

Fuelings Comparison Chart

| Item Number | Medifast® Classic Product | → | Item Number | OPTAVIA Essential Product |
|--------------------------|--|---|-------------|--|
| Bars | | | | |
| 65445 | Classic Caramel Crunch Bar | → | 77810 | Essential Caramel Delight Crisp Bar |
| 65440 | Classic Caramel Nut Maintenance Bar | → | 77810 | Essential Caramel Delight Crisp Bar |
| 64805 | Classic Chocolate Crunch Bar | → | 77805 | Essential Drizzled Chocolate Fudge Crisp Bar |
| 64905 | Classic Chocolate Mint Crunch Bar | → | 77800 | Essential Chocolate Mint Cookie Crisp Bar |
| 65510 | Classic Cinnamon Roll Crunch Bar | → | 77905 | Essential Frosted Cinnamon Spice Crisp Bar |
| 65556 | Classic Cookie Dough Chewy Bar | → | 77830 | Essential Frosted Cookie Dough Chewy Bar |
| 65505 | Classic Fruit & Nut Crunch Bar | → | 77910 | Essential Cranberry Honey Nut Granola Bar |
| 65205 | Classic Lemon Meringue Crunch Bar | → | 77975 | Essential Zesty Lemon Crisp Bar |
| 65405 | Classic Oatmeal Raisin Crunch Bar | → | 77900 | Essential Raisin Oat Cinnamon Crisp Bar |
| 64955 | Classic Peanut Butter Chocolate Chip Chewy Bar | → | 77835 | Essential Silky Peanut Butter & Chocolate Chip Bar |
| 65005 | Classic Peanut Butter Crunch Bar | → | 77795 | Essential Creamy Double Peanut Crisp Bar |
| 65455 | Classic S'more Crunch Bar | → | 77895 | Essential Campfire S'mores Bar |
| 65520 | Classic Strawberry Crunch Bar | → | 77980 | Essential Drizzled Berry Crisp Bar |
| Crunchers | | | | |
| 68240 | Classic Cheese Pizza Bites | → | 78030 | Essential Zesty Cheddar & Italian Herb Crunchers |
| 67245 | Classic Chili Nacho Cheese Puffs | → | 78035 | Essential Jalapeno Cheddar Poppers |
| 68250 | Classic Cinnamon Pretzel Sticks | → | 78020 | Essential Cinnamon Sugar Sticks |
| 68260 | Classic Honey Mustard Pretzel Sticks | → | 78015 | Essential Honey Mustard & Onion Sticks |
| Shakes and Drinks | | | | |
| 72630 | Classic Calorie Burn Cappuccino | → | 78005 | Essential Frothy Cappuccino Boost |
| 52550 | Classic Dutch Chocolate Shake | → | 77815 | Essential Creamy Chocolate Shake |
| 52500 | Classic French Vanilla Shake | → | 77820 | Essential Creamy Vanilla Shake |
| 57300 | Classic Hot Cocoa | → | 78050 | Essential Velvety Hot Chocolate |
| 52510 | Classic Strawberry Shake | → | 77825 | Essential Wild Strawberry Shake |
| Breakfast Style | | | | |
| 57710 | Classic Chocolate Chip Pancakes | → | 77840 | Essential Golden Chocolate Chip Pancakes |
| 68400 | Classic Cinnamon & Brown Sugar Cereal Crunch | → | 78025 | Essential Cinnamon Crunchy O's Cereal |
| 58020 | Classic Maple & Brown Sugar Oatmeal | → | 77930 | Essential Old Fashioned Maple & Brown Sugar Oatmeal |
| 68300 | Classic Mixed Berry Cereal Crunch | → | 78065 | Essential Red Berry Crunchy O's Cereal |
| Hearty Meals | | | | |
| 66595 | Classic Macaroni & Cheese | → | 77925 | Essential Cheesy Buttermilk Cheddar Mac |
| 66610 | Classic Sour Cream & Chive Mashed Potatoes | → | 77856 | Essential Sour Cream & Chive Smashed Potatoes |
| 66650 | Classic Ziti Marinara | → | 77885 | Essential Rustic Tomato Herb Penne |
| Dessert Style | | | | |
| 57520 | Classic Blueberry Muffin Soft Bake | → | 77865 | Essential Sweet Blueberry Biscuit |
| 57500 | Classic Brownie Soft Bake | → | 78100 | Essential Decadent Chocolate Brownie w/ Greek Yogurt Chips |
| 57510 | Classic Chocolate Chip Soft Bake | → | 77880 | Essential Chewy Chocolate Chip Cookie |
| 57400 | Classic Chocolate Pudding | → | 77940 | Essential Chocolate Fudge Pudding |
| Snacks | | | | |
| 52640 | Classic Cheddar & Sour Cream Popcorn | → | 77015 | OPTAVIA Sharp Cheddar & Sour Cream Popcorn |
| 57235 | Classic Multigrain Crackers | → | 77000 | OPTAVIA Puffed Sweet & Salty Snacks |
| 57245 | Classic Rosemary Crackers | → | 77005 | OPTAVIA Puffed Ranch Snacks |
| 52650 | Classic Sea Salt Popcorn | → | 77010 | OPTAVIA Olive Oil & Sea Salt Popcorn |

Fueling Comparison: Features & Benefits

| Fueling Feature | OPTAVIA Select | OPTAVIA Essential | MEDIFAST® Classic |
|--|----------------|-------------------|-------------------|
| Nutrient dense and portion controlled | ● | ● | ● |
| Nutritionally interchangeable | ● | ● | ● |
| Help to promote a gentle but efficient fat-burning state when used as part of the Optimal Weight 5 & 1 Plan® | ● | ● | ● |
| High-quality, complete protein | ● | ● | ● |
| At least 24 vitamins & minerals | ● | ● | ● |
| No colors from artificial sources | ● | ● | |
| No flavors from artificial sources | ● | ● | |
| No sweeteners from artificial sources | ● | ● | |
| No preservatives from artificial sources | ● | | |
| Additional Vitamin D (50% DV) | ● | ● | |
| Contains GanedenBC ³⁰ ® Probiotics | ● | ● | |
| Non-GMO | ● | | |
| Available exclusively from an independent OPTAVIA Coach | ● | ● | |

