaches mixed into ½ cup low-fat Greek yogurt
4. 5 Minute Quesadilla (recipe in app)
5. Blueberry, Quinoa & Spinach Power Bowl (recipe in app)
6. Easy Street Tacos (recipe in app)

For more ideas and inspiration, check out our Lean & Green+ recipes on the **OPTAVIA** app.



Lean & Green+ Meal Nutritional Parameters

Typically, Lean & Green+ meals contain about 300 to 500 calories and at least 20 grams of protein.

There will be variation based on:

- Food choices
- Whether or not you choose to include the serving of dairy with your Lean & Green+ meal or at a different meal time (this is based on appetite level and personal preference)
- Whether you have a combined total of 2 or 3 servings of fruits and vegetables as part of your Lean & Green+ meal.

Additional Fruits & Vegetables

Fruits and vegetables provide key nutrients, including vitamins, minerals and fiber. That's why, in addition to your 3 ASCEND mini meals and Lean & Green+ meal each day, you may have additional servings of fruits and vegetables as desired.

We recommend aiming for at least 5 servings daily of fruits and vegetables (combined), which includes the 2 to 3 servings in the Lean & Green+ meal. You can pair the additional servings of fruits and vegetables with one of your ASCEND mini meals or as a standalone healthy snack.

For example:

- Add blueberries or slices of banana to waffles or pancakes using the ASCEND Waffle & Pancake Mix.
- Blend spinach, carrots, kale, apples, banana, berries, pineapple or any of your favorite fruits and vegetables into the ASCEND Chocolate, Vanilla, or Strawberries & Cream Shake Mixes using a blender or food processor.
- Stir in spinach or kale to your ASCEND Creamy Tomato Bisque Mix or have a side of celery and carrot sticks along with it.

If you're unable to eat all 5 servings of fruits and vegetables, it's okay. You may find your appetite is different day-to-day; you can strive for all 5 servings to manage your hunger while boosting nutrition.

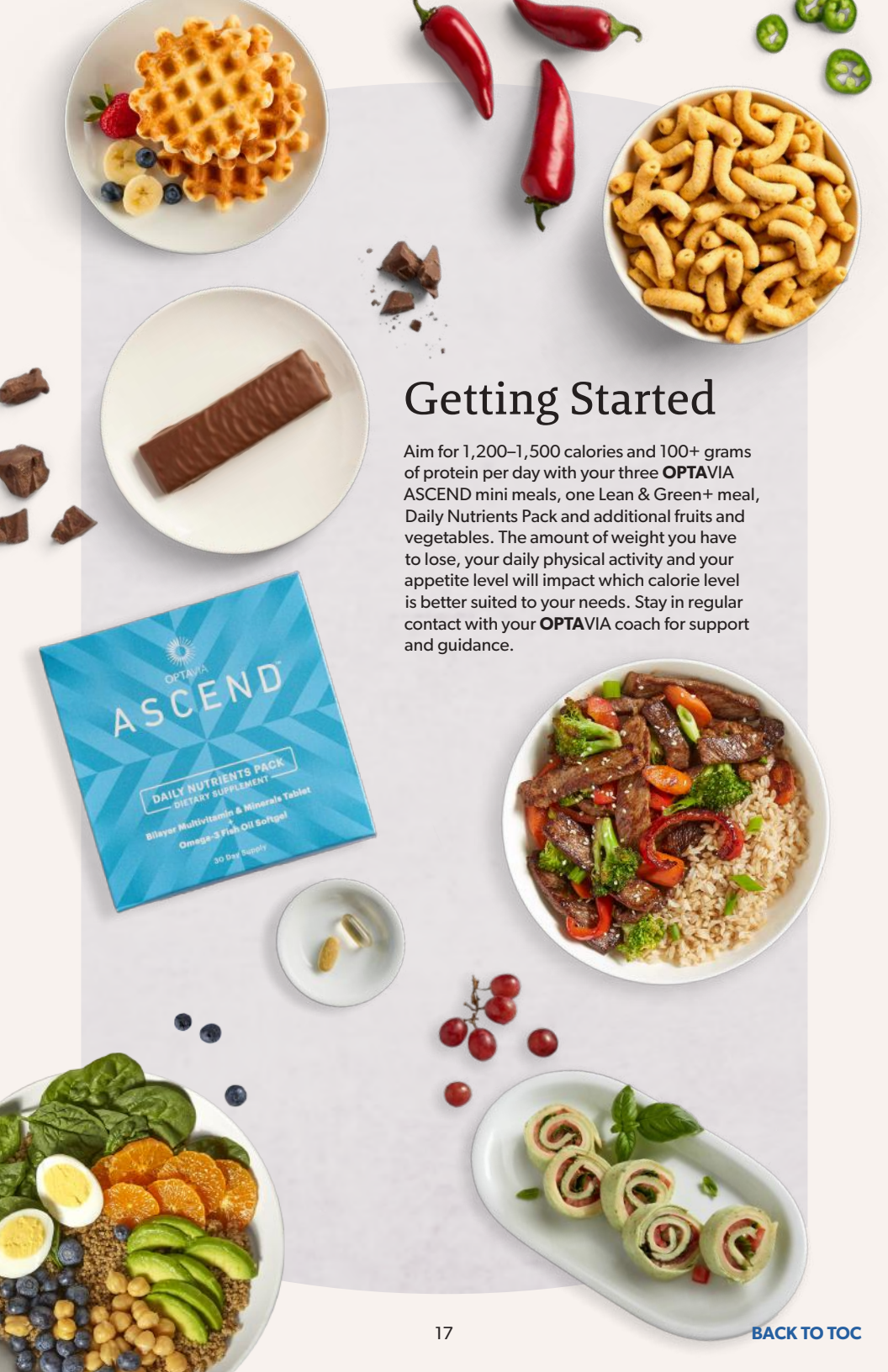




Helpful Nutrition Guidelines

- **Split meal portions as needed.** Sometimes eating 3 **OPTAVIA ASCEND** mini meals, plus one **Lean & Green+** meal might feel like too much for some people. To prevent feeling overfull, try splitting your **Lean & Green+** meal into 2 portions to enjoy throughout the day.
- **Choose a variety of lower volume, nutrient-dense foods that are easy-to-consume.** Depending on your appetite level, you may wish to choose nutrient-rich foods that have a smaller serving size, such as berries or an **OPTAVIA ASCEND** mini meal ([See our Healthy Exchange List on page 25 for serving size recommendations](#)). Fruits, vegetables and other healthy foods can be added/blended into shakes, smoothies and soups to boost nutrition without adding a lot of volume.
- **Drink plenty of water for adequate hydration.** This is a key habit for lifelong health. We recommend drinking 64 ounces of water each day.*
- **Use the OPTAVIA app to track your meals.**
- **Check-in regularly with your healthcare provider** to ensure your nutritional needs are being met.
- **Limit added sugars, saturated fats and sodium.** When appetite is low and food intake is reduced, every calorie matters. Foods high in added sugars, saturated fats and sodium can displace more healthful choices, and for lifelong weight maintenance success and overall health, it is generally recommended to limit these.
- **Incorporate a moderate amount of exercise and physical activity each day** when your healthcare provider says it's appropriate. Try incorporating strength training that includes all your major muscle groups 2 to 3 times a week. And consider adding other types of exercise as you progress. We recommend about 60 minutes of physical activity most days of the week, but start your program slowly, increasing intensity and duration as your body allows.

*Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



Getting Started

Aim for 1,200–1,500 calories and 100+ grams of protein per day with your three **OPTAVIA** ASCEND mini meals, one Lean & Green+ meal, Daily Nutrients Pack and additional fruits and vegetables. The amount of weight you have to lose, your daily physical activity and your appetite level will impact which calorie level is better suited to your needs. Stay in regular contact with your **OPTAVIA** coach for support and guidance.



Sample Week on the GLP-1 Nutrition Support Plan

Depending on your appetite level and personal preference, you may choose to divide your meals into 4 to 6 eating occasions.

	Breakfast	Lunch	Mid-afternoon	Dinner	Calories & Protein
Day 1	<p>OPTAVIA ASCEND Chocolate Shake Mix 1 banana</p> <p>OPTAVIA ASCEND Daily Nutrients Pack*</p>	<p>OPTAVIA ASCEND Creamy Tomato Bisque Mix ½ cup celery & carrot sticks</p>	<p>OPTAVIA ASCEND Birthday Cake Bar</p>	<p>3–4 oz. baked salmon prepared with 1 tsp olive oil</p> <p>1 cup steamed broccoli ½ cup brown rice ½ cup pineapple</p> <p>Optional: 1 cup unsweetened milk of choice**</p>	1200 calories, 103g protein
Day 2	<p>Blueberry Waffles made with OPTAVIA ASCEND Waffle & Pancake Mix and ¾ cup blueberries mixed in†</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>OPTAVIA ASCEND Vanilla Shake Mix 1 apple</p>	<p>OPTAVIA ASCEND Chocolate Brownie Bar</p>	<p>Mozzarella, Basil & Tomato Wrap</p>	1200 calories, 112g protein
Day 3	<p>OPTAVIA ASCEND Vanilla Shake Mix 1 pear</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>OPTAVIA ASCEND Creamy Tomato Bisque Mix ½ cup cucumber slices</p>	<p>OPTAVIA ASCEND Cheddar Straws</p>	<p>Chopped Greek Salad in a Mason Jar Recipe</p>	1200 calories, 109g protein
Day 4	<p>Leftover blueberry waffles (made with OPTAVIA ASCEND Waffle & Pancake Mix + ¾ cup blueberries mixed in)</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>OPTAVIA ASCEND Birthday Cake Bar 1 apple</p>	<p>OPTAVIA ASCEND Sweet Chili Straws</p>	<p>Easy Street Tacos Recipe</p>	1200 calories, 103g protein
Day 5	<p>Banana Pancakes made with OPTAVIA ASCEND Waffle & Pancake Baking Mix and ½ of a large banana sliced and mixed in</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>Leftover Easy Street Tacos</p>	<p>OPTAVIA ASCEND Everything Bagel Bar</p>	<p>OPTAVIA ASCEND Vanilla Shake Mix ½ cup carrot, cucumber, celery, and/or bell pepper slices</p>	1200 calories, 102g protein
Day 6	<p>5 Minute Scrambled Eggs & Spinach with Toast</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>OPTAVIA ASCEND Chocolate Brownie Bar 2 clementines</p>	<p>OPTAVIA ASCEND Cheddar Straws</p>	<p>OPTAVIA ASCEND Creamy Tomato Bisque Mix ½ cup cucumber slices</p>	1200 calories, 103g protein
Day 7	<p>OPTAVIA ASCEND Chocolate Shake Mix ¾ cup raspberries</p> <p>OPTAVIA ASCEND Daily Nutrients Pack</p>	<p>OPTAVIA ASCEND Everything Bagel Bar</p>	<p>OPTAVIA ASCEND Cheddar Straws</p>	<p>3–4 oz. cooked chicken breast</p> <p>1 cup steamed broccoli ½ cup baked sweet potatoes prepared with 1 tsp olive oil ½ cup fresh pineapple on top of ½ cup low-fat Greek yogurt</p>	1200 calories, 118g protein

*Consult your healthcare provider prior to beginning any dietary supplements and for personalized nutrition guidance.

You may have the optional serving of dairy with any of your mealtimes. If your appetite is low you could, for example, use 1 cup of an unsweetened milk of choice when preparing any of the **OPTAVIA ASCEND Shakes or have a ½ cup serving of low-fat or fat-free Greek yogurt at another eating occasion.

†Make a double batch of waffles (2 servings total) including blueberries (1½ cups total for 2 servings). Save one serving of blueberry waffles for another meal (i.e., Day 4's breakfast in the sample week).



Tips for Sample Week

1.

Swap meals based on your preference. Swap Lean & Green+ meal ideas or recipes, fruit and vegetable options and ASCEND mini meals based on what you like and what works for your lifestyle. Remember, you may have your Lean & Green+ meal at any of your mealtimes — whatever works best for you! Your **OPTAVIA** coach can help guide you as you plan your meals and choose your products. Make choices that work for you!

2.

Shop for all the ingredients, adjusting as needed for your personal needs and preferences. Keeping healthy foods on hand will help set you up for success in creating healthy meals and snacks throughout the week.

3.

Eat 6 times per day instead of 4 if the volume of food is too much at one time.

- Lean & Green+ meal: If the Lean & Green+ meal is too much to eat at one time, consider moving the serving of dairy and/or some of the fruits/vegetables to another mealtime or split it in half and have it at two separate mealtimes.
- ASCEND mini meals: You can split an ASCEND mini meal in half and enjoy at 2 separate eating occasions.

4.

Batch cook. Make extras and eat leftovers for later meals and snacks to reduce time in the kitchen. The waffles in the sample week, for example, are a great item to batch cook, and leftover servings from the Lean & Green+ meal recipes can be enjoyed again another day. You can adjust the yield of a Lean & Green+ meal recipe in the **OPTAVIA** app to make more (or less) as needed!

5.

Enhance flavor with fresh and dried herbs, spices and aromatics like garlic and ginger to boost flavor. Be mindful of condiments with added sugars and sodium.

6.

Use pre-prepped, pre-cooked ingredients when needed, to save time.

- Keep frozen and/or fresh vegetables in ready-to-steam bags on hand. Canned vegetables (without added salt, packed in water) are also quick and easy to make.
- Try pre-cooked or quick-cook whole grains (like rice and quinoa). Look for them on the shelf or in the freezer aisle at the grocery store.
- Buy pre-washed, pre-chopped vegetables, like baby carrots, leafy greens, shaved Brussels sprouts, etc.
- Pre-cooked proteins, like frozen or fresh grilled chicken strips, rotisserie chicken and frozen pre-cooked fish are hassle-free options that reheat easily in the microwave.
- Tuna, salmon, chicken and beans (packed in water in a can or pouch) are convenient and quick sources of protein, as are hardboiled, peeled eggs and cheese.

Continuing your path to optimal health.

Once you've achieved your healthy weight goal, it's crucial to maintain the good habits you've learned. To help you keep the weight off and support your health long-term, you'll move into optimization.

Here's how to get started:

Step 1:

Calculate your Total Energy Expenditure (TEE), which is the number of calories you burn each day. Go to the **OPTAVIA** app to use our total energy expenditure calculator.

The Optimization Plan takes a common-sense approach to sustaining a healthy weight based on balancing your food intake with the calories you burn. Remember, increasing your activity is also an important part of maintaining a healthy weight.

Step 2:

Choose your meal plan based on your TEE.

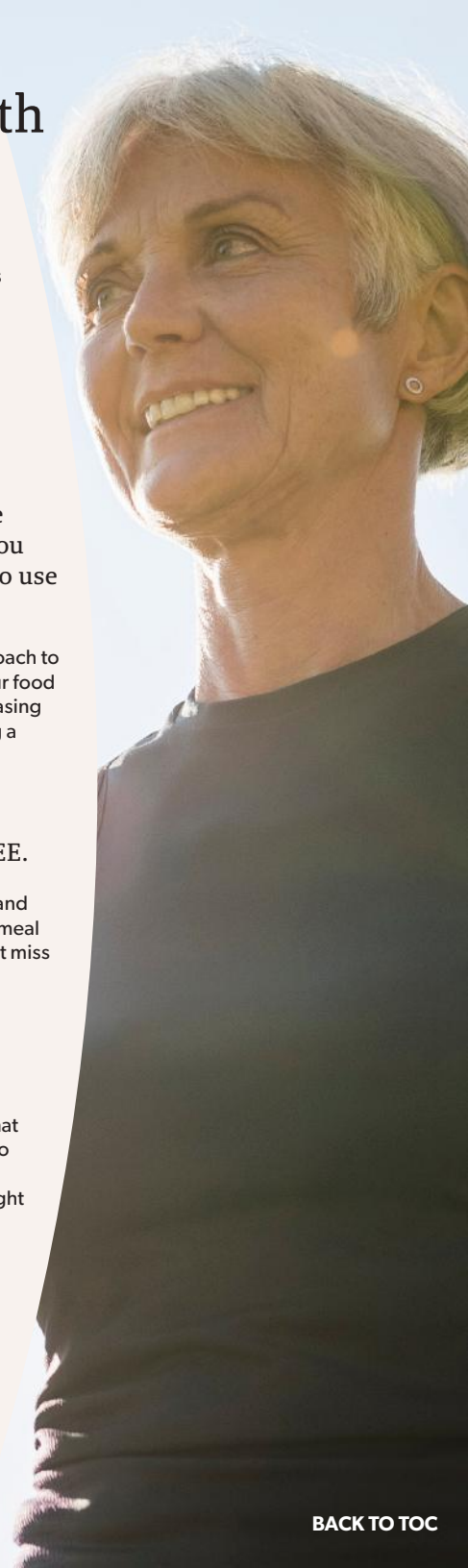
Select a meal plan that matches your caloric needs and activity level. Our team of dietitians have designed meal plans to fit your lifestyle and nutritional needs. Don't miss our '[Optimization Sample Meal Plans](#).'

Step 3:

Transition to the Optimization Plan.

You may choose to begin following the meal plan that is based on your TEE right away, or you may prefer to gradually increase your calories (about 100 calories per week) until you reach your TEE and/or your weight stabilizes (we recommend you continue to weigh yourself at least once per week).

Need help? If you need help calculating your TEE and getting started on the Optimization Plan, contact your **OPTAVIA** coach or our Nutrition Support team at 1.888.**OPTAVIA** or NutritionSupport@OPTAVIA.com for more information.



OPTAVIA® Optimization Plan

Once you've reached your healthy weight and built strong habits, it's time for Optimization! This plan helps support long-term weight management with helpful strategies and ongoing coach support.

Like the other signature **OPTAVIA** plans, Optimization focuses on nutritionally balanced, portion-controlled meals spaced evenly throughout the day.

The foundation of the Optimization Plan is simple: 2 **OPTAVIA ASCEND** mini meals, 2 Lean & Green+ meals, 1-2 servings of Essential Amino Acids (EAAs) and your **OPTAVIA ASCEND** Daily Nutrients Pack.

You'll also add additional whole foods — called Healthy Exchanges — using our Healthy Exchange List based on your personal daily calorie needs.

During optimization, we recommend eating six small meals per day to help maintain energy and optimize nutrient intake. This frequent, smaller meal pattern can also support those continuing on GLP-1 medication to manage potential side effects. You can adjust the number of eating occasions based on your appetite level and personal preference if needed.

Your independent **OPTAVIA** coach can tell you more about the Optimization Plan and guide you in selecting the [sample meal plan](#) that suits your needs, with options ranging from 1,200 to 2,400 calories. Remember, your **OPTAVIA** coach is there to help steer you to success and celebrate your journey.

Here is a sample plan for someone aiming for 1400 to 1600 calories per day.

BREAKFAST



MID-MORNING



LUNCH



MID-AFTERNOON



DINNER



DESSERT



Total Servings for the Day Per Food Group

2 OPTAVIA ASCEND™ Mini Meals	1 daily serving OPTAVIA ASCEND™ Daily Nutrients Pack
8 oz. Lean Protein	1 serving Dairy
5+ servings of Fruits & Vegetables	2 servings of Healthy Fats
2 servings of Whole Grains and/or Starchy Vegetables	Up to 2 Healthy Exchanges

Here's how someone aiming for 1400 to 1600 calories per day might arrange their mealtimes.

Sample Day with 4 Eating Occasions



BREAKFAST: OPTAVIA ASCEND Chocolate Shake Mix + 1 OPTAVIA ASCEND Daily Nutrients Pack + 1 small banana and ½ tbsp nut butter (2 Healthy Exchanges)



LUNCH: Lean & Green+ meal: 5 Minute Quesadilla (recipe in app)



MID-AFTERNOON: OPTAVIA ASCEND Birthday Cake Bar



DINNER: Lean & Green+ meal: 4 oz. baked salmon prepared with 1 tsp olive oil, 1 cup steamed broccoli, ½ cup cooked brown rice and ½ cup fresh chopped pineapple

Sample Day with 6 Eating Occasions



BREAKFAST: OPTAVIA ASCEND Chocolate Shake Mix + 1 OPTAVIA ASCEND Daily Nutrients Pack



MID-MORNING: 6 whole almonds (healthy exchange)



LUNCH: Lean & Green+ meal: 5 Minute Quesadilla (recipe in app)



MID-AFTERNOON: OPTAVIA ASCEND Birthday Cake Bar



DINNER: Lean & Green+ meal: 4 oz. baked salmon prepared with 1 tsp olive oil, 1 cup steamed broccoli, ½ cup cooked brown rice and ½ cup fresh chopped pineapple



EVENING: ½ cup low-fat Greek yogurt (healthy exchange)

Sample Day with 6 Eating Occasions & OPTAVIA ACTIVE Essential Amino Acid Blend (EAAs)



BREAKFAST: 1 serving of OPTAVIA ACTIVE EAAs + ½ cup low-fat Greek yogurt (healthy exchange) + 1 OPTAVIA ASCEND Daily Nutrients Pack



MID-MORNING: OPTAVIA ASCEND Chocolate Shake Mix



LUNCH: Lean & Green+ meal: 5 Minute Quesadilla (recipe in app)



MID-AFTERNOON: 1 serving of OPTAVIA ACTIVE EAAs




DINNER: Lean & Green+ meal: 4 oz. baked salmon prepared with 1 tsp olive oil, 1 cup steamed broccoli, ½ cup cooked brown rice and ½ cup fresh chopped pineapple



EVENING: OPTAVIA ASCEND Birthday Cake Bar

Additional Tips for Success

- Weigh yourself at least once per week and log it in the **OPTAVIA** app.
- Track your daily motion, food and fluid intake using the **OPTAVIA** app.
- Stay in regular contact with your **OPTAVIA** coach and community for support and accountability.
- Continue working through “Your LifeBook” and “Dr. A’s Habits of Health” to continue to holistically build and strengthen healthy habits as you continue your journey.



Exercise Recommendations for Optimization

For optimal weight maintenance, we recommend aiming for about 60 minutes of physical activity on most days of the week. If you're new to regular activity, make sure to consult your healthcare provider to determine the best starting point, and gradually increase intensity and duration as you build strength.

To help retain lean muscle mass, we recommend incorporating a strength training routine that includes all major muscle groups two to three times a week.

As you progress, consider adding other types of exercise into your routine:

- swimming
- water aerobics
- biking
- spinning
- hiking

The **OPTAVIA ACTIVE** Essential Amino Acid Blend are a great addition to your daily regimen to help support healthy muscle*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Tracking Your Habits

Self-monitoring, an essential part of behavior change, involves tracking your behaviors or outcomes such as weight loss progress against your goals or past performance. Research suggests that self-monitoring can help you become more aware of your habits and better at controlling them, which can make it easier to lose weight and keep it off.^{1, 2}

OPTAVIA coaches and clients are encouraged to self-monitor as a way to track progress toward their health and well-being goals. While tracking can be done using pen and paper, like in Element 13 of “Your LifeBook,” the **OPTAVIA** app provides a convenient way to track your weight, body composition, meals, water and activity digitally. These tools can help you to develop self-awareness, celebrate small wins and make corrections and adjustments throughout your journey.

Consider sharing the patterns you observe through self-monitoring with your coach so they can best assist you in your journey toward Lifelong Transformation, Making a Healthy Lifestyle Second Nature™.

1. Patel, M.L., Wakayama, L.N. and Bennett, G.G. (2021), Self-Monitoring via Digital Health in Weight Loss Interventions: A Systematic Review Among Adults with Overweight or Obesity. *Obesity*, 29: 478-499. <https://doi.org/10.1002/oby.23088>

2. Phelan, S., Halfman, T., Pinto, A.M. and Foster, G.D. (2020), Behavioral and Psychological Strategies of Long-Term Weight Loss Maintainers in a Widely Available Weight Management Program. *Obesity*, 28: 421-428. <https://doi.org/10.1002/oby.22685>

Healthy Exchange List

Our Healthy Exchange List provides examples of appropriately portioned food options within each food group. The number of healthy exchanges you have each day (in addition to your 2 **OPTAVIA ASCEND** mini meals, 2 Lean & Green+ meals and **OPTAVIA ASCEND** Daily Nutrients Pack) will depend on your total energy expenditure (TEE). If you haven't already, work with your **OPTAVIA** coach to calculate your TEE, and then use our [Healthy Exchange List](#) to help guide your choices.

We recommend choosing a variety of foods from each food group, especially fruit, vegetables, whole grains, dairy and healthy fats for balanced nutrition. Which foods you choose will be based on your personal needs, preferences and appetite.

OPTAVIA ACTIVE Essential Amino Acid Blend (EAAs)

- Up to 2 servings

OPTAVIA Snacks

- **OPTAVIA** Popcorn
- **OPTAVIA** Puffed Snacks



Fruits	
Amount	Food
1 small (4 oz.)	piece of fresh whole fruit (apple, pear, orange, etc.)
½ cup	chopped fresh fruit
½ cup	canned fruit in 100% fruit juice or water
½ cup (4 oz.)	100% fruit juice
2 tbsps	dried fruit, ideally unsweetened
2 small	tangerines or plums
17 small	grapes
12	cherries
¾ cup	berries
1 oz.	Goji berries (dried, unsweetened)
3	dates
1	kiwi
1 cup	cubed melon (watermelon, honeydew, cantaloupe)

Tips for Fruit:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety and less sugar.



Non-starchy Vegetables

Amount	Food
½ cup cooked or raw vegetables	artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, hearts of palm, jicama, kale, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, spinach (cooked), squash (summer, crookneck, spaghetti, zucchini), sugar snap peas, Swiss chard, tomatoes, turnips, water chestnuts
1 cup fresh/raw salad greens	
4 oz. (½ cup)	100% vegetable juice

Starchy Vegetables

½ medium (3 oz.)	baked potato (all varieties)
½ cup	Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)
1 cup	Winter squash (acorn, butternut, pumpkin)
½ cup	Beans and lentils, cooked (mung beans, pinto beans, black beans)
½ cup	Adzuki beans, cooked

Tips for Vegetables:

- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes and onions, into sandwiches, omelets, stir fries and pasta or rice dishes.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Beans and lentils provide both protein and fiber. Soak dried beans overnight to reduce cooking time.





Whole Grains

Amount	Food
1 slice	100% whole grain bread
2 slices	reduced-calorie bread
½	whole wheat English muffin, hamburger bun or hot dog bun
½	pita (6-inches in diameter)
1	whole wheat tortilla (6-inches in diameter)
¼	naan (8-inches by 2-inches)
1 small	roti/chapatti (6-inches)
1 mini	whole grain bagel
¾ cup	unsweetened cereal (e.g., bran flakes) or ½ cup sweetened cereal
¼ cup	granola or muesli
½ cup	cooked cereal (like oatmeal), bulgur, cream of wheat or wheat bran
¼ cup	oat bran
3 tbsp	wheat germ
½ cup cooked	whole-wheat pasta or couscous, rice, quinoa, barley, polenta, farro, freekeh, millet, or amaranth
1 oz.	Soba noodles
6	whole grain crackers
3 cups	air-popped popcorn
2	rice cakes
¾ cup	canned hominy
15 (¾ oz.)	baked chips (potato, tortilla, pita)

Tips for Whole Grains:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole-wheat pasta instead of white, etc.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white breadcrumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal like croutons in a salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list and limit added sugars.
- Look for 100-calorie sandwich rolls, often labeled "rounds", "flats" or "thins."

Dairy

Amount	Food
1 cup (8 oz.)	unsweetened low-fat or fat-free milk (cow, soy, almond, rice, cashew, etc.) single serving container low-fat or fat-free yogurt (including Greek)
½ cup or 1 (5.3- to-6 oz.)	
½ cup (4 oz.)	evaporated milk
1 cup (8 oz.)	kefir

Tips for Dairy:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein-and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes, ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.

Healthy Fats

Amount	Food	Amount	Food
1 tsp	oil (any kind)	1 tbsp	seeds (sesame, sunflower, flax, etc.)
1½ oz.	avocado		
5–10	black or green olives	½ tbsp	chia seeds
½ tbsp	nut butter	2 tbsp	guacamole
6	almonds	2 tsp	pesto
2	brazil nuts	1 tbsp	regular salad dressing
6	cashews	2 tbsp	reduced-fat salad dressing
3	macadamia nuts	½ tbsp	tahini, butter, margarine, or mayo
10	peanuts	1 tbsp	reduced-fat mayo
4	pecan halves	¼ cup	light coconut milk
16	pistachios	1 tbsp	cream cheese
1 tbsp	pine nuts	1 tbsp	baba ghanouj
4	walnut halves	1 tsp	ghee

Tips for Fats:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.

Note: The **OPTAVIA ASCEND** mini meals and **Lean & Green+** meals provide a good amount of protein. For your additional healthy exchanges each day (based on TEE), we recommend focusing on fruits, vegetables, whole grains, dairy and healthy fats to help balance your macronutrient intake.

Lean Protein	
Amount	Food
1 oz.	lean beef: select or choice grades trimmed of fat- ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin
1 oz.	low-fat, reduced-fat, or part-skim cheese
1	egg
2	egg whites
¼ cup	egg substitute
¼ cup	low-fat plain Greek yogurt
¼ cup	reduced-fat or low-fat cottage cheese
1 oz.	fish (fresh or frozen): catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna
	Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp
1 oz.	smoked fish herring or salmon (lox)*
1 oz.	game: buffalo, ostrich, rabbit, venison
1 oz.	lamb: chop, leg or roast
6	oysters, medium
1 oz.	Canadian bacon*
1 oz.	poultry (without skin): chicken, Cornish hen, domestic duck or goose, turkey
1 oz.	canned tuna, salmon or sardines in water
1 oz.	sausage with 3g of fat or fewer*
1 oz.	veal: loin, chop, roast
¼ cup	cooked beans or lentils
½	meatless burger
4 oz.	4 oz. tofu (½ cup)
1 oz.	tempeh or seitan
	*High in sodium

Tips for Protein:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin and chuck shoulder and arm roasts.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin and ham.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



With You Every Step



Research shows **96% of people** recognize that lifestyle changes are essential for weight loss and maintenance, but only **17% feel confident** they can manage on their own.*

Why go it alone when there's a better way?

Your **OPTAVIA** coach is your partner in progress, your co-pilot with insights and experience to keep you on track, no matter what life throws your way.

Your coach will challenge you, support you and celebrate your every win.

And it doesn't end there. By joining **OPTAVIA**, you're welcomed into a community where shared experiences provide strength and encouragement.

With the right people by your side, you're not just resilient — you'll feel unstoppable.

Surround yourself with the support of a coach and a like-minded community and watch as you create the life you deserve.

We're cheering for you!

*Source: Independent IPSOS research commissioned by **OPTAVIA**, June 2023.

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® programs, plans, products or kits if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the **OPTAVIA** program, plans, products and kits as appropriate, and about any dietary supplements or medications you're using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any **OPTAVIA** program, plans, products and kits until you're cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver, or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens Plan is the only **OPTAVIA** plan appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, individuals with Type 1 diabetes and those who exercise more than 45 minutes per day or participate in high intensity activity—if you fall into one of these categories, please consult your healthcare provider, refer to **OPTAVIA.com** and talk with your independent **OPTAVIA** coach about other **OPTAVIA** plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** coach. Do not consume an **OPTAVIA** product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the **OPTAVIA** website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any **OPTAVIA ACTIVE**® plans and products or **OPTAVIA ASCEND™** Daily Nutrients Pack. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 **ACTIVE Plan™** is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. **OPTAVIA ACTIVE** products and **OPTAVIA ASCEND Daily Nutrients Pack** (Multivitamin-mineral supplement and Omega-3 supplement) products are not recommended for individuals under 18 years of age.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** program, plans, products and kits are not labeled, advertised, or promoted for any specific medical purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** program, plans, products and kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. **OPTAVIA** does not prescribe or dispense medications.

For further information regarding this Medical Disclaimer, contact the **OPTAVIA** Nutrition Support Team, available Monday through Friday 8:00 AM-5:00 PM EST at 1.888.**OPTAVIA** (1.888.678.2842) or via text at 206.828.1605. You can also email at NutritionSupport@OPTAVIA.com or via webchat on [Coach Answers](#) and [Client Answers](#).

1.888.**OPTAVIA**
www.OPTAVIA.com
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