



OPTAVIA®



Optimal Weight
4 & 2 & 1 Plan® Guide

Your journey to
Lifelong Transformation,
One Healthy Habit at a Time®
and beyond

Contact your independent OPTAVIA Coach:

Name _____

ID# _____

Phone# _____

Email _____

Your Client ID# _____

Website _____



Table of Contents

Welcome to OPTAVIA!	4
Kick-off your Journey	7
Daily Support & Top Tips	8
Six Steps to Optimal Health	10
The Optimal Weight 4 & 2 & 1 Plan®	11
What is a Lean & Green Meal?	12
Healthy Snacks	16
Extras for the Optimal Weight 4 & 2 & 1 Plan	17
Healthy Fats List	18
Condiment List	20
OPTAVIA 30-Day Journal	22
The Optimal Health 3 & 3 Plan®	46
Healthy Exchange Options	48



Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. We help our Coaches and Clients turn simple habit-building into Lifelong Transformation, One Healthy Habit at a Time. These habits get your mind and body working together, to work for you. We believe every simple new habit, every healthy decision, every positive change leads to more.

You are now part of the **OPTAVIA** Community, here to help you become your most fulfilled you. Healthy nutrition gets you where you want to go and our independent **OPTAVIA** Coaches make sure you never go it alone.

At **OPTAVIA**, we believe optimal health is about what's added to your life, not what's subtracted from the scale. It all starts with achieving a healthy weight. This is the catalyst for bigger changes. When you achieve your optimal weight, you may increase your health, confidence and vitality, and you can create space for the life you want.

The more you get your mind and body working together to work for you, the more you will start to see possibilities become realities every day. This guide will help you track your daily Fuelings, motion, activity, hydration and more. We outline the foundational offerings of the Optimal Weight 4 & 2 & 1 Plan, which can help you achieve a healthy weight and providing the resources to transition to the Optimal Health 3 & 3 Plan which can help you sustain your success.



OPTAVIA offers these 4 components to support you as you begin your journey:



OPTAVIA Coach

Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.* **OPTAVIA** Coaches are the lifeblood of our program. No matter what you are facing, your Coach has likely been in your same shoes and can help steer you to success. Lean on your **OPTAVIA** Coach for support to guide you through the Habits of Health Transformational System and help you develop new healthy habits. Your **OPTAVIA** Coach helps you celebrate the little victories that add up to the big ones.



The Habits of Health® Transformational System

OPTAVIA incorporates healthy habits in everything we do. Developed by Dr. Wayne Scott Andersen, Co-founder of **OPTAVIA** and independent **OPTAVIA** Coach, Dr. A's Habits of Health Transformational System is an innovative lifestyle approach that helps you learn and adopt healthy habits that can contribute to your long-term health. Use the Habits of Health Transformational System to learn about the six MacroHabits.



Clinically Proven Plans & OPTAVIA Products

Our clinically proven Optimal Weight 4 & 2 & 1 Plan jump-starts your optimal weight journey. You can choose from dozens of delicious, convenient, nutritionally interchangeable, scientifically developed Fuelings. In addition to 4 Fuelings per day eaten every 2 to 3 hours, you will learn another healthy habit - how to make an **OPTAVIA** Lean & Green™ meal for you and your family. When you know what optimal nutrition looks like, healthy eating becomes second nature.

Our clinically proven plans and our scientifically designed products were developed by physicians, dietitians and scientists, and have impacted more than 2 million lives and been recommended by thousands of healthcare providers.

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 plans and products.

* 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.

WELCOME TO **OPTAVIA**



OPTAVIA Community

Our **OPTAVIA** Community will support you alongside your **OPTAVIA** Coach. When you are part of **OPTAVIA**, you are part of a Community of like-minded, like-hearted people who support each other through and through.

The OPTAVIA Community features:

- Coach-led support calls & webinars with a caring Community
- **OPTAVIA** Community events
- Our knowledgeable Nutrition Support Team
- Exclusive offers from **OPTAVIA** Premier to help you stay on plan, earn rewards and receive FREE shipping*

****OPTAVIA Premier** is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable Rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. For complete Terms & Conditions, [click here](#).*

awaken your possibilities



Let's kick-off your OPTAVIA journey!

Here is what you can expect when starting the Optimal Weight 4 & 2 & 1 Plan. (Please consult with your **OPTAVIA** Coach if you are using one of our other plans.)

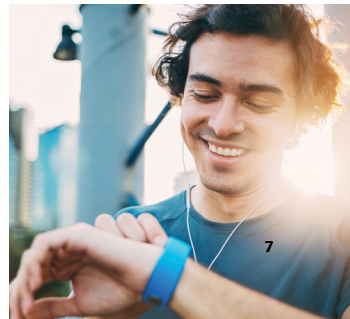
How to get prepared the night before:

- Continue to review this **OPTAVIA** Guide and keep it with you to reference as it will help you track your daily Fuelings, motion, activity, hydration and more.
- Choose your 4 Fuelings, and plan 2 Lean & Green meals for tomorrow.
- Take a before photo so you can visually track your progress. Don't worry, you don't need to share it with anyone!
- Write down your starting weight and starting measurements.
- Plan the best time for your **OPTAVIA** Coach to call you tomorrow.
- Write down any questions you have for your **OPTAVIA** Coach:

Helpful reminders:

- Eat within 1 hour of waking up.
- Drink plenty of water* (~64 oz.).
- Eat every 2 - 3 hours and use this guide to record your Fuelings, Lean & Green meals, water intake, plus your microHabits of Health in our daily journal trackers starting on [page 22](#).
- Make sure to write your name in *Your LifeBook*. If you have not yet ordered *Your LifeBook*, please visit [this introduction](#), just for you!

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.*



Daily Support & Top Tips

On your **OPTAVIA** journey, your **OPTAVIA** Coach and our daily support plan will help steer you to success as you start incorporating healthy habits that can help create optimal health.

We recommend following these tips for success:



Before you begin.

We recommend that you contact your healthcare provider before you begin a weight loss program and throughout your **OPTAVIA** journey about the program and about any medications or dietary supplements you are using, especially including Coumadin (Warfarin), lithium, diuretics or medications for diabetes, high blood pressure or thyroid conditions. (For our complete medical disclaimer please review the back cover of this guide.)



Stay in touch with your independent **OPTAVIA** Coach.

Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes **OPTAVIA** different from other programs. Lean on your **OPTAVIA** Coach as you begin your journey by setting goals for your health and wellness.



Track your progress with the Habits of Health Transformational System.

Dr. A's Habits of Health Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. *Your LifeBook* includes 26 progressive Elements to help you build a healthier life. Use *Your LifeBook* to create your new story on your way to optimal health and download the **OPTAVIA** App to manage important aspects of your journey like setting meal times, tracking hydration and your daily activity.



Stay motivated with daily tips and inspiration.

With your phone text "**OPTAVIA**" to 462-57 (GOALS) the day before you start on plan to receive daily tips, inspiration, healthy reminders and much more!*

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 462-57 (GOALS). You may receive up to 50 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including Southern Linc, Bandwidth, Google Voice, Buffalo Wireless, Chariton Valley Cellular, Leaco, Cablevision, Copper Valley, AT&T, Sprint/Boost/Virgin, T-Mobile/MetroPCS, Verizon Wireless, Cellcom USA, C Spire Wireless, U.S. Cellular, Pine Belt Wireless, ACS/Alaska, Atlantic Tele-Network International (ATN), Advantage Cellular (DTC Wireless), Appalachian Wireless, Bluegrass Cellular, Cellular Network Partnership (PIONEER), Cellular One of East Central Illinois, Chat Mobility USA, Coral Wireless (Mobi PCS), Element Mobile (Flat Wireless), Epic Touch (Elkhart Telephone), GCI Communications Corp, Golden State Cellular, Illinois Valley Cellular (IV Cellular), i Wireless (IOWA Wireless), Nex-Tech Wireless, MTA Communications, MTPCS (Cellular One Nation), Cross Telephone Company (MBO Wireless), Duet IP (Maximum Communications New Core Wireless), Inland Cellular Telephone Company, Immix (Keystone Wireless), Mosaic (Consolidated or CTC Telecom), Northwest Missouri Cellular Limited, Peoples Wireless, Panhandle Telecommunications Systems (PTCI), RINA, Revol Wireless USA, SI Wireless/Mobile Nation, SRT Wireless, Texas RSA 3 Ltd (Plateau Wireless), Thumb Cellular, United Wireless, Union Telephone Company (Union Wireless), Viaero Wireless, West Central Wireless (5 Star Wireless), Sagebrush Cellular (Nemont), Carolina West Wireless (CWW), Pine Cellular, Aio Wireless/Cricket. For help, text HELP to 462-57 (GOALS), visit [ANSWERS.OPTAVIA.com](https://www.answers.optavia.com) or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 462-57 (GOALS).

 **Engage with our OPTAVIA Community.**

Share your transformation story and connect with the **OPTAVIA** Community by following **OPTAVIA** on Facebook and Instagram. Use **#OPTAVIA** and tag your Coach in your posts and inspire others. Tune in to Coach-led support calls to ask questions and learn more about the program and products.

 **Visit your OPTAVIA Coach's personalized website.**

Place your **OPTAVIA** Premier order and find more information and support tools to help you along the way to optimal health. Download the **OPTAVIA** App on your iPhone or Android device for self-service features, such as Premier order details, returns and other key resources.

 **Discover new, delicious recipes.**

Download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a robust library of Lean & Green recipes.

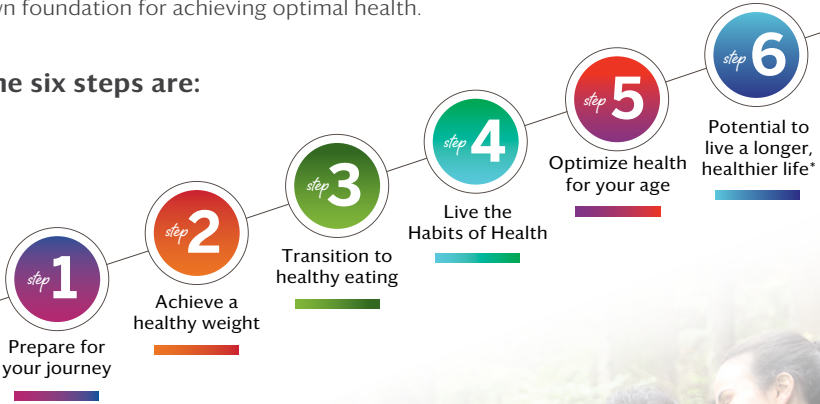


Six Steps to Optimal Health

Your Steps to Integration

Our **OPTAVIA** Community provides encouragement and real answers along the path to health, confidence and vitality. It is all built on our innovative, six step approach that will enable you to reach your personal goals and help create your own foundation for achieving optimal health.

The six steps are:



*No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more and reducing stress, has the potential to help you live a longer, healthier life.



The Optimal Weight 4 & 2 & 1 Plan

Our Optimal Weight 4 & 2 & 1 Plan is perfect for you if you prefer a flexible meal plan to help you reach a healthy weight. The Optimal Weight 4 & 2 & 1 Plan can meet the needs of a wide range of individuals.

It is suitable for you if you:

- Have type 1 diabetes and are closely monitored by your healthcare provider; or
- Have type 2 diabetes; or
- Are 65 years or older and not regularly active; or
- Exercise greater than 45 minutes per day; or
- Have less than 15 pounds to lose.

It's as simple as this:

Eat 4 Fuelings + 2 Lean & Green meals + 1 healthy snack.

Eat six times daily, once every two to three hours.

Choose from dozens of delicious, convenient, nutritionally interchangeable, scientifically developed Fuelings. Each Fueling has a nearly identical nutritional profile designed by our team of food scientists and refined by our Registered Dietitians and nutrition team.

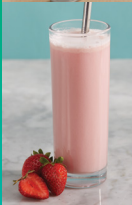
Each **OPTAVIA** Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on the Optimal Weight 4 & 2 & 1 Plan. Each Fueling contains high-quality, complete protein which helps retain lean muscle mass.

OPTAVIA Fuelings do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains **BC30™** probiotic cultures, which help support digestive health as part of a balanced diet and healthy lifestyle.

Your **OPTAVIA** Coach can help you choose your Fuelings at the start, and you will soon discover your own favorites.

In addition to four Fuelings each day, you will learn another healthy habit, how to make a Lean & Green meal for you and your family. You will begin to learn what optimal nutrition looks like and soon healthy eating will become second nature.

4 Fuelings for the Optimal Weight 4 & 2 & 1 Plan



2 Lean & Green Meals



1 Healthy Snack



What is a Lean & Green Meal?

A Lean & Green meal includes 5 to 7 ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two (2) servings of healthy fats, depending on your lean protein choices. Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

Healthy Fats

Every day, incorporate up to two (2) servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. Reference [page 18](#) to view our complete Healthy Fats List.

Lean & Green Meal: The "Lean"

Lean Tips:

- Portion size recommendations are for cooked weight.
- Choose meats that are grilled, baked, broiled or poached – not fried.
- Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout or herring).
- Feel free to choose any of our meatless options like tofu and tempeh. If you are interested in our complete list of meatless options, please refer to our [‘Vegetarian Information Sheet’](#) located on [Client Answers](#) (ANSWERS.OPTAVIA.com).

*you can have your
lean & green meal
any time of day*



Choose the appropriate serving size of any protein from the list below. We've sorted protein options into leanest, leaner and lean. All options are appropriate for the Optimal Weight 4 & 2 & 1 Plan; this just helps you make informed food choices. For a variety of **OPTAVIA** Lean & Green recipes, download the **OPTAVIA** App for access to the complete library of meals.

LEANEST:

7 oz. of protein



+ Add 2 servings of Healthy Fats*



Fish: cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish

Shellfish: crab, scallops, shrimp, lobster

Game meat: buffalo, elk, deer

Ground turkey or other meat: ≥ 98% lean

Turkey: light meat

Meatless options: 14 egg whites, 2 cups of liquid egg substitute or liquid egg whites, 5 oz. seitan, 12 oz. (1 ½ cups) 1% cottage cheese, 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

LEANER:

6 oz. of protein



+ Add 1 serving of Healthy Fats*



Fish: swordfish, trout, halibut

Chicken: breast or white meat, without skin

Ground turkey or other meat: 95% - 97% lean

Pork: pork chop or pork tenderloin

Meatless options: 2 whole eggs plus 4 egg whites, 2 whole eggs plus 1 cup liquid egg substitute, 12 oz. (1 ½ cups) 2% cottage cheese, 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

LEAN:

5 oz. of protein



0 servings of Healthy Fats



Fish: salmon, tuna (bluefin steak), farmed catfish, mackerel, herring

Lean beef: steak, roast, ground

Lamb

Ground turkey or other meat: 85% - 94% lean

Chicken or turkey: dark meat

Meatless options: 15 oz. Mori-nu extra firm or firm tofu (bean curd), 3 whole eggs (up to two times per week), 4 oz. (1 cup) shredded reduced-fat or part-skim cheese, 8 oz. (1 cup) part-skim ricotta cheese (2-3g fat per oz.), 5 oz. tempeh


* To view our complete Healthy Fats List please refer to [pages 18-20](#).

Lean & Green Meal: The "Green"

Choose **three (3)** servings from our Green Options list below for each of your Lean & Green meals. We've sorted vegetable options into lower, moderate and higher carbohydrate levels. Each one is appropriate on the Optimal Weight 4 & 2 & 1 Plan; the list helps you make informed food choices.

Choose 3 servings from the Green Options List Below:

1 serving = ½ cup vegetables (unless otherwise specified)

Example: 1 cup of lettuce  + ½ cup of broccoli  + ½ cup mushrooms 

1 cup	Lower Carbohydrate	
	Collards (fresh/raw) endive lettuce (green leaf, butterhead, iceberg, romaine) mustard greens	spinach (fresh/raw) spring mix watercress bok choy (raw)
½ cup	Lower Carbohydrate	
	celery cucumbers white mushrooms radishes sprouts (alfalfa, mung bean) turnip greens	arugula nopales escarole jalapeño (raw) Swiss chard (raw) bok choy (cooked)
	Moderate Carbohydrate	
	asparagus cabbage cauliflower eggplant fennel bulb	kale portabella mushrooms spinach (cooked) summer squash (scallop or zucchini)
	Higher Carbohydrate	
	broccoli red cabbage chayote squash collard or mustard greens (cooked) green or wax beans kabocha squash kohlrabi leeks (cooked) okra	peppers (any color) scallions (raw) summer squash (crookneck or straightneck) tomatoes turnips spaghetti squash hearts of palm jicama Swiss chard (cooked)

Note:

All vegetables promote healthful eating. But on the Optimal Weight 4 & 2 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame and Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.



*embrace this day and
the days ahead*

Healthy Snacks

On the Optimal Weight 4 & 2 & 1 Plan you may incorporate an **OPTAVIA** Snack, starch, fruit or dairy choice into one of your meal times. Talk to your **OPTAVIA** Coach about plan-approved snacks including **OPTAVIA** Puffed Snacks or **OPTAVIA** Popcorn.

Starch

A healthy snack serving of starch is:

- 1 slice whole-grain bread (3g or more fiber/slice)
- 2 slices low-calorie, light, whole-grain bread (about 40 calories/slice)
- ¾ cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
- ½ cup cooked cereal
- ½ cup peas or corn
- 1 cup winter squash
- ¼ large (3 oz.) baked potato
- ½ cup cooked brown rice
- ½ cup cooked whole-wheat pasta
- ½ cup cooked beans or lentils

Note: Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye and whole oats.

Fruit

A healthy snack serving of fruit is:

- 1 small (4 oz.) piece of fresh fruit such as pear, apple, orange, etc.
- ½ cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- ¾ cup fresh berries
- ½ cup canned fruit such as peaches, pears or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- ½ large grapefruit
- ½ large or 1 extra-small banana

Dairy

A healthy snack serving of dairy is:

- ¾ cup (6 oz.) low-fat yogurt (fewer than 120 calories)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond or cashew)
- ½ cup fat-free evaporated milk

Note: Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be considered a dairy option and therefore cannot be counted as a healthy snack. See the ['Vegetarian Information Sheet'](#) located on [OPTAVIA Client Answers](#) (ANSWERS.OPTAVIA.com) for information about including cheese as a lean protein choice in your weight-loss plan.



Extras

Flavors of Home®

Our Flavors of Home product 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 – with the right portions of lean protein, vegetables and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

Optional Condiments

Use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three condiment servings per Lean & Green meal. For a more comprehensive list of condiments please refer to [pages 20-21](#).

Recipe Conversion

To help you make delicious and plan approved Lean & Green meals, check out the **OPTAVIA** App for a myriad of suggestions. For those times when you are making your own recipes, you may use the Lean & Green meal parameters below.

Lean & Green Meal Nutritional Parameters:

- 250-400 calories
- ≤20 grams total carbohydrate (ideally <15 grams)
- 10-20 grams total fat
- ≥25 grams protein

Dining Out Guide

At **OPTAVIA**, we understand that there will be times when you are out with friends and family and need to make healthy eating decisions. Our "[Dining Out Guide](#)" located on [Client Answers](#) ([ANSWERS.OPTAVIA.com](#)) will empower you to make healthier choices, whether you are dining out, picking up take-out after a busy day or taking part in a special occasion.



Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

Monounsaturated Fats

Almond flour: 1 ½ Tbsp
 Avocado: 1 ½ oz.
 Guacamole: 2 Tbsp

Milks:

Almond Milk (refrigerated, unsweetened original or unsweetened vanilla): 2 cups
 Cashew Milk: (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

Oils:

Avocado Oil: 1 tsp
 Canola Oil: 1 tsp
 Olive Oil: 1 tsp
 Peanut Oil: 1 tsp

Nuts:

Almonds: ½ oz. (~8 pieces)
 Brazil nuts: ½ oz. (~2 pieces)
 Cashews: ½ oz. (~6 pieces)
 Hazelnuts: ½ oz. (~6 pieces)
 Macadamia: ½ oz. (~3 pieces)
 Peanuts: ½ oz. (~12 pieces)
 Pecans: ½ oz. (~5 halves)
 Pistachios: ½ oz. (~18 pieces)

Pesto: 1 Tbsp

Seeds:

Sesame Seeds: 1 Tbsp

Polyunsaturated Fats

Margarine (regular): ½ Tbsp
 Margarine (reduced-fat): 1 Tbsp
 Mayonnaise (regular): ½ Tbsp
 Mayonnaise (light): 1 ½ Tbsp
 Mayonnaise (reduced-fat with olive oil): 1 Tbsp

Nuts:

Pine: ½ oz. (~55 kernels)
 Walnuts: ½ oz. (~4 halves)

Oils:

Flaxseed Oil: 1 tsp
 Grapeseed Oil: 1 tsp
 Safflower Oil: 1 tsp
 Sesame Oil: 1 tsp
 Soybean Oil: 1 tsp

Seeds:

Chia Seeds: 1 Tbsp
 Flax Seeds (ground): 2 Tbsp
 Flax Seeds (whole): 1 Tbsp
 Hemp Seeds: 1 Tbsp
 Poppy Seeds: 1 Tbsp
 Pumpkin Seeds: 1 Tbsp
 Sunflower Seeds (kernel only): 1 Tbsp

Saturated Fats

Butter: ½ Tbsp
 Coconut (shredded, unsweetened): 1 ½ Tbsp
 Cream (half & half): 3 Tbsp
 Cream cheese (regular): 1 Tbsp
 Cream cheese (low-fat): 2 Tbsp

Milks:

Coconut (canned, regular): 2 Tbsp
 Coconut (canned, light): ¼ cup
 Coconut (unsweetened original or unsweetened vanilla): 1 cup

Sour cream: 2 Tbsp

The Laughing Cow Spreadable Cheese
 Original Swiss: 1 wedge



Healthy Fats List: Salad Dressing

Annie's Naturals			
1 Tbsp	Goddess	Organic French	Woodstock
	Organic Cowgirl Ranch	Organic Caesar	Lemon & Chive Vinaigrette
	Organic Roasted Garlic Vinaigrette	Organic Balsamic	Tuscany Italian
	Organic Green Goddess	Organic Asian Sesame	Artichoke Parmesan
	Organic Goddess	Cowgirl Ranch	Organic Smoky Tomato
	Organic Goddess	Balsamic Vinaigrette	
2 Tbsp	Roasted Red Pepper Lite Goddess		

Hidden Valley			
1 Tbsp	Avocado Ranch	Roasted Garlic Ranch	Simply Ranch Cucumber Basil
	Cucumber Ranch	Fiesta Salsa Ranch	Simply Ranch Classic Ranch
	Sweet Chili Ranch	Cracked Peppercorn Ranch	Simply Ranch Chili Lime
2 Tbsp	Buttermilk Ranch Light	Original Ranch	Greek Yogurt Lemon Garlic
	Cucumber Ranch Light	Homestyle Light	Greek Yogurt Ranch
	Fiesta Salsa Ranch Light	Greek Yogurt Spinach & Feta	Greek Yogurt Cucumber Dill

Ken's			
1 Tbsp	Balsamic Vinaigrette	Honey Mustard	Three Cheese Italian
	Creamy French	Italian	Chef's Reserve French
	Greek	Red Wine Vinegar & Olive Oil	Chef's Reserve Italian
2 Tbsp	Light Options Balsamic Vinaigrette		

Kraft			
1 Tbsp	Buttermilk Ranch	Classic Ranch	Ranch with Bacon
	Red Wine Vinaigrette	Classic Caesar	Cucumber Ranch
	Peppercorn Ranch	Roka Blue Cheese	Thousand Island
2 Tbsp	Sun Dried Tomato	Greek Vinaigrette	Caesar Vinaigrette
	Tuscan House Italian	Zesty Lime Vinaigrette	Zesty Italian

Newman's Own			
1 Tbsp	Balsamic Vinaigrette	Honey French	Three Cheese Balsamic Vinaigrette
	Greek Vinaigrette	Parmesan & Roasted Garlic	
2 Tbsp	Lime Lite Vinaigrette	Lite Italian	Vinegar & Olive Oil
	Lite Caesar	Lite Red Wine	

Healthy Fats List: Salad Dressing (cont.)

Wishbone			
1 Tbsp	House Italian	South of the Border Ranch	Sweet & Spicy French
	Creamy Italian	Thousand Island	Deluxe French
	Spicy Caesar	Sweet & Spicy Honey Mustard	Creamy Italian
2 Tbsp	Mediterranean Italian	Greek Vinaigrette	Light Creamy Caesar
	Bruschetta Italian	Balsamic Vinaigrette	Light Buffalo Ranch
	Balsamic Italian Vinaigrette	Light Thousand Island	Light Blue Cheese
	Romano Basil Vinaigrette	Light Ranch	
	Olive Oil Vinaigrette	Light Parmesan	
		Peppercorn Ranch	

Condiment List

While on our **OPTAVIA** Program you are able to use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results.

A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to **three (3)** condiment servings per Lean & Green meal on the Optimal Weight 4 & 2 & 1 Plan.

Fresh Herbs		
Basil (whole leaves): 1 cup Basil (chopped): ½ cup Capers: 2 Tbsp Chives (chopped): ¼ cup Cilantro: 1 cup Dill weed: 1 cup	Garlic (minced): 1 tsp Garlic (whole): 1 clove Ginger root: 2 tsp Lemongrass: 2 tsp Parsley: ¼ cup Peppermint: ¼ cup	Rosemary: 2 Tbsp Sage: 2 Tbsp Spearmint: 2 Tbsp Thyme: 1 Tbsp

Dried Herbs & Spices		
Allspice: ½ tsp Anise seed: ½ tsp Basil (whole leaves): 2 tsp Basil (ground): 1 tsp Bay leaf: 2 tsp Caraway seed: ½ tsp Cardamom: ½ tsp Cayenne pepper: ½ tsp Celery seed: 1 tsp Chili powder: ½ tsp Cilantro: 1 Tbsp Cinnamon: ½ tsp Cloves (whole): 1 tsp Cloves (ground): ½ tsp Coriander seed: 1 tsp Crushed red pepper: ½ tsp Cumin seed (whole or ground): 1 tsp	Curry powder: ½ tsp Dill seed: ½ tsp Dill weed: 1 tsp Fennel seed: ½ tsp Fenugreek seed: ¼ tsp Garlic powder: ½ tsp Ginger (ground): ½ tsp Mace: 1 tsp Marjoram: 2 tsp Mustard seed (ground): 1 tsp Nutmeg: ½ tsp Onion powder: ½ tsp Oregano (whole leaves): 1 tsp Oregano (ground): ½ tsp Paprika: ½ tsp Parsley: 1 Tbsp Pepper: ½ tsp Poppy seed: 1 tsp	Poultry seasoning: 1 tsp Pumpkin pie spice: ½ tsp Rosemary: 1 tsp Saffron: 1 tsp Sage: 2 tsp Salt: ¼ tsp Savory: 1 tsp Spearmint: 1 Tbsp Spice mixes: ½ tsp Tarragon (whole leaves): 1 Tbsp Tarragon (ground): 1 tsp Thyme (whole leaves or ground): 1 tsp Turmeric: ½ tsp

Condiments (cont.)

Sauces & Syrups	
Barbecue sauce (regular): ½ tsp Barbecue sauce (sugar-free): 1 Tbsp Catsup (regular): ½ tsp Catsup (reduced sugar): 1 Tbsp Cocktail sauce (regular): ½ tsp Fish sauce: 1 Tbsp Honey mustard sauce: ½ tsp Horseradish: 1 tsp Hot sauce: 2 Tbsp Mustard (dijon): 1 tsp Mustard (yellow): 1 Tbsp Oyster sauce: 1 tsp Salsa (tomato): 1 Tbsp	Soy sauce (regular or low sodium): 1 Tbsp Sriracha: 1 tsp Steak sauce: 1 tsp Sweet and sour sauce: ½ tsp Syrups/Flavorings (sugar-free Torani & Walden Farms, Inc.): 2 Tbsp Teriyaki sauce: 1 tsp Tomato paste: 1 tsp Vinegar (cider, white, wine): ¼ cup Vinegar (balsamic): 1 tsp Wasabi: ½ tsp Worcestershire sauce: ½ tsp
Dairy, Cheese & Milk Substitutes	
Butter Buds: ½ tsp Cheeses: Blue, feta, parmesan (regular): 1 Tbsp Blue, feta, parmesan (reduced-fat): 2 Tbsp Cream cheese (regular): ½ Tbsp Cream cheese (light): 1 Tbsp Cream substitutes: Liquid or powdered (regular): ½ tsp Liquid or powdered (sugar-free): 1 tsp Greek yogurt (plain, nonfat or low-fat): 2 Tbsp Sour Cream (regular or light): 1 Tbsp The Laughing Cow Spreadable Cheese: 1 wedge	Whipped Topping (Cool Whip): 1 Tbsp Whipped Topping (pressurized, Reddi-whip): 2 Tbsp Milks: Almond (refrigerated, unsweetened original or unsweetened vanilla): 1 cup Cashew (refrigerated, unsweetened original or unsweetened vanilla): 1 cup Coconut (canned, regular): 1 Tbsp Coconut (canned, light): 2 Tbsp Coconut (refrigerated, unsweetened original or unsweetened vanilla): ½ cup Cow's (unflavored): 1 Tbsp Rice (unsweetened): 1 Tbsp Soy (unsweetened): 2 Tbsp
Baking & Cooking Ingredients	
Almond flour: 2 tsp Baker's yeast: ½ tsp Baking powder: ½ tsp Baking soda: 1 tsp Bouillon: 1 cube Broth or stock: ½ cup - 1 cup (varies based on brand and flavor - use serving size for lg carb or less) Bran - wheat, rice, corn: ½ tsp Cocoa powder (unsweetened): 1 tsp Coconut (shredded, unsweetened): 2 tsp Cooking oil spray (Pam): 10, ¼ second sprays Cornmeal: ½ tsp Cream of tartar: ½ tsp Extracts: 1 tsp Imitation butter: 10 sprays Lemon or lime juice: 2 tsp Lemon or lime zest: 1 Tbsp	Liquid egg substitute: 3 Tbsp Nutritional yeast (small flakes): 1 tsp Nutritional yeast (large flakes): 2 tsp Onion (chopped): 1 Tbsp Pine nuts: ⅛ ounce (~20 kernels) Ranch dressing mix: ½ tsp Seaweed (dried): 1 Tbsp Seaweed (fresh): 2 Tbsp Seeds: Chia Seeds: ½ tsp Hemp Seeds: 1 tsp Flax Seeds (whole or ground): 1 tsp Poppy Seeds: 1 tsp Pumpkin Seeds: 1 Tbsp Sesame Seeds: 1 tsp Sunflower Seeds (kernel only): 1 tsp Slivered almonds: 2 tsp Wheat germ: ½ tsp
Flavor Enhancers	
Calorie-free sweetener: 1 packet Crystal Light "On the Go" sticks: ½ packet Liquid stevia: 5 drops Mio: ½ tsp Monk Fruit In The Raw Sweetener: 1 packet	Stevia In The Raw Sweetener: 1 packet True Lemon or True Lime: 1 packet Truvia: ⅓ packet

The following pages will help you track your progress during the first 30 days on the Optimal Weight 4 & 2 & 1 Plan.

As you begin on your journey to optimal health, we will help you integrate manageable microHabits of Health into your life. While these habits might seem small, they can bring extraordinary results. Over time, they make healthy habits second nature. During the next 30 days, you will begin to see the benefits as your transformation unfolds.

We encourage you to lean on your Coach and the **OPTAVIA** Community for support and track your progress in *Your LifeBook* and the **OPTAVIA** App.



Week 1: Habits of Healthy Eating & Hydration

Start the Optimal Weight 4 & 2 & 1 Plan and eat six small meals per day. Then drink one more glass of water per day than you currently do. Whether in the morning, with a Fueling or in the evening, just one additional glass can be a big win. Staying hydrated is essential to health and helps fight food cravings.

microHabit of Health 1:
Drink one extra glass of water a day.*

Today and for the remainder of this week, focus on drinking one additional glass of water each day. Use the **OPTAVIA** App to track your daily hydration and Fuelings every two to three hours.



Recommended readings: Part 2.5 in *Dr. A's Habits of Health, Second Edition* and Element 10 in *Your LifeBook*.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.*

week 1 journal

	Example Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day
Fueling	example: Creamy Chocolate Shake Mix							
Fueling	example: Creamy Double Peanut Butter Crisp Bar							
Fueling	example: Red Bean & Vegetable Chili Mix							
Fueling	example: Cinnamon Sugar Sticks							
Lean & Green Meal	example: Rustic Tomato Herb Penne							
Lean & Green Meal	Download our OPTAVIA App for Lean & Green recipe ideas!							
Healthy Snack	example: Puffed Ranch Snacks							

microHabits of Health (mHOH)

Water Intake (check off how many glasses of water you have each day)  = 8 oz.	 1  2  3  4	 1  2  3  4	 1  2  3  4	 1  2  3  4	 1  2  3  4	 1  2  3  4	 1  2  3  4	 1  2  3  4
	 5  6  7  8	 5  6  7  8	 5  6  7  8	 5  6  7  8	 5  6  7  8	 5  6  7  8	 5  6  7  8	 5  6  7  8

Quick Tips to get started on your 30-Day Journey

Day 1

Connect with your independent **OPTAVIA** Coach! Your Coach will help steer you to success so reach out at any time with questions or for support. Download the **OPTAVIA** App to help plan your Lean & Green meals for the week ahead.

Day 2

Use the **OPTAVIA** App to track your daily hydration and Fueling consumption every two - three hours. Achieve optimal success by setting an alarm or reminder to ensure you pace yourself throughout each day.



Day 3

As you are working on this week's microHabit of Health, consider keeping a water bottle handy at your desk, in your car or in your bag when you are on the go.

Day 4

Lean on your **OPTAVIA** Coach. Make a plan together to discuss this week and next. Make sure to set up the next time to connect with them so that you have a strong plan for how you will wrap up this week. Also, share your experience to help others. Connect to the **OPTAVIA** Community on social media and use **#OPTAVIA**.

Day 5

Keep up the great work! Your first five days is a perfect time to work with your **OPTAVIA** Coach to ensure success.


Day 6

Now is a great time to work with your **OPTAVIA** Coach to get started with *Your LifeBook* in creating your story of Lifelong Transformation, One Healthy Habit at a Time.

Day 7

The **OPTAVIA** experience is more fun with friends, so keep sharing on social media! Talk about your story, your goals, your journey and your biggest win of the week. Be sure to tag your friends or your **OPTAVIA** Coach and use **#OPTAVIA** and **#LifelongTransformation**.



A woman with blonde hair in a braid, wearing a grey tank top and teal and black striped leggings, is sitting on a dirt path. She is looking out over a desert landscape at sunset. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The sky is filled with soft, orange and yellow light. The overall mood is peaceful and contemplative.

*you define what's
possible today*

Week 2: Be Mindful

Continue your week 1 microHabit of Health by incorporating an additional glass of water daily until you reach eight glasses (64 ounces).* Note the amount of water you've had each day in the **OPTAVIA** App.

microHabit of Health 2:
Write one sentence in your OPTAVIA weekly journal each day.


























































As your transformation begins with healthy Fuelings, and healthy hydration you will now begin to learn mindfulness. Each day, reflect on a moment when you felt a craving and how you handled it or write about an accomplishment. One sentence is all it takes! Mindfulness helps you avoid choices that lead you away from success. Incorporating this habit into your daily routine will give you an important record of your thoughts and feelings during your **OPTAVIA** journey.



Recommended reading: Element 04 in *Your LifeBook*.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.*

week 2 journal

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Fueling							
Fueling							
Fueling							
Fueling							
Lean & Green Meal							
Lean & Green Meal							
Healthy Snack							
microHabits of Health (mHOH)							
Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
OPTAVIA Log							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

Quick Tips

Day 8

Practice mindfulness as you eat your Fuelings this week, consuming food slowly and thoughtfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one bite at a time. Reflect on changes you're experiencing. What does an optimal life look like to you?

Day 9

As you practice mindfulness, you will become more connected to what matters most, and begin seeing your biggest opportunities. Connect with your **OPTAVIA** Coach for suggestions and support.

Day 10

Hydration alert! As you learned last week, hydration is vital for your health and for reaching your goals. Keep building on this Habit of Health. Use the **OPTAVIA** App to track your water intake.



Day 11

With **OPTAVIA**, you're never alone. In addition to your **OPTAVIA** Coach, there are thousands of people in the **OPTAVIA** Community to support you. Connect with them on social media at **#OPTAVIA** and **#LifelongTransformation** to share how mindfulness has helped you.

Day 12

On occasion, take some extra time when preparing your Lean & Green meal to be mindful of what you're doing and how it's making you feel. While we lead busy lives, a new and different recipe can be found on the **OPTAVIA** App and really spice things up.

Day 13

Progress vs. Perfection. Most of us try to succeed by being perfect. So when we just need a minor course adjustment, we may feel we've failed. Your **OPTAVIA** Coach can help you move past these feelings and give you fresh perspective along the way, as they may have been in your shoes and can help steer you to success. If you haven't yet started using *Your LifeBook*, this is a great time to start!

Day 14

Celebrate the past week and plan for the second half of your **OPTAVIA** journey! Your **OPTAVIA** Coach will celebrate your victories with you and offer support from their own experiences. Share your win of the week on social using **#OPTAVIA** or **#LifelongTransformation** and tag your **OPTAVIA** Coach!





*every positive change
leads to more*

Week 3: Transform with the Habit of Healthy Sleep & Energy Management

You are two weeks in! You're drinking water and journaling daily, well on your way to integrating new Habits of Health into your daily life. This week's theme is Healthy Sleep & Energy Management. Sleep is a crucial part of optimal health but is often overlooked. Getting seven to eight hours of restful sleep nightly may help with stress, food cravings and overeating. Those are some big rewards!

microHabit of Health 3:
**Drink one less cup of coffee, soda or other
caffeine source after 12 noon each day.**

To build Habits of Healthy Sleep & Energy Management that can support you in reaching a healthy weight, your new microHabit of Health is to have one less cup of a caffeinated drink after noon each day. According to the FDA, the average American drinks about 300 milligrams (mg) of caffeine per day, equivalent to three cups of coffee or eight cans of soda. If you eliminate caffeine after noon, you're more likely to get a restful night's sleep!

Additionally, following a reduced-calorie meal plan might make you more sensitive to caffeine and keep you even more awake at night.



Recommended readings: Part 2.13 in *Dr. A's Habits of Health, Second Edition* and Element 19 in *Your LifeBook*.

week 3 journal

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Fueling							
Fueling							
Fueling							
Fueling							
Lean & Green Meal							
Lean & Green Meal							
Healthy Snack							

microHabits of Health (mHOH)

Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
---	--	--	--	--	--	--

OPTAVIA Log	
Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	

After 12 PM, did you have 1 less cup of caffeine? <i>(check the cup if you cut one each day and fill out how many you had)</i>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
--	--	--	--	--	--	--	--

Quick Tips

Day 15

Drinking less caffeine can improve your sleep quality. Your **OPTAVIA** Coach is a great resource for simple steps leading to healthier sleep.

Day 16

As you build on microHabits of Health, you'll start to see some significant transformations. Drinking more water and practicing mindfulness, together with this week's microHabit of Health, sets the foundation for optimal health and wellbeing.

Day 17

Had a long day and need an extra crunch? An optional snack can be just the boost you need to fuel your day in a healthy way. Check with your **OPTAVIA** Coach for ideas, or refer to the 'Healthy Snacks' section in this guide on [page 16](#).



Day 18

Feeling more energetic as you focus on optimal health and your new microHabits of Health? Use that new energy to share an accomplishment with your **OPTAVIA** Coach, and with the **OPTAVIA** Community via social media using **#OPTAVIA** and **#LifelongTransformation**.

Day 19

Most of us are connected to our mobile devices all day and well into the night. By charging your phone out of reach, you'll likely get more sleep, and enjoy relaxed time to reflect on the day's successes and prepare for tomorrow.

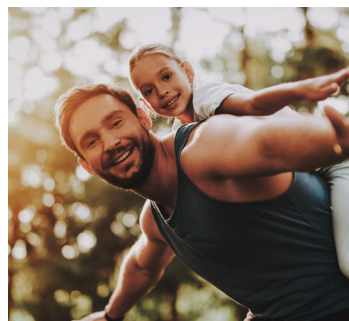
Day 20

By now you will have found some favorite Fuelings. Tell your **OPTAVIA** Coach which options you love and make sure you're set for your next **OPTAVIA** Premier order. Your **OPTAVIA** Coach can show you how to edit your order template to get all of your new found favorites!

Day 21

It's time to celebrate! For three weeks, you've been integrating the first three components of our proven system, including the **OPTAVIA** App and *Your LifeBook* into your daily life. Three weeks ago, did you think this was possible?

Use social media to share how your life has been transforming. Be sure to tag your **OPTAVIA** Coach and use **#OPTAVIA** and **#LifelongTransformation**.



*you have the power to
shape your life today*



Week 4: Share the Habit of Healthy Motion

Intense workouts, especially if you are not ready, may do more harm than good.* The Habits of Health you've already integrated – eating healthy Fuelings every two to three hours, drinking more water, journaling, sleeping better by consuming less caffeine and being mindful – are making a difference in your life. Now, we recommend you start being more active with this microHabit of Health.

microHabit of Health 4:
Stand for an extra 2 minutes a day.

Your new microHabit of Health for the week is to stand up while you are watching your favorite TV show, at work or while reading a book. Standing activates almost every muscle in your body as you stabilize your posture. It sounds small, but one of the biggest health recommendations in years is to sit down less, so 2 minutes extra of standing a day is a good start! Share this practice with your family and friends to introduce more motion into their lives.






Recommended readings: Parts 2.9-2.12 in *Dr. A's Habits of Health, Second Edition* and Elements 17-18 in *Your LifeBook*.

*When on the *Optimal Weight 4 & 2 & 1 Plan*, we recommend checking with your healthcare provider before starting any exercise program.








week 4 journal

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Fueling							
Fueling							
Fueling							
Fueling							
Lean & Green							
Lean & Green Meal							
Healthy Snack							
Habit of Motion							

microHabits of Health (mHOH)

Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
--	--	--	--	--	--	--

OPTAVIA Log	
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	

After 12 PM, did you have 1 less cup of caffeine? <i>(check the cup if you cut one each day and fill out how many you had)</i>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
--	--	--	--	--	--	--	--

Standing	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra
-----------------	---	---	---	---	---	---	---

Quick Tips

Day 22

You now know sitting for long periods can be unhealthy. As you integrate standing more as a microHabit of Health, think about friends and family who could benefit from a bit more activity. How can you share the Habit of Healthy Motion?

Day 23

Sometimes when we start our journey, our goals center on the scale. But we believe optimal health is about what's added to your life, not what's subtracted. Reflect on your larger health goals.

List reasons why you joined the **OPTAVIA** Community and share them with your **OPTAVIA** Coach. This will give you positive reinforcement when you need it.

Day 24

Two more minutes of standing will build a foundation for more activity. Spread the benefits to people you care about most. By walking with your family to the store, strolling after dinner or hiking with the kids, you're building Habits of Healthy Motion for those you love!



Day 25

Note how your clothes fit as your body changes, which doesn't always show up instantly on the scale. Remember, it's about a healthier you, living your best life. Journal how you feel physically, mentally and emotionally.

Who in your life might benefit from what you're doing?

Tag them in a post with your **OPTAVIA** Coach on social media, or connect them directly. You can even pay it forward and decide to coach them yourself!

Day 26

Tried one of our Lean & Green recipes? Awaken your taste buds by mixing things up! Download our **OPTAVIA** App, share your favorite recipe and include friends who may be ready for optimal health. Tag your **OPTAVIA** Coach as they may also have recipes to share.

Day 27

You've been journaling for several weeks now. Today, reread your daily entries and reflect on your next health goals. Your **OPTAVIA** Coach and *Your LifeBook* will help you continue to successfully integrate the Habits of Health and create a plan of action to ensure your continued success for Lifelong Transformation, One Healthy Habit at a Time.

Day 28

One of the best ways to make physical activity even more enjoyable is to share the experience. What group activity can you arrange for family or friends? Share with your social networks and when local connections comment, invite them to join you! Be sure to tag **#OPTAVIA** and **#LifelongTransformation**.



*your best life
is waiting*



Week 5: Celebrate and Continue




















You are about to finish your first 30 days! The steps you've taken are remarkable. You may have had challenges at times, but the obstacle is the way. You made it this far, and that momentum is powerful as you continue your transformational journey.

microHabit of Health 5:
Celebrate Your Victories.

Your independent **OPTAVIA** Coach and *Your LifeBook* will help you reflect on and celebrate the integration of each new habit along your journey, giving you the opportunity to step back and say, "Wow, I really did that!" Share your excitement on Facebook and other social media channels, and tag your **OPTAVIA** Coach using **#OPTAVIA**

Call your **OPTAVIA** Coach to celebrate and discuss your next 30 days!

week 5 journal

	Day 29	Day 30
Fueling		
Fueling		
Fueling		
Fueling		
Lean & Green Meal		
Lean & Green Meal		
Healthy Snack		
Habit of Motion		
microHabits of Health (mHOH)		
Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
OPTAVIA Log Day 29 <hr/> Day 30		
After 12 noon, did you have 1 less cup of caffeine? <i>(check the cup if you cut one each day and fill out how many you had)</i>	 <input type="checkbox"/>	 <input type="checkbox"/>
Standing	<input type="checkbox"/> Standing for 2 minutes extra	<input type="checkbox"/> Standing for 2 minutes extra
How did you reward yourself? Day 29 <hr/> Day 30		

1 Describe three things that you learned so far on your **OPTAVIA** journey.

2 What are you most excited about as you continue your **OPTAVIA** journey?

3 Who in your life would benefit from beginning their own **OPTAVIA** journey?

Quick Tips

Day 29

Celebrate! You began your **OPTAVIA** journey, incorporated microHabits of Health, were supported by your independent **OPTAVIA** Coach and the **OPTAVIA** Community, plus adopted healthy eating habits using Fuelings!

Day 30

Congratulations – you completed your first 30 days! A great way to mark these changes is to post a before and after picture (or even just an after of how your life has changed in 30 days).^{*} Share it on social media or post it on the **OPTAVIA** Facebook page using #LifelongTransformation.

What's next?

Many people will need more time to achieve their healthy weight, and that is perfectly okay! Consistency is key, so remember to keep going!

Your journey is gradual progress. **OPTAVIA** provides you with the tools and resources to help reach your goals when you are ready. Visit [OPTAVIA Client Answers](#) (ANSWERS.OPTAVIA.com) to download and print [extra weekly trackers](#).

If you feel ready to take the next step, review the checklist below to ensure you are on the right path:

Have you achieved a healthy weight?

Are you ready to continue your journey to Ultrahealth?

Have you reached out to your **OPTAVIA** Coach to discuss your transition plan?

During this time continue to use *Your LifeBook* to reset and create a new action plan and timeline that works for you. You can do it!

^{*}Check with your **OPTAVIA** Coach for assistance on how to compliantly post before/after pictures.

The Optimal Health 3 & 3 Plan

As you continue along your path to optimal health.

Once you are ready to transition off of the Optimal Weight 4 & 2 & 1 Plan and achieved your healthy weight, it's crucial to maintain the good habits you have learned. Which includes fueling your body every two to three hours. To help you sustain your healthy weight, we have developed the Optimal Health 3 & 3 Plan.

This plan focuses on nutritionally balanced, small meals eaten every two to three hours, like our Optimal Weight Plans, while integrating more food choices in the right portions. It's easy to follow the Optimal Health 3 & 3 Plan, just consume three Optimal Health Fuelings and three balanced meals daily. If you choose to replace an Optimal Health Fueling with one of your favorite **OPTAVIA** Fuelings used during weight loss, remember to include an additional Healthy Exchange item from the list starting on [page 48](#).

Your independent **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians. Remember, your **OPTAVIA** Coach is there to help steer you to success and celebrate your journey!

Ready? Let's get started.

The Optimal Health 3 & 3 Plan in Three Easy Steps

Step 1

Calculate your Total Energy Expenditure (TEE), which is the number of calories you burn each day.

Visit our '[Optimal Health 3 & 3 Program](#)' webpage located under the 'Products & Programs' section of [OPTAVIA.com](#) for our total energy expenditure calculator. The Optimal Health 3 & 3 Plan takes a common sense approach to sustaining a healthy weight based on balancing your food intake with the calories you burn. Remember, increasing your activity is also an important part of maintaining a healthy weight.



Recommended readings: Part 2.8 in *Dr. A's Habits of Health, Second Edition* and Element 14 in *Your LifeBook*.

Step 2

Choose your meal plan based on your TEE.

When you know what optimal nutrition looks like, healthy eating becomes second nature. Our registered dietitians have developed a variety of meal plans ranging from 1,200 - 2,500 calories. Visit our '[Program Guides & Information Sheets](#)' section on [OPTAVIA Client Answers \(ANSWERS.OPTAVIA.com\)](#) to view our '[Optimal Health 3 & 3 Plan Sample Meal Plans](#).'

Step 3

Familiarize yourself with the plan's food groups, which include fruits, dairy, starches, proteins, fats and vegetables.

To add variety, select foods from the 'Healthy Exchange List' as substitutions. You can also have one Free Choice each day. All of the food and beverage options in the 'Healthy Exchange List' are approximately 100 calories and can also be used as a "Free Choice". Our healthy exchange list of options can be found on next few pages of this guide.

Need help? If you need help calculating your TEE and getting started on the Optimal Health 3 & 3 Plan, contact your [OPTAVIA Coach](#) or our Nutrition Support team at 1.888.OPTAVIA or NutritionSupport@OPTAVIA.com for more information.

Healthy Exchange Options

We know not everyone has the same taste buds, so we've created a Healthy Exchange resource to help you choose the foods you like and work them into the Optimal Health 3 & 3 Plan! We list a variety of food options with serving sizes around 100 calories and 15g of carbohydrate or less. You will also find recommended serving sizes for alcohol and sweet treats that can occasionally be incorporated into your Optimal Health 3 & 3 Plan as the "Free Choice."

The best path to optimal health includes eating a well-balanced diet with a variety of:

- Fruits
- Low-fat dairy foods
- Lean protein
- Whole grains
- Healthy fats
- Vegetables

The amounts of food you will eat from each food group depends on the number of calories you burn each day (i.e. your total energy expenditure). If you haven't already, work with your **OPTAVIA** Coach to calculate your total energy expenditure, and then use our list of Healthy Exchanges to help create balanced meals.



Recommended readings: Part 2.3-2.6 in *Dr. A's Habits of Health, Second Edition* and Elements 08-09 in *Your LifeBook*.



Healthy Exchange List

*Note: The Healthy Exchange List is designed specifically for the Optimal Health 3 & 3 Plan. The options listed are not suitable substitutions for **OPTAVIA** Fuelings during the weight-loss phase of the program. On the Optimal Weight 4 & 2 & 1 Plan you may incorporate 1 serving of starch, fruit, or dairy as your healthy snack each day. Only choose options from the fruit, starch, and dairy food lists on these plans.*

OPTAVIA Fuelings

1 OPTAVIA Fueling

Fruit

Amount	Food
1 (4 oz.)	Fresh whole fruit, small (apple, pear, orange)
½ cup	Chopped fresh fruit
½ cup	Canned fruit (no sugar added)
½ cup (4 oz.)	100% fruit juice
2 Tbsp	Dried fruit
2	Tangerines or plums, small
17	Grapes, small
12	Cherries
¾ cup	Berries
1 oz.	Goji berries (dried, unsweetened)
3	Dates
1	Kiwi
1 cup	Melon, cubed (cantaloupe, honeydew, watermelon)
½ (4 oz.)	Banana, large

Tips for Fruit:

- Consume fruit with the skin on for extra fiber.
- When choosing canned fruit, select those packed in water or 100% fruit juice instead of syrup.
- Limit dried fruit, which is higher in calories and can have added sugar.
- Choose whole fruit instead of fruit juices for fiber, increased satiety and less sugar.

Dairy

Amount	Food
1 cup (8 oz.)	Fat-free or low-fat milk
1 cup (8 oz.)	Milk substitute (soy, rice, almond, cashew)
½ cup (4 oz.)	Evaporated milk
¾ cup (6 oz.)	Nonfat or low-fat yogurt (including Greek)
1 cup (8 oz.)	Kefir

Tips for Dairy:

- Select plain or no-sugar-added yogurt to control calories.
- Choose plain kefir to avoid added sugar. Blend with fresh fruit instead for a protein- and fiber-rich beverage.
- Choose unsweetened milk substitutes for fewer calories and less sugar.
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), and then transition to low-fat (1%) or fat-free (skim) milk.
- If you drink cappuccinos or lattes – ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making cream-based dishes.
- Use plain Greek yogurt instead of mayonnaise or sour cream for added protein and less calories.

Healthy Exchange List (cont.)

Protein	
Amount	Food
2 oz.	Lean beef: select or choice grades trimmed of fat- ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin
1 oz.	Beef jerky*
1 oz.	Beef: corned beef, ground beef, meatloaf, Prime grades trimmed of fat, short ribs, tongue
2 oz.	Cheese with 3g of fat or fewer per oz.
1 oz.	Cheese with 4-7g of fat per oz.
1	Egg
½ cup	Low-fat cottage cheese
½ cup	Egg substitute
4	Egg whites
2 oz.	Fish: fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna
2 oz.	Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp
1 oz.	Fish: smoked: herring or salmon (lox)*
2 oz.	Game: buffalo, ostrich, rabbit, venison
2 oz.	Lamb: chop, leg or roast
12	Oysters, medium
2 oz.	Canadian bacon*
2 oz.	Poultry (without skin): chicken, Cornish hen, domestic duck or goose, turkey
2 oz.	Canned tuna, salmon or sardines in water
2 oz.	Sausage with 3g of fat or fewer*
1 oz.	Veal: loin, chop, roast
1 patty	Meatless burger
4 oz.	Tofu
¼ cup	Tempeh
2 oz.	Seitan
¼ cup	Hummus

* High in sodium.

Tips for Protein:

- Choose the leanest cuts of beef, such as round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin and chuck shoulder and arm roasts.
- Select the leanest pork choices, such as pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef that is labeled at least 90% lean.
- Buy skinless poultry, or remove the skin before cooking. Choose skinless chicken breast and turkey cutlets for the leanest options.
- Choose low-sodium lean turkey, roast beef or ham for sandwiches instead of processed deli meats such as bologna or salami.
- Trim away all of the visible fat from meats and poultry before cooking.
- Skip breading on meat, poultry or fish.
- Include fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) at least two times a week for heart-healthy omega-3 fatty acids.



Starch	
Amount	Food
1 slice	Bread
2 slices	Reduced-calorie bread
½	Pita, 6 inches in diameter
1	Tortilla, 6 inches in diameter
¼	Naan, 8 inches by 2 inches
1 small	Roti/chapatti, 6 inches
1 piece	Matzoh
½	English muffin, hamburger or hot dog bun
1	Mini bagel
½ cup	Hot cereal, cooked (oatmeal, cream of wheat)
¼ cup	Oat bran
3 Tbsp	Wheat germ
¾ cup	Ready-to-eat, unsweetened cereal
½ cup	Sweetened cereal
¼ cup	Granola or muesli (low-fat or regular)
½ cup	Bulgur, wheat bran
⅓ cup	Cooked barley, freekeh, farro, couscous, millet, pasta, polenta, quinoa, white or brown rice, amaranth
1 oz.	Soba noodles
½ cup	Starchy vegetables (corn, peas, potatoes, parsnips, succotash, yams)
1 cup	Winter squash (acorn, butternut, pumpkin)
½ cup	Beans and lentils, cooked (mung beans, pinto beans, black beans)
½ cup	Adzuki beans, cooked
½ medium (3 oz.)	Baked potato (all varieties)
¾ oz.	Pretzels
3 cups	Air-popped popcorn
6	Crackers
2	Rice cakes
15 (¾ oz.)	Baked chips (potato, tortilla, pita)
¾ cup	Hominy, canned

Tips for Starches:

- Substitute a whole-grain product for a refined product such as whole-wheat bread instead of white, brown rice instead of white, whole wheat pasta instead of white, etc.
- Try sweet potatoes with the skin on instead of white potatoes for more nutrients. They can be cooked in the microwave in minutes.
- Choose beans and lentils for extra protein and fiber. Soak dried beans overnight to reduce cooking time.
- If you're choosing canned, be sure to rinse through a colander to remove excess sodium.
- Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Use whole-grain bread or cracker crumbs instead of white bread crumbs.
- Try rolled oats or a crushed, unsweetened, whole-grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.
- Try an unsweetened, whole-grain, ready-to-eat cereal as croutons in a salad or in place of crackers with soup.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are not always whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label, and choose whole-grain products with a higher % Daily Value (% DV) for fiber. Many, but not all, whole-grain products are good or excellent sources of fiber.
- Read the food label's ingredient list. Look for products without added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses or raw sugar) that add extra calories.
- Look for 100-calorie sandwich rolls, often labeled "rounds", "flats" or "thins".

Healthy Exchange List (cont.)

Fats			
Amount	Food	Amount	Food
2 tsp	Oil (any type)	1 Tbsp	Tahini
1 Tbsp	Nut butter	2 Tbsp	Seeds (sesame, sunflower, flax)
12	Almonds	1 Tbsp	Chia seeds
12	Cashews	2 slices	Bacon, cooked
20	Peanuts	½ cup	Light coconut milk
32	Pistachios	2 Tbsp	Cream cheese
1-2 Tbsp	Salad dressing	¼ cup	Guacamole
2 tsp	Butter or margarine	1 ½ Tbsp	Pesto
4 Tbsp (2 oz.)	Avocado	2 Tbsp	Baba ghanouj
16-20	Olives (large)	2 tsp	Ghee

Tips for Fats:

- Use small amounts of fats, which provide essential nutrients.
- Choose oils over solid fats. All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats, trans fats and cholesterol tend to raise LDL (bad) cholesterol levels in the blood, which increases the risk for heart disease.
- Select mostly polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain essential fatty acids, so named because they are necessary for health.
- Include nuts, seeds, nut butters, tahini, olives and avocados, which provide protein and/or fiber, so they may be more satiating.

Non-starchy Vegetables	
Amount	Food
½ cup cooked vegetables or vegetable juice	Artichoke hearts, asparagus, baby corn, bean sprouts, beans (green, wax Italian), beets, broccoli, Brussels sprout, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, leafy greens (collard, kale, mustard, turnip), hearts of palm, jicama, kohlrabi, leeks, mixed vegetables (without corn, peas or pasta), mung bean sprouts, mushrooms (all kinds), okra, onions, peppers (all varieties), radishes, rutabaga, salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress, etc.), sauerkraut*, spinach, squash (summer, crookneck, zucchini), sugar snap peas, Swiss chard, tomatoes, tomato/vegetable juice*, turnips, water chestnuts
1 cup raw vegetables	

* May be high in sodium.

Tips for Non-starchy Vegetables:

- If you eat 3 cups or more of raw vegetables or 1 ½ cups of cooked non-starchy vegetables in a meal, count them as 1 Healthy Exchange option.
- Canned vegetables may have added salt. Look for low-sodium or no-salt-added varieties when possible. Drain and rinse canned vegetables to remove excess salt.
- Starchy vegetables such as corn, peas, potatoes and winter squash have more calories and carbohydrates, so they are listed on the Starch List.
- Keep washed, cut raw vegetables such as carrots, cucumber, broccoli, radishes, celery, bell peppers and cherry tomatoes on hand regularly.
- Add chopped or pureed vegetables to sauces, soups, stews and casseroles.
- Incorporate raw or lightly cooked vegetables, such as spinach, tomatoes and onions, into sandwiches, omelets, stir fries and pasta or rice dishes.
- Aim to fill half of your plate with non-starchy vegetables at meals. They are low in calories and provide a great source of fiber, vitamins and minerals.

Healthy Exchange List: Free Choice Only

OPTAVIA Fuelings

1 OPTAVIA Fueling

Alcohol

Amount	Beverage
8 fl. oz.	Beer
12 fl. oz.	Light beer
1 ½ fl. oz.	Distilled spirits: vodka, rum, gin, whiskey (80 or 86 proof)
2 fl. oz.	Sake
5 fl. oz.	Wine: dry, red or white
3 ½ fl. oz.	Wine: dessert (sherry)

Tips for Alcohol:

- If you choose to drink alcohol, keep in mind that it contributes extra, unnecessary calories, may stimulate the appetite and may lead to dehydration. Alcohol does not offer any nutritional value.
- Choose a distilled spirit and zero-calorie chaser (for example, rum and Diet Coke, vodka and Diet Sprite or Sprite Zero, gin and diet tonic, etc.) which will not add carbohydrates.
- Avoid mixed drinks such as margaritas, daiquiris, etc. which are high in calories and sugar.
- Drink a glass of water in between every alcoholic beverage.
- Always drink alcohol with food and do not skip meals to make up for liquid calories.

Sweets and Desserts

Amount	Food
4 pieces	Chocolate "Hershey Kisses"
¼ (1 oz.)	Muffin
½ cup	Low-fat ice cream
1 (1 inch square)	Frosted cake
1 (2 ¼ inches across)	Chocolate chip cookie
4 oz.	Fat-free pudding
½ of cake (about 2 oz.)	Angel food cake
1 inch square (about 1 oz.)	Brownie
3	Gingersnap cookies
4	Vanilla wafer cookies
1	Mini ice cream sandwich
1	Fun-size candy bar
3 pieces	Licorice twists
1 oz.	Fruit snacks
2 strips	Fruit leather
1 square (14 grams)	Dark chocolate (at least 70% dark)
1 oz.	Unsweetened cacao nibs

Tips for Sweets and Desserts:

- Limit the consumption of sweets and desserts, as they provide calories without offering nutritional value.
- Indulge in sweets and desserts after consuming a balanced meal to help keep blood sugar stable.
- Keep in mind that sweets and desserts may increase cravings and lead to overeating.

Congratulations!

You are on the right path - be proud of all you have accomplished for yourself and for those around you.

Fully immersed in the **OPTAVIA** Community, you will continue to build powerful connections with other like-minded, like-hearted individuals. As you begin this next phase of your journey toward Ultrahealth, take time to write down what you envision for your future.

What will you do each day to continue improving your health and wellbeing? Continue sharing **OPTAVIA**'s mission with others and pay it forward! Your transformation will be an inspiration to others. Those around you have likely noticed your transformation and you can have an impact on others. If you would like to help your friends and family get healthy, refer them to your independent **OPTAVIA** Coach. Or, many **OPTAVIA** Clients decide to share this gift with others and become an **OPTAVIA** Coach!

Making the decision to become an **OPTAVIA** Coach cannot only help with your own accountability, but may assist many others in achieving their health goals. Reach out to your **OPTAVIA** Coach to learn more about this powerful opportunity.



OPTAVIA®

Lifelong transformation,
one healthy habit at a time.®

#OPTAVIA
#LifelongTransformation





OPTAVIA®

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any OPTAVIA® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (Warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The OPTAVIA for Teens Plan is the only OPTAVIA Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to OPTAVIA.com and talk with your independent OPTAVIA Coach about other OPTAVIA Plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your OPTAVIA Coach. Do not consume an OPTAVIA product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the OPTAVIA website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the OPTAVIA Programs and products are not labeled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The OPTAVIA Programs, Products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888.OPTAVIA or email at NutritionSupport@OPTAVIA.com.



1.888.OPTAVIA
www.OPTAVIA.com
Baltimore, Maryland

37903_CUI_OPTAVIA-4-2-1_100622

