

TRANSITION & OPTIMIZATION

Reached your goal weight?
Congrats! Now let's optimize your health.

5 & 1 plans



Transition



Optimization

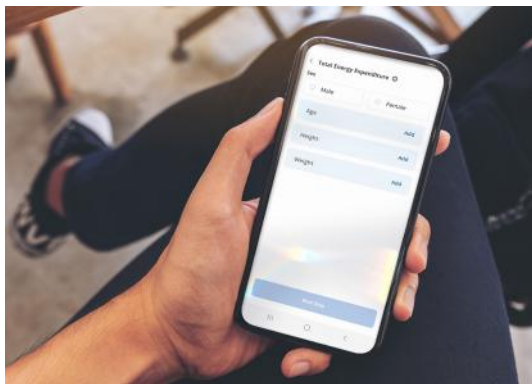
Step 1 : Follow the 3-week transition chart

A gradual transition from weight loss to weight management helps your body adjust, supports your progress and helps set you up for long-term success. During this three week transition, you will:

- Gradually reduce the number of Fuelings you consume
- Reintroduce a wider variety of foods with healthy exchanges — from **OPTAVIA ACTIVE®** EAAs to fresh fruit, Greek yogurt and more
- Begin incorporating our protein-packed **OPTAVIA ASCEND™** mini meals and Daily Nutrients Pack

Week	Target Calorie Range	OPTAVIA Fuelings	OPTAVIA ASCEND Mini Meals	Lean & Green™ Meals	Healthy Exchanges (Fruit, Starch or Dairy)	Daily Nutrients Pack
1	900-1000	4	1	1	—	—
2	1000-1200	2	2	1	1	—
3	1000-1200	1	2	1	2	1

Step 2 : Calculate your total energy expenditure (TEE)



Your **TEE** is how many calories your body requires to help maintain your weight — aka your roadmap for tailored nutrition.

Use the **OPTAVIA** app to calculate your TEE and **say goodbye to the calories in, calories out confusion.**

Step 3 : Step into the Optimization Plan

Begin the Optimization Plan comprised of 2 ASCEND mini meals, 2 Lean & Green+ meals, a Daily Nutrients Pack and additional healthy exchanges.

Using your TEE, follow one of our dietitian-crafted optimization sample meal plans, each tailored to a specific TEE and customized to fit your lifestyle and goals.

Sample Day for 1200-1400 Calorie Range

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
OPTAVIA ASCEND Chocolate Shake Mix + OPTAVIA ASCEND Daily Nutrients Pack	½ cup low-fat Greek yogurt	Lean & Green+ meal English Muffin Pizza with Caesar Salad	OPTAVIA ASCEND Birthday Cake Bar	Lean & Green+ meal 5 Minute Quesadilla	6 whole almonds

Discover our expanding collection of Lean & Green+ recipes in the **OPTAVIA** app, along with the Healthy Exchange List, easy meal tracking and even more tools to fuel your journey!

As you tackle each day, stay empowered with our structured, yet flexible nutrition plan designed for people looking to help keep the weight off.

Lean on Your Coach!

Your coach is your secret weapon for navigating transition. Need guidance, motivation or tips? They've got you covered every step of the way.

True health isn't a destination — it's a commitment to show up for yourself every single day!

Designed for real life.™