

COMPARISON: OPTAVIA OPTIMAL WEIGHT 5 & 1 PLAN[®] VS. GROCERY, FAST-FOOD AND FAST-CASUAL

The first month on the 5 & 1 Plan[®] costs
\$12.85 PER DAY in Fuelings.†

During the first month on the 5 & 1 Plan[®], you can spend
\$18.30 PER DAY on all six meals.†

	5 & 1 Plan [®] (month one)	Grocery & Fast-Food*	Grocery & Fast-Casual*
Breakfast	OPTAVIA Fueling \$2.57	Bacon, egg and cheese biscuit meal \$7.19	Starbucks Grande Caffe latte and Sausage Cheddar & Egg Sandwich \$9.62
Mid-Morning Snack	OPTAVIA Fueling \$2.57	Apple \$1.00	Orange \$1.00
Lunch	OPTAVIA Fueling \$2.57	Salad with protein made at home \$4.34	Chicken Salad \$8.45
Mid-Afternoon Snack	OPTAVIA Fueling \$2.57	Bag of Pretzels \$1.50	Bag of Chips \$1.50
Dinner	Lean & Green Meal † \$5.45	Big Mac Meal \$8.39	Steak Burrito Bowl \$11.79
After-Dinner Snack	OPTAVIA Fueling \$2.57	Ice cream \$2.00	Store-bought muffin \$1.00
Full Day Cost	\$18.30	\$24.42	\$33.36

* Fast-food based on McDonald's, largest fast-food chain in the US, with 44% market share. Fast-casual based on Chipotle, largest fast-casual chain in the US. Grocery based on Wegmans instacart prices. All prices based on Philadelphia market. (Data extracted 10/21/22)

† US \$12.85 a day for Fuelings is based on a New Client's purchase of the Essential Optimal Kit (5 & 1 Plan) with enrollment in OPTAVIA Premier, including applicable Premier acquisition offer savings of five free boxes, [terms and conditions apply](#). US \$5.45 a day for the Lean & Green Meals is based on the purchase of a "Flavors of Home" Lean & Green Meal option.

OPTAVIA[®]