

OPTAVIA ASCEND™ LEAN & GREEN+ RECIPES

Balanced Nutrition Made Easy

We've made meal planning easier than ever.

Designed for your GLP-1 journey or weight management goals, these recipes take the guesswork out of healthy eating and work seamlessly with your selected plan.



Nutritionally balanced protein, carbohydrates, fiber and healthy fats



Healthy portion sizes to empower smart food choices



Addition of fruits, whole grains and dairy to support nutrition while you're on a GLP-1



Created by culinary experts and dietitians so you know you're getting the right balance



Simple ingredients and variety make cooking fun and habit-forming

OPTAVIA. Lean & Green+

- Protein** 3–4 ounces ALL protein (including beans and lentils)
- Fat** 0–2 servings (based on appetite level)
- Fruits & Vegetables** 2–3 total servings of fruits and / or vegetables
- Whole Grain** 1 serving whole grain or starchy vegetable
- Dairy** 1 serving (optional with meal)

For more information and helpful tools, visit [OPTAVIA.com](https://www.optavia.com), [Client Answers](#) or connect with your independent **OPTAVIA** coach.