

# OPTAVIA ASCEND™ MINI MEALS PACK A NUTRITIONAL PUNCH!

Feel Fuller. Support Lean Muscle Mass. Promote Digestive Health.

## Live Healthier with OPTAVIA ASCEND Mini Meals

Each mini meal works seamlessly with your selected plan to provide targeted nutrition for optimal performance and health. Designed to support your goals, whether you're losing weight on GLP-1 medication or need help maintaining your success.



High-quality  
Protein



Great Source  
of Fiber



Calcium  
Support



Portion  
Controlled



Interchangeable  
& Versatile



No Artificial  
Sources



### Each Mini Meal is Packed with:

- 20 grams of high-quality protein to help retain lean muscle mass
- 5–10 grams of fiber to promote digestive health
- Calcium to support bone health and muscle function.
- Portion controlled for a low-calorie diet
- No flavors, colors or sweeteners from artificial sources

## OPTAVIA ASCEND Mini Meals Help Support Healthier Weight Loss & Lean Muscle Retention

From sweet to crunchy to hearty, all mini meals are scientifically formulated with the targeted macro and micronutrients you need to stay strong and satisfied — especially on your GLP-1 journey. Whether you're managing reduced appetite or just juggling a busy lifestyle, these meals help keep you nourished and on track.

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