



OPTAVIA®

OPTAVIA®  
Fuelings



OPTAVIA®

## OPTAVIA Science - Our Heritage

**Our scientifically-developed products and our clinically proven plans have been recommended by thousands of healthcare providers.**

**OPTAVIA's proprietary products and programs are based on 40 years of experience to help you lose weight when following the Optimal Weight 5 & 1 Plan®.**

**Our Scientific Advisory Board is a cross-disciplinary panel of expert physicians and scientists that advise on evidence-based research and the most up-to-date science to help guide our portfolio of products and plans.**

**Independent OPTAVIA Coaches are critical to the success of their Clients. Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.\***

\*Appel, L.J., et al., *Comparative effectiveness of weight-loss interventions in clinical practice*. N Engl J Med, 2011. **365**(21): p. 1959-68; Harrigan, M., et al., *Randomized Trial Comparing Telephone Versus In-Person Weight Loss Counseling on Body Composition and Circulating Biomarkers in Women Treated for Breast Cancer: The Lifestyle, Exercise, and Nutrition (LEAN) Study*. J Clin Oncol, 2016. **34**(7): p. 669-76; van Wier M.F., et al., *Phone and e-mail counselling are effective for weight management in an overweight working population: a randomized controlled trial*. BMC Public Health, 2009. **9**: 6; and Donnelly, J.E., et al., *Comparison of a phone vs clinic approach to achieve 10% weight loss*. Int J Obes (Lond), 2007. **31**(8): p. 1270-6.

# Decadent Chocolate Brownie Mix with Greek Yogurt Chips

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 5G | PROTEIN: 11G



## Decadent Chocolate Brownie Mix with Greek Yogurt Chips

Naturally Flavored with Other Natural Flavors

The decadent brownie mix, made with real cocoa and Greek yogurt chips is the perfect indulgence.

And, you can whip up this brownie in a mug in minutes! It's high in protein, low in fat and an excellent source of antioxidant vitamins A, C, and E.

Enjoy every last crumb and take on the day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, Greek yogurt drops [sugar, fractionated palm kernel oil, nonfat milk, Greek yogurt powder (nonfat milk solids, culture, lactic acid, natural flavor), lactic acid, soy lecithin, natural flavor], soluble corn fiber, brown sugar, fructose, cocoa (processed with alkali), cocoa, rice flour, egg whites, contains 2% or less of baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, calcium phosphate), soy lecithin, maltodextrin, salt, xanthan gum, natural flavors, steviol glycosides, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, SOY AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

A photograph of a white ceramic mug filled with a golden-brown, baked cookie cake mix topped with several dark chocolate chips. To the left of the mug is a glass of white milk. In the foreground, a silver spoon lies horizontally. To the right of the mug, several chocolate chips are scattered on a light-colored marble surface. The background is a solid dark brown color.

## Chocolate Chip Cookie Cake Mix

Naturally Flavored  
with Other Natural Flavors

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 8G | PROTEIN: 11G



## Chocolate Chip Cookie Cake Mix

Naturally Flavored with Other Natural Flavors

Add a sweet touch to your day with this Chewy Chocolate Chip Cookie that's just what you need to make your day count. This delightfully chewy treat will be an instant favorite.

Soft, perfectly satisfying and delicious, it'll melt in your mouth every time.

Enjoy every bite and make your day wonderful.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, calcium caseinate, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract, milk), brown sugar, soluble corn fiber, modified food starch, rice flour, apple powder, canola oil, gum arabic, sugar, soy lecithin, salt, xanthan gum, steviol glycosides, guar gum, natural flavors, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Golden Butterscotch Blondie Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 8G | PROTEIN: 11G



## Golden Butterscotch Blondie Mix

Naturally Flavored with Other Natural Flavors

This chewy, melt-in-your-mouth treat is bursting with butterscotch flavor and is topped with sweet caramel chips. The delicious aroma will make this your all-time favorite.

Enjoy this special treat as you take on the day!

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, soluble corn fiber, sugar, brown sugar, egg whites, apple powder, rice flour, fructose, palm kernel and palm oil, maltodextrin, soy lecithin, natural flavors, cocoa, xanthan gum, nonfat milk, guar gum, cinnamon, gum arabic, salt, milk, paprika extract (color), steviol glycosides, *Bacillus coagulans* GBI-30 6086, annatto (color). Vitamins and Minerals blend.†

**CONTAINS: MILK, SOY AND EGG.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Chocolate Fudge Pudding Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 8G | PROTEIN: 14G



## Chocolate Fudge Pudding Mix

Naturally Flavored with Other Natural Flavors

Love every decadent bite of this Chocolate Fudge Pudding. It's the perfect indulgence right when you need it. With the rich chocolate fudge flavor of this silky smooth pudding, you'll never feel like you're missing out on the sweetness of life.

Savor each bite and be bold today.

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Calcium caseinate, sugar, milk protein concentrate, soy protein isolate, cocoa (processed with alkali), soluble corn fiber, fructose, modified food starch, whey protein concentrate, maltodextrin, canola oil, xanthan gum, corn syrup solids, natural flavors, gum arabic, soy lecithin, steviol glycosides, salt, sodium caseinate, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**

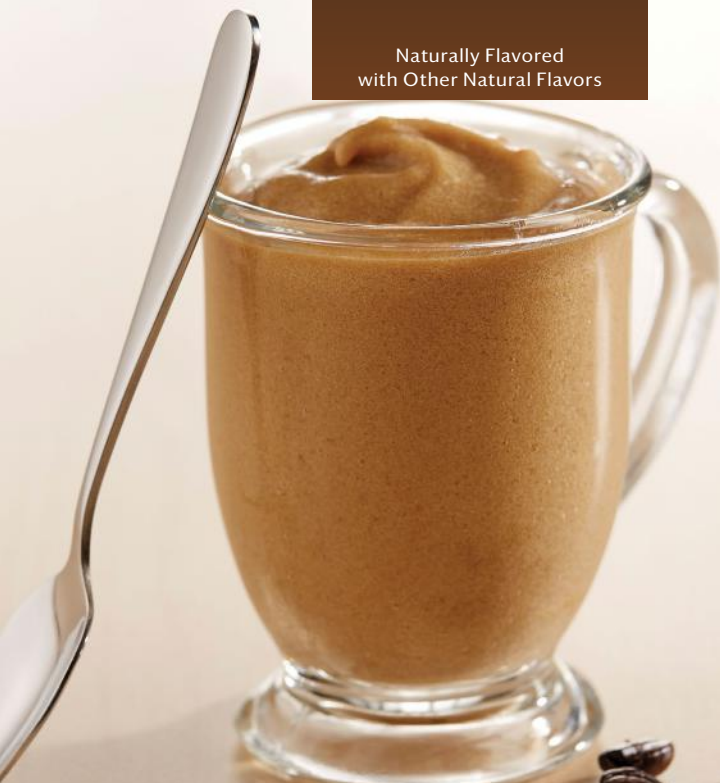
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Coffee Soft Serve Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 7G | PROTEIN: 11G



## Coffee Soft Serve Mix

Naturally Flavored with Other Natural Flavors

Enjoy each spoonful of this Coffee Soft Serve that's got the right kick of flavor for your day. The bold flavor of coffee blended to smooth, frozen perfection is just what you need to step up your day. Enjoy it any time of year for a cool dessert treat.

Savor each spoonful and be bold today.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Calcium caseinate, sugar, soluble corn fiber, dextrin, sunflower oil, maltodextrin, whey protein concentrate, coffee, cellulose gum, egg whites, sodium caseinate, xanthan gum, steviol glycosides, carrageenan, natural flavors, natural tocopherols, mono and diglycerides, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Mint Chocolate Soft Serve Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 7G | PROTEIN: 11G



## Mint Chocolate Soft Serve Mix

Naturally Flavored with Other Natural Flavors

Treat yourself to this refreshing Mint Chocolate Soft Serve that's the perfect sweet touch to your day. The bright flavor of mint perfectly blended with sweet, decadent cocoa makes one delightful frozen dessert. Enjoy it any time of year for a cool treat when you need it most.

Savor each bite and brighten up your day.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Calcium caseinate, sugar, soluble corn fiber, sunflower oil, dextrin, maltodextrin, cocoa (processed with alkali), whey protein concentrate, cellulose gum, egg whites, sodium caseinate, natural flavors, xanthan gum, salt, steviol glycosides, carrageenan, natural tocopherols, mono and diglycerides, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Cinnamon Roll Cake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 4G | PROTEIN: 11G





## Cinnamon Roll Cake Mix

Naturally Flavored with Other Natural Flavors

Our Cinnamon Roll Cake offers a moist and rich cake texture with a balanced flavor of vanilla, cinnamon, and cream cheese. You will also enjoy a noticeable butter flavor in every bite.

Enjoy every last bite and make the most of your day.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Whey protein concentrate, soy protein isolate, soluble corn fiber, cinnamon cream cheese flavored drops (sugar, palm and palm kernel oil, whey, whole milk, cinnamon, coconut oil, powdered sugar, natural flavors, sunflower lecithin, vanilla), rice flour, calcium caseinate, brown sugar, gum arabic, canola oil, contains 2% or less of baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, salt, xanthan gum, cinnamon, butterfat, guar gum, nonfat milk, soy lecithin, steviol glycosides, natural flavors, carrageenan, vanilla extract, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors, sweeteners or preservatives from artificial sources.

† See product box or website for more details.

## Golden Chocolate Chip Pancake Mix

with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 6G | PROTEIN: 12G



# Golden Chocolate Chip Pancake Mix

with Other Natural Flavors

Rise and shine. These Golden Chocolate Chip Pancakes will make your morning a little sweeter. Golden, fluffy and delicious, with real chocolate chips, these pancakes have everything you need to get up and get going.

Enjoy every bite and start your day off strong.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, whey protein concentrate, soluble corn fiber, semi-sweet chocolate chip (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract, milk), egg white, rice flour, sugar, apple powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), canola oil, maltodextrin, soy lecithin, modified food starch, natural flavors, steviol glycosides,

*Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, SOY AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Golden Pancake Mix

with Other Natural Flavors

CALORIES: 90 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 11G | TOTAL SUGARS: 3G | PROTEIN: 13G



## Golden Pancake Mix

with Other Natural Flavors

Rise and shine with these Golden Pancakes. Golden, fluffy and perfectly sweet, these pancakes have everything you need to take on the morning.

Enjoy every bite and add some flavor to your morning.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, whey protein concentrate, soluble corn fiber, egg white, rice flour, sugar, apple powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), canola oil, maltodextrin, soy lecithin, modified food starch, natural flavors, steviol glycosides, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, SOY AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

A vibrant yellow bowl filled with cooked oatmeal sits on a light-colored surface. In the background, a glass jar with a metal clasp is partially filled with oatmeal. To the left of the bowl, a dark wooden spoon holds a pile of dry, flaked oats. The top of the image features a yellow-to-orange gradient banner with white text.

## Maple & Brown Sugar Oatmeal

Naturally Flavored  
with Other Natural Flavors

CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 3G | PROTEIN: 11G

A close-up shot of several dry, flaked oats scattered on a light-colored, textured surface.



## Maple & Brown Sugar Oatmeal

Naturally Flavored with Other Natural Flavors

Start your day the best way you can with this Maple & Brown Sugar Oatmeal.

Brown sugar and molasses melt into hearty oats cooked to perfection for a delicious breakfast you'll want to get out of bed for.

Make yourself a bowlful and wake up your day.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Whole grain rolled oats, soy protein isolate, soy protein concentrate, brown sugar, oat fiber, maltodextrin, sea salt, natural flavors, canola oil, soy lecithin, cane sugar, molasses, steviol glycosides, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

**MAY CONTAIN: WHEAT.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

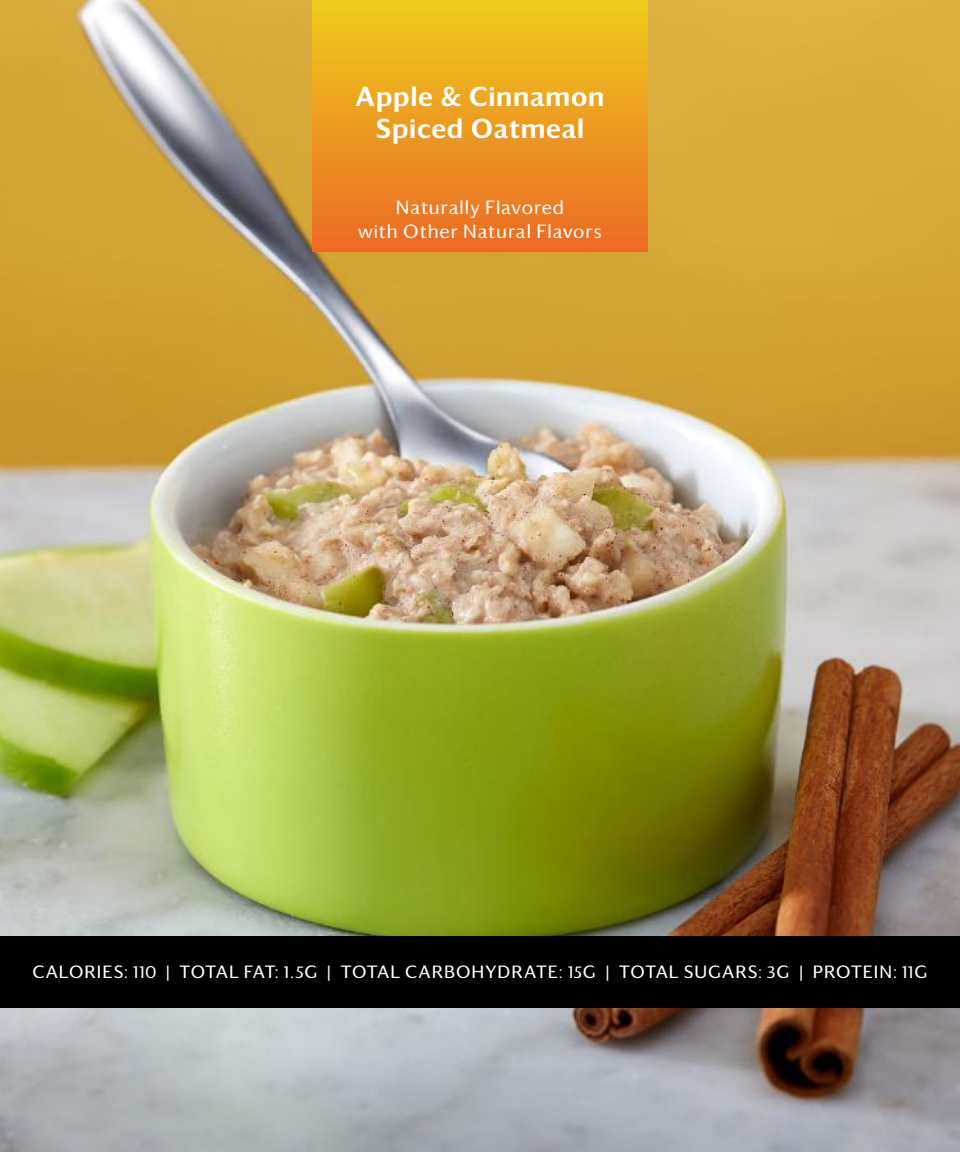
\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Apple & Cinnamon Spiced Oatmeal

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 3G | PROTEIN: 11G



## Apple & Cinnamon Spiced Oatmeal

Naturally Flavored with Other Natural Flavors

Indulge in the flavors of fall any time of the year with this Apple & Cinnamon Spiced Oatmeal.

With deliciously sweet apples and warm, spicy cinnamon, this tasty oatmeal is the perfect beginning to an amazing day.

Make yourself a bowlful and add some excitement to your day.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Whole grain rolled oats, soy protein isolate, soy protein concentrate, apple, brown sugar, oat fiber, maltodextrin, cinnamon, sea salt, canola oil, gum arabic, soy lecithin, natural flavors, steviol glycosides, malic acid, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

**MAY CONTAIN: WHEAT.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

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† See product box or website for more details.

## Mixed Berry O's Cereal

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Mixed Berry O's Cereal

Naturally Flavored with Other Natural Flavors

Making the most of every day begins with making the most of your mornings. Wake up your taste buds and start your day with the crunchy, fruity goodness of our Mixed Berry O's Cereal. This nutritious breakfast fuels your morning with the perfect dose of get-up-and-go.

Embrace your morning with something sweet.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, degermed yellow corn flour, sugar, pea fiber, tapioca starch, pea hull fiber, soluble corn fiber, contains 2% or less of natural flavors, steviol glycosides, salt, strawberry juice concentrate, sunflower oil, torula yeast, vegetable juice concentrate (color), *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Cinnamon O's Cereal

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Cinnamon O's Cereal

Naturally Flavored with Other Natural Flavors

Begin your day with the sweet taste and vitamin-packed power of our Cinnamon O's Cereal. A cinnamon sensation you can munch on, crunch on and savor, one splendid spoonful at a time. Every bite delivers the kind of flavor that wakes you up and excites you for the day ahead.

Embrace your morning with something sweet.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, degermed yellow corn flour, pea fiber, tapioca starch, sugar, pea hull fiber, soluble corn fiber, contains 2% or less of cinnamon, molasses, monk fruit concentrate, natural flavors, steviol glycosides, salt, sunflower oil, torula yeast, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Sweet Blueberry Muffin Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 6G | PROTEIN: 11G





## Sweet Blueberry Muffin Mix

Naturally Flavored with Other Natural Flavors

Sweet, moist, and bursting with fragrant blueberries, this classic treat is a joy to eat from start to finish. And, you can whip up this blueberry mug cake in minutes!

Savor each bite and make the day count.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, whey protein concentrate, oat fiber, rice flour, blueberries, soluble corn fiber, cane sugar, apple powder, egg whites, maltodextrin, sunflower oil, contains 2% or less of baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum, soy lecithin, natural flavors, whey solids, sodium caseinate, steviol glycosides, salt, dextrose, citric acid, butter, lemon juice concentrate, *Bacillus coagulans* GBI-30 6086, blueberry juice concentrate. Vitamins and Minerals blend.†

**CONTAINS: MILK, SOY AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Campfire S'mores Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 6G | PROTEIN: 11G



## Campfire S'mores Crisp Bar

Naturally Flavored with Other Natural Flavors

Relax and enjoy a deliciously sweet Campfire S'mores Crisp Bar that's just what you need to live your day to the max. The sweet flavor of marshmallows perfectly combines with chocolate flavor for an on-the-go treat any time of the day.

Savor each bite and add some fire to your day.

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, soluble corn fiber, polydextrose, fractionated palm and palm kernel oil, glycerine, water, milk protein isolate, powdered sugar (sugar, corn starch), nonfat milk, brown sugar, brown rice syrup, allulose syrup, erythritol, rolled oats, natural flavors, cocoa, rice starch, soy lecithin, maltodextrin, guar gum, palm oil, salt, rice flour, dextrose, steviol glycosides, *Bacillus coagulans* GBI-30 6086, gum arabic.

Vitamins and Minerals blend.†

### **CONTAINS: SOY AND MILK.**

**Produced on equipment that also processes peanuts, tree nuts, wheat and egg.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Caramel Delight Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Caramel Delight Crisp Bar

Naturally Flavored with Other Natural Flavors

Even the strongest sweet craving is no match for the heavenly flavor of this Caramel Delight Crisp Bar. The chewy, delicious, real caramel in this crispy bar is an indulgence you'll always look forward to.

Grab a bar and live it up today.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, polydextrose, allulose, glycerine, soluble corn fiber, brown rice syrup, nonfat milk, peanuts, palm kernel oil, natural flavor, peanut flour, water, sugar, butter, milk protein isolate, soy lecithin, rice starch, hydrogenated palm oil, salt, cocoa powder, steviol glycosides, carrageenan, *Bacillus coagulans* GBI-30 6086, mono and diglycerides, citric acid, mixed tocopherols. Vitamins and Minerals blend.†

**CONTAINS: MILK, PEANUTS AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Chocolate Mint Cookie Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 4G | PROTEIN: 11G



## Chocolate Mint Cookie Crisp Bar

Naturally Flavored with Other Natural Flavors

Add some zing to your day with a refreshing Chocolate Mint Cookie Crisp Bar. Enjoy the exquisite flavor of real cocoa and the cool sweetness of mint anytime, anywhere.

Take it with you wherever you're going and fuel up for the day's adventures.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, polydextrose, soluble corn fiber, cocoa (processed with alkali), brown rice syrup, palm kernel oil, glycerine, allulose, chocolate liquor, milk protein isolate, erythritol, nonfat milk, rice starch, natural flavor, soy lecithin, salt, guar gum, steviol glycosides, peppermint oil, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Cookie Dough Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 3G | PROTEIN: 11G



## Cookie Dough Bar

Naturally Flavored with Other Natural Flavors

No need to lick the bowl when you can grab this Cookie Dough Bar.

Scrumptious cookie dough and chocolate flavors combine to make a chewy, delicious treat. You'll enjoy every bite!

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, polydextrose, water, whey protein isolate, glycerine, sugar, milk protein isolate, palm kernel oil, nonfat milk, fractionated palm kernel oil, contains 2% or less of soluble corn fiber, erythritol, allulose, cocoa, hydrogenated palm oil, whey, soy lecithin, salt, steviol glycosides, natural flavors, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Cranberry Honey Nut Granola Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 3G | PROTEIN: 11G



## Cranberry Honey Nut Granola Bar

Naturally Flavored with Other Natural Flavors

Take in every last flavor of this Cranberry Honey Nut Granola Bar and reach higher today. With tart cranberries and delicately sweet honey roasted peanuts, you'll get the perfect amount of flavor in every bite.

Grab a bar and make today amazing.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, soluble corn fiber, brown rice syrup, peanuts, sugar, golden raisins (with sulfur dioxide to protect color), polydextrose, milk protein isolate, rolled oats, erythritol, allulose syrup, almonds, water, natural flavors, contains 2% or less of glycerine, vegetable oil (canola, sunflower, and/or soybean oil), cranberries, guar gum, rice starch, soy lecithin, salt, honey, maltodextrin, peanut oil, citric acid, potato starch, steviol glycosides, xanthan gum, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: PEANUTS, SOY, ALMONDS AND MILK.**

**Produced on equipment that also processes tree nuts, egg, wheat and sesame.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

# **Creamy Double Peanut Butter Crisp Bar**

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 3G | PROTEIN: 11G



# Creamy Double Peanut Butter Crisp Bar

Naturally Flavored with Other Natural Flavors

Give in to the goodness of our Creamy Double Peanut Butter Crisp Bar  
and satisfy your sweet and salty craving.

Grab a bar and indulge in bliss.

## Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

## All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, peanut flour, polydextrose, soluble corn fiber, sugar, peanuts,  
glycerine, palm kernel oil, allulose, erythritol, brown rice syrup, nonfat milk, rice starch, milk protein  
isolate, salt, soy lecithin, natural flavors, peanut oil, guar gum, steviol glycosides,  
*Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY, MILK AND PEANUTS.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Drizzled Berry Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 5G | PROTEIN: 11G



## Drizzled Berry Crisp Bar

Naturally Flavored with Other Natural Flavors

Experience summer sweetness any time of the year with this Drizzled Berry Crisp Bar.

The fresh flavor of berries and satisfying crunch make this bar the perfect Fueling when you're looking for something special.

Savor each bite and awaken something special today.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, soluble corn fiber, cane sugar, brown rice syrup, polydextrose, fractionated palm kernel oil, milk protein isolate, water, allulose syrup, high oleic sunflower oil (with tocopherols to protect flavor), nonfat milk, dried cranberries, erythritol, glycerine, rolled oats, guar gum, natural flavor, rice starch, soy lecithin, citric acid, malic acid, maltodextrin, salt, steviol glycosides, elderberry juice concentrate (color), sunflower oil, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

### **CONTAINS: MILK AND SOY.**

**Produced on equipment that also processes peanuts, tree nuts, wheat, egg and sesame.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.





## Drizzled Chocolate Fudge Crisp Bar

Naturally Flavored  
with Other Natural Flavors

CALORIES: 100 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 4G | PROTEIN: 11G



## Drizzled Chocolate Fudge Crisp Bar

Naturally Flavored with Other Natural Flavors

The Drizzled Chocolate Fudge Crisp Bar will put a smile on your face and delight your senses. The sweetness of real, luscious cocoa and perfectly satisfying crunch will leave you feeling fantastic.

Grab, go and enjoy a blissful day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, polydextrose, soluble corn fiber, cocoa (processed with alkali), brown rice syrup, palm kernel oil, glycerine, allulose, chocolate liquor, milk protein isolate, erythritol, nonfat milk, rice starch, natural flavor, soy lecithin, salt, guar gum, steviol glycosides, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Frosted Cinnamon Spice Crisp Bar

Naturally Flavored  
with Other Natural Flavors

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 5G | PROTEIN: 11G



## Frosted Cinnamon Spice Crisp Bar

Naturally Flavored with Other Natural Flavors

Savor every bite of this delicious Frosted Cinnamon Spice Crisp Bar.  
Warm, spicy cinnamon adds the perfect kick to this on-the-go favorite.  
With bold flavors topped with frosting, you'll love this blissful bar.

Grab a bar and add some spice to your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, cane sugar, soluble corn fiber, fractionated palm kernel oil, polydextrose, brown rice syrup, nonfat milk, glycerine, milk protein isolate, allulose syrup, rolled oats, water, erythritol, rice starch, brown sugar, contains 2% or less of natural flavors, guar gum, cinnamon, soy lecithin, maltodextrin, salt, steviol glycosides, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

### **CONTAINS: MILK AND SOY.**

**Produced on equipment that also processes peanuts, tree nuts, wheat, egg and sesame.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Lemon Tart Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 5G | PROTEIN: 11G



## Lemon Tart Crisp Bar

Naturally Flavored with Other Natural Flavors

The Lemon Tart Crisp Bar perfectly balances sweet and tart lemon flavors.  
It is topped with a drizzle of vanilla-flavored frosting.

Savor this Fueling on-the-go or enjoy it as a delightful treat at home.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.  
Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, cane sugar, soluble corn fiber, polydextrose, brown rice syrup, fractionated palm kernel oil, milk protein isolate, golden raisins (with sulfur dioxide to protect color), water, allulose syrup, glycerine, nonfat milk, contains 2% or less of vegetable oil (canola, sunflower, and/or soybean oil), natural flavors, erythritol, rolled oats, nonfat yogurt powder (cultured nonfat milk), guar gum, rice starch, soy lecithin, lemon powder, citric acid, maltodextrin, malic acid, salt, steviol glycosides, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

### **CONTAINS: MILK AND SOY.**

**Produced on equipment that also processes peanuts, tree nuts, wheat, egg and sesame.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

A rectangular Peanut Butter & Chocolate Chip Bar is shown on a wooden cutting board. The bar has a thick, light brown peanut butter filling studded with dark chocolate chips, all encased in a smooth, dark chocolate coating. Several chocolate chips are scattered on the white surface around the bar. In the background, a white bowl contains a swirl of peanut butter. A purple-to-blue gradient banner is at the top of the image, containing the product name and flavor description.

## Peanut Butter & Chocolate Chip Bar

Naturally Flavored  
with Other Natural Flavors

CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 4G | PROTEIN: 11G





## Peanut Butter & Chocolate Chip Bar

Naturally Flavored with Other Natural Flavors

Enjoy this Peanut Butter & Chocolate Chip Bar that will nourish you for the day ahead. Sweet, nutty, real peanuts mixed with scrumptious chocolate chips is a heavenly combination you can't miss out on.

Take it with you wherever you're going and push your day to perfection.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, polydextrose, soluble corn fiber, glycerine, whey protein isolate, sugar, milk protein isolate, peanut flour, water, fructose, peanuts, palm kernel oil, natural flavor, chocolate liquor, cocoa (processed with alkali), hydrogenated palm oil, soy lecithin, salt, whey powder, nonfat milk, sea salt, cocoa butter, *Bacillus coagulans* GBI-30 6086, steviol glycosides. Vitamins and Minerals blend.†

**CONTAINS: MILK, PEANUTS AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Raisin Oat Cinnamon Crisp Bar

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 5G | PROTEIN: 11G



## Raisin Oat Cinnamon Crisp Bar

Naturally Flavored with Other Natural Flavors

Fully enjoy this Raisin Oat Cinnamon Crisp Bar that gives you just what you need to make the most of your day. Sweet, ripened raisins and the warm spice of cinnamon come together perfectly for a joyful combination you'll love. And with a layer of delicious icing on top, you can't go wrong.

Grab a bar and give the day everything you've got.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
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or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, soluble corn fiber, cane sugar, polydextrose, raisins, fractionated palm kernel oil, glycerine, milk protein isolate, allulose syrup, erythritol, water, nonfat milk, rolled oats, rice starch, high oleic sunflower oil (with tocopherols to protect flavor), fructose, natural flavor, soy lecithin, guar gum, cinnamon, maltodextrin, salt, citric acid, steviol glycosides, sunflower oil, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

### **CONTAINS: MILK AND SOY.**

**Produced on equipment that also processes peanuts, tree nuts, wheat, egg and sesame.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

A close-up photograph of a small, blue ceramic bowl filled with creamy, light-colored mashed potatoes. The bowl is placed on a bright yellow, textured cloth napkin. To the left of the bowl, a clear glass filled with water and ice cubes is partially visible. To the right, a silver fork rests on the yellow napkin. The background is a light-colored, possibly marble, surface. A dark green rectangular box is overlaid on the top right of the image, containing white text.

## Roasted Garlic Mashed Potatoes

Naturally Flavored  
with Other Natural Flavors

CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Roasted Garlic Mashed Potatoes

Naturally Flavored with Other Natural Flavors

Taste the satisfying flavor of Roasted Garlic Mashed Potatoes and take on the day. The sweet, spicy flavor of garlic and creamy texture ignites your palette, making these mashed potatoes a unique and delightful experience.

Dish out, fill up on flavor and savor every minute of life.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Potato flakes, milk protein concentrate, soluble corn fiber, calcium caseinate, whey protein isolate, nonfat milk, egg whites, gum arabic, salt, sour cream (cultured cream, nonfat milk), cheddar cheese (milk, salt, cultures, enzymes), potato starch, cellulose gum, yeast extract, whey, natural flavors, garlic powder, autolyzed yeast extract, buttermilk, xanthan gum, mono and diglycerides, torula yeast, carrageenan, sunflower lecithin, butter, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Sour Cream & Chive Mashed Potatoes

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 11G



# Sour Cream & Chive Mashed Potatoes

Naturally Flavored with Other Natural Flavors

Taste the hearty flavor of Sour Cream & Chive Mashed Potatoes and enjoy the day ahead. Smooth, real sour cream and the delicate, earthy flavor of chives fill these mashed potatoes with incredible flavor.

Dish out, fill up on flavor and enjoy the life ahead.

## Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

## All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
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or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Potato flakes, milk protein concentrate, soluble corn fiber, calcium caseinate, whey protein isolate, nonfat milk, egg whites, gum arabic, salt, contains 2% or less of sour cream (cultured cream, nonfat milk), yeast extract, potato starch, cellulose gum, chives, onion powder, xanthan gum, natural flavors, carrageenan, torula yeast, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Rustic Tomato Herb Penne

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 3G | PROTEIN: 11G





## Rustic Tomato Herb Penne

Naturally Flavored with Other Natural Flavors

Enjoy the taste of Italy and savor every bite of this Rustic Tomato Herb Penne that will satisfy your taste buds and your soul. The taste of sweet tomatoes and savory herbs combine perfectly in this hearty dish.

Enjoy every last bite and every wonderful moment.

Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Textured soy protein concentrate, enriched pasta (semolina wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), tomato powder, modified food starch, salt, natural flavors, brown sugar, soluble corn fiber, garlic powder, onion powder, parmesan cheese (milk, cultures, salt, enzymes), yeast extract, soy protein isolate, mozzarella cheese (milk, cultures, salt, enzymes), basil, oregano, citric acid, paprika (color & spice), canola oil, black pepper, soy lecithin, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, WHEAT AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Cheesy Buttermilk Cheddar Mac

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Cheesy Buttermilk Cheddar Mac

Naturally Flavored with Other Natural Flavors

There's nothing better than a classic, homestyle meal, and this Cheesy Buttermilk Cheddar Mac is just what you're looking for. Creamy and sharp cheddar cheese combines perfectly with the subtle flavor of buttermilk for a classic mac & cheese that's anything but boring. The perfect lunch or dinnertime indulgence, this meal is hearty and satisfying.

Dish out, fill up on flavor and make the day what you want it to be.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Macaroni (wheat flour), calcium caseinate, soluble corn fiber, cheddar cheese (milk, cultures, salt, enzymes), wheat protein isolate, whey, sea salt, guar gum, buttermilk, natural flavors, canola oil, salt, maltodextrin, gum arabic, carrageenan, *Bacillus coagulans* GBI-30 6086, annatto (color). Vitamins and Minerals blend.†

**CONTAINS: MILK AND WHEAT.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Red Bean & Vegetable Chili Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 3G | PROTEIN: 12G



## Red Bean & Vegetable Chili Mix

Naturally Flavored with Other Natural Flavors

Enjoy the flavors of a cool winter day any time of year with this Hearty Red Bean & Vegetable Chili that will kick your day into gear. Flavorful carrots and peppers mix perfectly with the bold spices in this hearty chili. Warm and tasty, it's perfect for any day you're seeking comfort.

Enjoy every spoonful and make the day what you want it to be.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Textured soy protein concentrate, red beans, tomato powder, soy protein isolate, modified food starch, chili powder (chili peppers, salt, cumin, oregano, garlic), yeast extract, carrots, salt, garlic powder, maltodextrin, cumin, paprika, canola oil, onion powder, green bell pepper, natural flavors, distilled white vinegar, soy lecithin, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Cheddar Biscuit Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 1G | PROTEIN: 12G



## Cheddar Biscuit Mix

Naturally Flavored with Other Natural Flavors

The mix of creamy cheddar cheese and savory parsley herb is an enticing combination that invites you back for more. Our Cheddar Biscuit is high in protein, low in fat, and a good source of fiber.

Enjoy every last bite and make the most of your day.

Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable  
Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan®  
or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Milk protein concentrate, rice flour, soluble corn fiber, whey protein isolate, cheddar cheese (milk, salt, cultures, enzymes), egg whites, contains 2% or less of canola oil, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), nonfat milk, maltodextrin, xanthan gum, parsley, whey solids, natural flavors, garlic powder, salt, apple juice powder (color), butter, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

A bowl of Homestyle Chick'n Noodle Soup Mix is the central focus, filled with a yellowish broth, thin noodles, and small pieces of chicken and vegetables. The bowl is light blue and sits on a light-colored, textured surface. In the background, a glass of water with a lemon slice is visible. A teal napkin and a silver spoon are placed to the right of the bowl. A red banner at the top contains the product name.

## Homestyle Chick'n Noodle Soup Mix

CALORIES: 110 | TOTAL FAT: 2G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 1G | PROTEIN: 12G



## Homestyle Chick'n Noodle Soup Mix

Carrots and celery cooked perfectly al dente combine with the classic, homestyle flavor of chicken soup to warm your soul and make this the ultimate comfort food.

Enjoy every spoonful and take some time for you.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein concentrate, enriched egg noodles (durum wheat flour, egg yolk, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), soy protein isolate, soluble corn fiber, yeast extract, canola oil, onion powder, carrots, celery, garlic powder, natural flavor, citric acid, xanthan gum, salt, black pepper, soy lecithin, parsley, *Bacillus coagulans* GBI-30 6086, turmeric (color). Vitamins and Minerals blend.†

**CONTAINS: SOY, WHEAT AND EGG.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



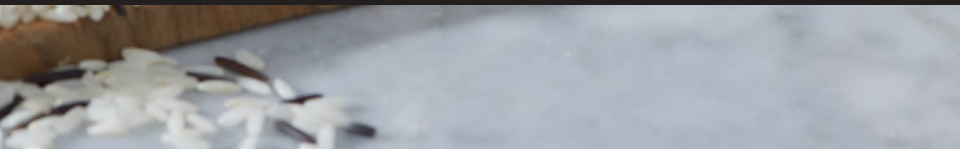
## Wild Rice & Chicken Flavored Soup Mix

with Carrots, Celery, Onions,  
Peas and Mushrooms

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 1G | PROTEIN: 13G





## Wild Rice & Chicken Flavored Soup Mix

**with Carrots, Celery, Onion, Peas and Mushrooms**

Naturally Flavored with Other Natural Flavors

Enjoy the warm, hearty goodness of this Wild Rice & Chicken Flavored Soup Mix that'll leave you feeling renewed and amazing. The wholesome vegetables and bright flavors of garlic and parsley mingle perfectly with tender, blossoming wild rice to make this a savory meal you'll enjoy every time.

Enjoy every spoonful and fill the day with what you love.

Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Rice blend (white rice, wild rice), soy protein concentrate, soy protein isolate, soluble corn fiber, yeast extract, chicken broth, garlic powder, carrots, salt, green peas, onion powder, canola oil, natural flavors, xanthan gum, mushrooms, celery, soy lecithin, black pepper, parsley, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

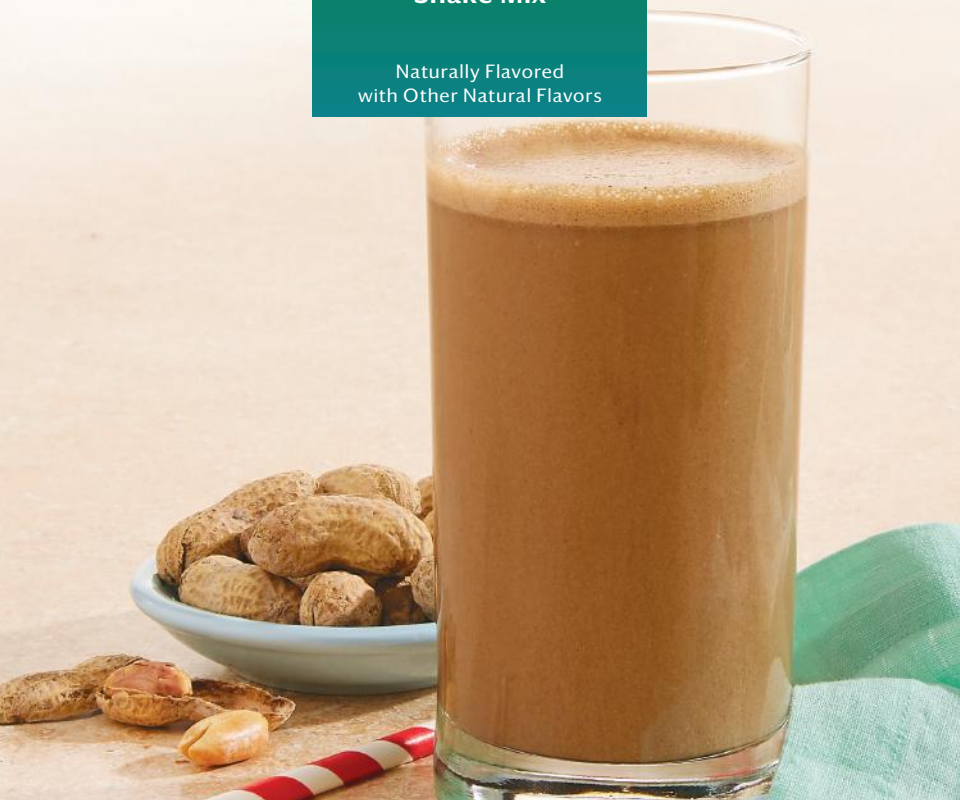
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Peanut Butter Shake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 4G | PROTEIN: 12G



## Peanut Butter Shake Mix

Naturally Flavored with Other Natural Flavors

Take a moment and savor this rich Peanut Butter Shake Mix.  
The combination of sweet and savory from real peanuts and sea salt is sublime.

Add this shake to your next order!

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Calcium caseinate, peanut flour, sugar, soluble corn fiber, erythritol, whey protein concentrate, egg whites, dextrin, maltodextrin, sunflower oil, cellulose gum, gum arabic, cocoa (processed with alkali), sea salt, natural flavors, xanthan gum, salt, steviol glycosides, sodium caseinate, carrageenan, peanut oil, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, PEANUT AND EGG.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Caramel Macchiato Shake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 7G | PROTEIN: 12G



## Caramel Macchiato Shake Mix

Naturally Flavored with Other Natural Flavors

Coffee lovers rejoice! This shake is made with real coffee and sea salt and is full of antioxidant vitamins A, C and E. Foamy, frothy and infused with salted caramel flavor, it's sure to give you the jump start you need to take on the day!

Add this shake to your next order!

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Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Calcium caseinate, sugar, soluble corn fiber, milk protein concentrate, erythritol, whey protein concentrate, egg whites, fructose, maltodextrin, contains 2% or less of sunflower oil, cellulose gum, cocoa (processed with alkali), coffee, natural flavors, sea salt, xanthan gum, salt, sodium caseinate, carrageenan, gum arabic, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND EGG.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Wild Strawberry Shake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 6G | PROTEIN: 14G



## Wild Strawberry Shake Mix

Naturally Flavored with Other Natural Flavors

Revel in sweet summer flavor any time of the year with this frothy Wild Strawberry Shake Mix. Creamy, bright and jam-packed with the juicy, fruity flavor of strawberries, this frothy shake will refresh you for the day's journey, no matter where you're headed.

Fill up your glass and shake up the day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.  
Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, soluble corn fiber, whey protein concentrate, salt, soy lecithin, maltodextrin, cellulose gum, citric acid, steviol glycosides, red beet powder (color), xanthan gum, natural flavors, carrageenan, strawberry juice concentrate, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.





## Creamy Chocolate Shake Mix

Naturally Flavored  
with Other Natural Flavors

CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 5G | PROTEIN: 14G



## Creamy Chocolate Shake Mix

Naturally Flavored with Other Natural Flavors

Splurge on this Creamy Chocolate Shake Mix that will have you feeling fabulous.

With the mild sweetness of real cocoa, this frothy shake is perfectly delicious from start to finish.

Fill up your glass and make it a truly enjoyable moment of your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, soluble corn fiber, cocoa (processed with alkali), fructose, whey protein concentrate, sugar, maltodextrin, soy lecithin, salt, cellulose gum, natural flavors, steviol glycosides, gum arabic, xanthan gum, carrageenan, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Creamy Vanilla Shake Mix

Naturally Flavored  
with Other Natural Flavors

CALORIES: 110 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 7G | PROTEIN: 14G



## Creamy Vanilla Shake Mix

Naturally Flavored with Other Natural Flavors

Take time to enjoy the simple pleasures in life with this sweet and delicious Creamy Vanilla Shake Mix. Delightfully rich and simply delicious, this amazingly frothy shake is the perfect treat any time of the day.

Fill up your glass and take delight in living life to its fullest.

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Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, soluble corn fiber, whey protein concentrate, maltodextrin, soy lecithin, salt, cellulose gum, erythritol, natural flavors, steviol glycosides, xanthan gum, carrageenan, vanilla extract, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Rich Dark Chocolate Shake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 90 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 15G | TOTAL SUGARS: 2G | PROTEIN: 13G



## Rich Dark Chocolate Shake Mix

Naturally Flavored with Other Natural Flavors

This rich and creamy shake, with its bold dark chocolate flavor, is the perfect frosty indulgence.

Take pleasure in every sip and drink up to your health.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Whey protein isolate, cocoa, calcium caseinate, erythritol, soluble corn fiber, sugar, modified food starch, dextrin, xanthan gum, salt, nutraceutical powder blend (grape seed extract, sweet cherry, maltodextrin, blueberry, resveratrol, cranberry, acai), maltodextrin, sunflower lecithin, steviol glycosides, dextrose, natural flavors, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Mocha Shake Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 1G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 7G | PROTEIN: 14G



## Mocha Shake Mix

Naturally Flavored with Other Natural Flavors

This irresistible combination of cocoa and coffee flavor cools you down and revs you up for every challenge and adventure that awaits. Packed with vitamins and minerals, it's a complete meal cleverly disguised as a totally decadent treat.

Today is full of possibilities. Try this decadent shake and conquer your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, sugar, soluble corn fiber, whey protein concentrate, cocoa (processed with alkali), coffee, cocoa, soy lecithin, salt, maltodextrin, cellulose gum, gum arabic, steviol glycosides, natural flavors, xanthan gum, carrageenan, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**  
**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Frothy Cappuccino Drink Mix

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 0G | TOTAL CARBOHYDRATE: 12G | TOTAL SUGARS: 7G | PROTEIN: 14G



## Frothy Cappuccino Drink Mix

Naturally Flavored with Other Natural Flavors

From your very first sip, our Frothy Cappuccino Drink Mix delivers the perfect kick to make your day great. Made with real coffee, each serving gives you the taste of a rich, coffee-house treat.

It's a delicious boost to enhance your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

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Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

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Optimal Weight 5 & 1 ACTIVE Plan™

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Milk protein concentrate, sugar, soluble corn fiber, instant coffee, contains 2% or less of gum arabic, salt, maltodextrin, coffee solids, steviol glycosides, caffeine, natural flavors, cocoa powder (processed with alkali), *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## **Velvety Hot Chocolate Drink Mix**

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 0.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 8G | PROTEIN: 13G



## Velvety Hot Chocolate Drink Mix

Naturally Flavored with Other Natural Flavors

Wrap your hands around a steaming mug of our Velvety Hot Chocolate Drink Mix and warmly embrace the day. Made with real cocoa, our take on a cold-weather classic is a chocolate lover's dream come true. Sweet and creamy, rich and smooth.

Chase away the chill and capture the warmth of every glorious day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.  
Ingredients: Sugar, calcium caseinate, milk protein concentrate, whey protein concentrate,  
soluble corn fiber, cocoa (processed with alkali), cocoa, salt, dextrose, steviol glycosides,  
natural flavors, *Bacillus coagulans* GBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Jalapeño Cheddar Poppers

Naturally Flavored  
with Other Natural Flavors



CALORIES: 110 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 2G | PROTEIN: 11G





## Jalapeño Cheddar Poppers

Naturally Flavored with Other Natural Flavors

Our Jalapeño Cheddar Poppers deliver flavor the same way you take on life. Boldly and passionately. With no holding back. Made with real jalapeño peppers and real cheddar cheese, every popper packs a delicious, nutritious blast.

Break open a bag and add some pop to your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (60% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea hull fiber, soybean oil, whey, cheddar cheese (milk, cultures, salt, enzymes), dextrin, maltodextrin, onion, salt, chili pepper, garlic, buttermilk, spices, torula yeast, natural color (paprika extract and turmeric extract), jalapeno pepper, lactic acid, natural flavor, yeast extract, potato starch, corn starch, *Bacillus coagulans* GBI-30 6086, guar gum.

Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Zesty Cheddar & Italian Herb Crunchers

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 2.5G | TOTAL CARBOHYDRATE: 11G | TOTAL SUGARS: 2G | PROTEIN: 12G



## Zesty Cheddar & Italian Herb Crunchers

Naturally Flavored with Other Natural Flavors

The zest you desire is only a crunch away. Zesty Cheddar & Italian Herb Crunchers are the perfect pick-me-up. Satisfy your craving by crunching into the cheesy, herb-baked goodness while dreaming of beautiful scenes of Italy.

Crunch into the big, bold taste and take your day to the next level.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, whey, maltodextrin, dextrin, salt, dextrose, tomato powder, garlic powder, natural flavors, spices, torula yeast, cheddar cheese (milk, cultures, salt, enzymes), onion powder, sugar, buttermilk, yeast extract, cream, malic acid, citric acid, paprika extract (color), lactic acid, potato starch, corn starch, *Bacillus coagulans* GBI-30 6086, guar gum, pectin. Vitamins and Minerals blend.†

**CONTAINS: MILK AND SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Smoky BBQ Crunchers

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 11G | TOTAL SUGARS: 2G | PROTEIN: 11G



## Smoky BBQ Crunchers

Naturally Flavored with Other Natural Flavors

The spicy kick of BBQ is only a crunch away. Capture the savory smokehouse flavors of an outdoor barbecue anywhere you go with our Smoky BBQ Crunchers.

Crunch into the big, bold taste and take your day to the next level.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

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Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, sugar, dextrin, torula yeast, salt, onion powder, maltodextrin, brown sugar, dextrose, natural flavors, yeast extract, molasses, tomato, citric acid, paprika extract (color), spices, garlic powder, potato starch, corn starch, *Bacillus coagulans* GBI-30 6086, guar gum, pectin. Vitamins and Minerals blend.†

**CONTAINS: SOY.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

## Honey Mustard & Onion Sticks

Naturally Flavored  
with Other Natural Flavors



CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 13G | TOTAL SUGARS: 1G | PROTEIN: 11G



## Honey Mustard & Onion Sticks

Naturally Flavored with Other Natural Flavors

The sweet and tangy flavor of these Honey Mustard & Onion Sticks will satisfy your crunch craving and fuel you forward. The essence of garlic and paprika, the sweetness of honey and the savory tang of mustard combine for a flavor that tickles your taste buds.

Break open a bag and add a dose of boldness to your day.

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, wheat flour, resistant maltodextrin, soy flour, seasoning blend (sugar, prepared mustard powder [distilled vinegar, mustard seed, salt, turmeric, paprika, spice, garlic, natural flavor], honey powder [honey, maltodextrin], onion powder, salt, maltodextrin, modified food starch, dextrose, fructose, wheat flour, sodium diacetate, citric acid, paprika, turmeric [added for flavor and color], spices, natural flavor), butter, wheat protein isolate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yeast, modified food starch, maltodextrin, *Bacillus coagulans* GBI-30

6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, WHEAT AND SOY.**

**Produced in a facility that also processes tree nuts.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.

# Cinnamon Sugar Sticks

Naturally Flavored



CALORIES: 100 | TOTAL FAT: 1.5G | TOTAL CARBOHYDRATE: 14G | TOTAL SUGARS: 3G | PROTEIN: 11G



## Cinnamon Sugar Sticks

Naturally Flavored

**OPTAVIA** Cinnamon Sugar Sticks are packed with incredible flavor and crunch.  
The delicious twist of real brown sugar and pure cinnamon is perfect.

Grab a bag and enjoy any time of day!

### Each **OPTAVIA** Essential Fueling:

Has a Clean Label\* • Contains BC30™ Probiotic • Includes Additional Vitamin D (50% DV)

### All **OPTAVIA** Fuelings:

Are Nutrient Dense and Portion Controlled • Are Nutritionally Interchangeable

Contain at least 24 Vitamins and Minerals • Are Available Exclusively from an independent **OPTAVIA** Coach  
Help to Promote a Gentle, But Efficient Fat-Burning State When Used as Part of the Optimal Weight 5 & 1 Plan® or  
Optimal Weight 5 & 1 ACTIVE Plan™.

Contain High Quality, Complete Protein Which Helps Retain Lean Muscle Mass.

Ingredients: Soy protein isolate, wheat flour, resistant maltodextrin, soy flour, seasoning blend (sugar, brown sugar, salt, cinnamon, molasses, steviol glycosides, canola oil, natural flavors), butter, wheat protein isolate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yeast, modified food starch, maltodextrin, *Bacillus coagulans* CBI-30 6086. Vitamins and Minerals blend.†

**CONTAINS: MILK, WHEAT AND SOY.**

**Produced in a facility that also processes tree nuts.**

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

\* No flavors, colors or sweeteners from artificial sources.

† See product box or website for more details.



## Snacks



## Puffed Ranch Snacks

Naturally Flavored  
with Other Natural Flavors



CALORIES: 50 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 6G | TOTAL SUGARS: 0G

Nutrition information is per serving.





## Puffed Ranch Snacks

Naturally Flavored with Other Natural Flavors

Keep these on hand for a burst of flavor, and a burst of courage  
to get you through the journey of life.

A perfect on-the-go snack.

All **OPTAVIA** Snacks Are:

70 calories or less per serving • Kosher or Kosher Dairy • Certified Gluten-Free  
Soy Free • Contain no flavors, colors, or sweeteners from artificial sources

Available Exclusively from an independent **OPTAVIA** Coach.

Ingredients: Sorghum meal, vegetable oil (sunflower, canola, and/or corn oil), pea hull fiber, tapioca maltodextrin, whey powder, salt, cane sugar, tomato powder, cheddar cheese (milk, cultures, salt, enzymes), natural flavors, onion powder, yeast extract, spices, garlic powder, lactic acid.<sup>†</sup>

**CONTAINS: MILK.**

<sup>†</sup> See product box or website for more details.



## Puffed Sweet & Salty Snacks

CALORIES: 45 | TOTAL FAT: 3G | TOTAL CARBOHYDRATE: 6G | TOTAL SUGARS: 1G

Nutrition information is per serving.



## Puffed Sweet & Salty Snacks

Keep these on hand for a burst of salty sweetness, and a burst of courage to get you through the journey of life.

A perfect on-the-go snack

All **OPTAVIA** Snacks Are:

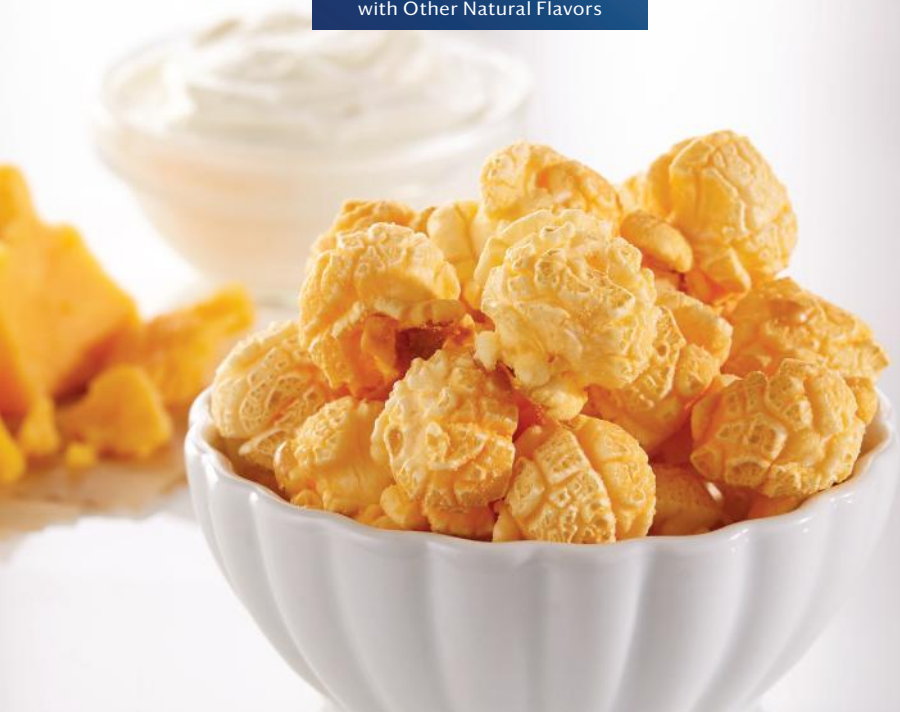
70 calories or less per serving • Kosher or Kosher Dairy • Certified Gluten-Free  
Soy Free • Contain no flavors, colors, or sweeteners from artificial sources  
Available Exclusively from an independent **OPTAVIA** Coach.

Ingredients: Sorghum meal, vegetable oil (sunflower, canola, and/or corn oil), pea hull fiber, sugar, salt.†

† See product box or website for more details.

## Sharp Cheddar & Sour Cream Popcorn

Naturally Flavored  
with Other Natural Flavors



CALORIES: 70 | TOTAL FAT: 4.5G | TOTAL CARBOHYDRATE: 6G | TOTAL SUGARS: 0G

Nutrition information is per serving.



## Sharp Cheddar & Sour Cream Popcorn

Naturally Flavored with Other Natural Flavors

Our scrumptious Sharp Cheddar & Sour Cream Popcorn  
will be your new favorite indulgence.

All **OPTAVIA** Snacks Are:

70 calories or less per serving • Kosher or Kosher Dairy • Certified Gluten-Free  
Soy Free • Contain no flavors, colors, or sweeteners from artificial sources  
Available Exclusively from an independent **OPTAVIA** Coach.

Ingredients: Popcorn, vegetable oil (sunflower, canola, and/or corn oil), maltodextrin, whey, salt, nonfat milk, sour cream (cultured cream), cheddar cheese (milk, cultures, salt, enzymes), onion powder, natural flavors, citric acid, lactic acid, paprika extract (color), disodium phosphate, yeast extract.<sup>†</sup>

**CONTAINS: MILK.**

<sup>†</sup> See product box or website for more details.

A close-up photograph of a white ceramic bowl filled with fluffy, golden-yellow popcorn. The popcorn is coated with a fine layer of sea salt. In the background, a glass bottle of olive oil is visible, slightly out of focus, showing a vibrant yellow-green color. The lighting is bright and even, highlighting the texture of the popcorn.

## Olive Oil & Sea Salt Popcorn

Naturally Flavored  
with Other Natural Flavors

CALORIES: 70 | TOTAL FAT: 4.5G | TOTAL CARBOHYDRATE: 6G | TOTAL SUGARS: 0G

Nutrition information is per serving.



## Olive Oil & Sea Salt Popcorn

Naturally Flavored with Other Natural Flavors

Nothing says kick back and relax like popcorn, and our Olive Oil & Sea Salt Popcorn packs a powerful, perfectly salted crunch!

All **OPTAVIA** Snacks Are:

70 calories or less per serving • Kosher or Kosher Dairy • Certified Gluten-Free  
Soy Free • Contain no flavors, colors, or sweeteners from artificial sources  
Available Exclusively from an independent **OPTAVIA** Coach.

Ingredients: Popcorn, vegetable oil (sunflower, canola, and/or corn oil), maltodextrin, sea salt, onion powder, garlic powder, citric acid, olive oil, natural flavors.<sup>†</sup>

<sup>†</sup> See product box or website for more details.

## Flavors of Home®

Our Flavors of Home line is the perfect answer to dinner when life's just too busy for cooking. Each Flavors of Home option is a complete Lean & Green meal on the **OPTAVIA** Program. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

Use them daily, a few times a week or on occasion—whatever works for the way you live.



### Beef Stew

Your favorite stew just got better. With potatoes, carrots, celery, mushrooms, peas and hunks of tender beef, it tastes like it's been simmering all day.



### Chili Lime Chicken

Filled with juicy white meat chicken strips and an array of zesty flavors ranging from aromatic to slightly spicy. Sit back and let the chili pepper, onions, lime and bell peppers turn a time-saving meal into a tasty treat.





### Chicken With Rice & Vegetables

Chicken meets rice and vegetables at the intersection of creamy, savory deliciousness all in one convenient dish. White meat chicken, long-grain rice, bell peppers, celery, mushrooms and water chestnuts mix perfectly in a tasty, savory sauce.



### Chicken Cacciatore

White meat chicken, red and green bell peppers, onions and pasta in a tangy, tomato-based sauce delivers the traditional and delicious chicken cacciatore flavor you know and love.



### Ginger Lemongrass Chicken

Super-fast meets super-flavorful. Light, slightly sharp and a little tangy, this Asian-inspired chicken dish makes for a great change of pace for a busy day. With white meat chicken, lemongrass, ginger, bamboo shoots and carrots, we've done it all for you.



### Turkey Meatball Marinara

Turkey Meatball Marinara features hearty turkey meatballs and veggies in a tangy marinara sauce. Mushrooms and red bell peppers play a delicious supporting role. Seasoned perfectly with Italian spices, your dinner is served!

OPTAVIA ACTIVE®  
Essential Amino  
Acid Blend, Dietary  
Supplement



**OPTAVIA ACTIVE® Essential Amino Acid Blend, Dietary Supplement**

No matter how you're moving, get the most out of your effort. **OPTAVIA ACTIVE** Essential Amino Acid (EAA) Blend is a clinically studied blend of essential amino acids, with approximately a 4:1:1 ratio of branched-chain amino acids. Specially formulated to work within **OPTAVIA**'s proprietary system to help support healthy muscle and post-exercise muscle recovery, EAAs are an easy choice to support your holistic health goals.

Enjoy 10 grams of EAAs in each serving, including an optimal 3.5g of leucine and 5.3 grams of BCAAs to:

- Help support healthy muscle\*
- Support post-exercise muscle recovery\*
- Reduce muscle soreness after exercise\*
- Activate muscle protein synthesis\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**OPTAVIA ACTIVE** Essential Amino Acid Blend Dietary Supplement - Orange Mango, Naturally Flavored with Other Natural Flavors



**OPTAVIA ACTIVE** Essential Amino Acid Blend Dietary Supplement - Strawberry Lemonade, Naturally Flavored with Other Natural Flavors

See product box or website for ingredient information.

**OPTAVIA ACTIVE®**  
**Whey Protein, Powder**  
**Drink Mix**



**OPTAVIA ACTIVE® Whey Protein, Powder Drink Mix**

You've put in the work. Now, get more out of your motion. Adequate protein intake is critical for lean muscle growth, and **OPTAVIA ACTIVE** Whey Protein contains 24g of high-quality protein. When paired with a healthy diet and exercise, this delicious protein drink can help build muscle and strength.

Enjoy and relax knowing you're fueling growth. **OPTAVIA ACTIVE** Whey Protein:

- Activates muscle protein synthesis
- Supports lean muscle growth
- Supports post-workout muscle recovery



**OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - Vanilla, Naturally Flavored with Other Natural Flavors



**OPTAVIA ACTIVE** Whey Protein Powder Drink Mix - Chocolate, Naturally Flavored with Other Natural Flavors

See product box or website for ingredient information.

## Flavor Infusers



**Essentiall: Calorie Burn Mixed Berry Flavor Infuser Drink Mix -**  
*Naturally & Artificially Flavored*

A whole basket of just-picked berry flavor.

Just add a packet to your drinking water for delicious flavor and an extra metabolism boost!

Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

**Essentiall: Calorie Burn Strawberry Lemonade Flavor Infuser Drink Mix -**  
*Naturally & Artificially Flavored*

Sweet and tangy summertime flavor - but for anytime of year.

Just add a packet to your drinking water for delicious flavor and an extra metabolism boost!

Each serving gives you 100 mg of caffeine and 90 mg of EGCG.

**OPTAVIA Essentiall: Calorie Burn:**

Helps you break through a weight-loss plateau • Maintain weight in your maintenance phase

During the weight-loss phase, limit your caffeine intake to 300 mg/day,  
 or a total of 3 Essentiall: CalorieBurn products (see our FAQ).

**CONTAINS BIOENGINEERED FOOD INGREDIENTS.**

Image does not represent available flavors.  
 See product box or website for ingredient information.

# OPTAVIA

## Fuelings



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