



OPTAVIA®

Specialty Plan
Guide

Lifelong Transformation,
One Healthy Habit at a Time®

Contact your independent OPTAVIA Coach:

Name _____

ID# _____

Phone# _____

Email _____

Your Client ID# _____

Website _____



Table of Contents

Welcome to OPTAVIA®!

Journey Kick-off	7
Daily Support & Top Tips	8
OPTAVIA Fuelings	10

Specialty Plans:

Nursing Mothers	12
Cout	16
Teen Girls	18
Teen Boys	21

What's Next?

The Optimal Health 3 & 3 Plan®	25
Healthy Exchange Options	27



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.

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything you do. Our plans are a good fit because they incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day.

As you begin, we encourage you to talk to your healthcare provider as well as your independent **OPTAVIA** Coach, who will help support you and steer you to success. As you prepare to take the first step towards optimal health, share and discuss the **OPTAVIA** Specialty Plans outlined in this guide with your healthcare provider. We recommend you use this guide to talk about which plan is the best fit for your lifestyle and dietary needs.



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

You can choose from dozens of delicious, convenient, nutritionally interchangeable, scientifically developed Fuelings. 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.

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 & Condition, [click here](#).

awaken your possibilities



Let's kick-off your **OPTAVIA** journey!

Here is what you can expect when starting your **OPTAVIA** Specialty 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 Specialty Plan Guide and keep it with you to reference as it will help you stay on track.
- 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 stay on track during your journey.
Make sure to write your name in Your LifeBook. If you have not yet ordered Your LifeBook, please [click here](#) to view an 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.answersonline.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.



OPTAVIA Fuelings

All **OPTAVIA** Fuelings allow you the flexibility to 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. Fuelings are scientifically formulated with the right balance of carbohydrates, protein and fat to help you achieve a healthy weight on any **OPTAVIA** Specialty 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 high-quality, complete protein which helps retain lean muscle mass, and 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. When you know what optimal nutrition looks like, healthy eating becomes second nature.

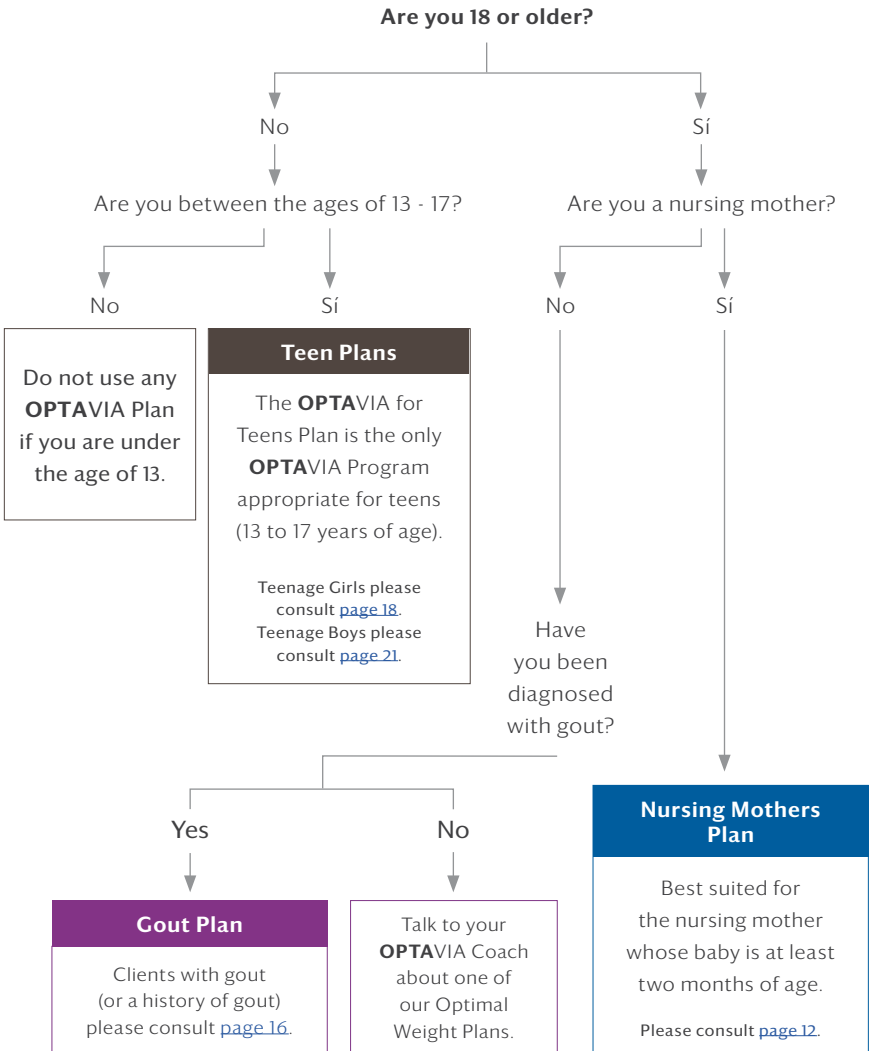


Specialty Plans

OPTAVIA works because it is simple and easy to follow. **OPTAVIA** offers Programs for a wide range of individuals who have unique dietary needs and/or preferences and may not be able to do the Optimal Weight 5 & 1 Plan.

Choosing the proper Specialty Plan:

Contact your healthcare provider to help you utilize the flowchart below to decide which plan is best suited for you.



Nursing Mothers Plan

During this important time in your life, we want to help you increase your health, confidence and vitality as a new mom! The **OPTAVIA** for Nursing Mothers Plan is designed for the nursing mother whose baby is over two months of age and who is providing the majority of the baby's nutrition through breast milk.

We offer a nutritionally balanced plan that encourages gradual weight loss while supporting your body's nutritional needs and encouraging the optimal growth of your nursing baby. Once your baby's diet is less than 30% breast milk, talk to your independent **OPTAVIA** Coach.

You may choose to continue with this plan or move to the [Optimal Weight 5 & 1 Plan®](#), which has a greater calorie and carbohydrate reduction for more rapid weight loss.

Getting started is simple and easy:

OPTAVIA succeeds where other programs fail because we incorporate healthy habits in everything you do. Our plans are a good fit because they incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day. And, all Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for nursing mothers.

As you begin, we encourage you to talk to your independent OPTAVIA Coach, who will help support you and steer you to success.

- Eat at least 1,500 - 1,800 calories per day, including three **OPTAVIA** Fuelings. While you're nursing, you should not consume fewer than 1,500 calories per day.
- We recommend that nursing mothers start with the 1,500-calorie plan (please reference the sample meal plans provided on the following pages). If you lose more than one to two pounds per week or notice a decrease in your milk supply, switch to the 1,800-calorie plan. Some women may need even more than 1,800 calories each day.
- Refer to the food guide on the next page for foods and serving size options.

Food Guide

Food Groups	1,500 Calorie Meal Plan	1,800 Calorie Meal Plan	Serving Sizes
Starches: Whole Grains & Starchy Vegetables	2	4	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤40 calories/slice) • ¾ cup unsweetened cereal (e.g. bran flakes) • ½ cup cooked cereal or bulgur • ½ cup cooked whole-wheat pasta or rice • 3 cups plain popped popcorn • ½ cup starchy vegetables like peas, corn, or sweet potato • 3 oz. baked potato (any kind) • 1 cup winter squash
Dairy	3	3	<ul style="list-style-type: none"> • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond or cashew) • 6 oz. (¾ cup) low-fat or fat-free yogurt
OPTAVIA Fuelings	3	3	<ul style="list-style-type: none"> • 1 OPTAVIA Fueling (choose dozens of Fuelings)
Fruits	Choose at least five servings daily		<ul style="list-style-type: none"> • 1 small (4 oz.) piece of fruit • ½ cup fresh cubed fruit • ¾ cup berries • ½ cup canned fruit in 100% fruit juice or water
Vegetables			<ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup salad greens • 4 oz. (½ cup) 100% vegetable juice
Lean meats and meat substitutes	2	2	<ul style="list-style-type: none"> • 4 oz. lean meat • 1 cup cooked beans, lentils, etc. • 1 cup low-fat cottage cheese • Acceptable substitutions for 1 oz. meat: <ul style="list-style-type: none"> 1 oz. low-fat cheese; 1 whole egg or 2 egg whites
Fats	2	3	<ul style="list-style-type: none"> • ½ Tbsp butter, margarine or mayo • 1 Tbsp reduced-fat margarine or mayo • 5 - 10 black or green olives • 1½ oz. avocado • ½ Tbsp nut butter • ½ oz. (6 pieces) nuts • 2 Tbsp reduced-fat salad dressing • 1 Tbsp regular salad dressing
Discretionary Calories	<100	<150	<ul style="list-style-type: none"> • 1 chocolate chip cookie (2¼ inches across) • ½ cup low-fat ice cream

Healthy Tips for Nursing Mothers

- Drink 64 - 96 oz. (8 - 12 glasses) of fluids each day, most of it as water.*
- Decrease your calories gradually to initiate weight loss without compromising your milk supply.
- Eat every two to three hours throughout the day to prevent hunger and overeating.
- When your healthcare provider says it's appropriate, incorporate a moderate amount of exercise and physical activity each day. Exercise can help you stay healthy, strengthen your body and nourish your spirit. Try to get out for a walk or a jog while pushing your baby in his or her stroller. Whether you choose aerobic exercise or strength training, start your program slowly, increasing intensity and duration as your body allows.
- Take a daily vitamin. As during your pregnancy, your healthcare provider may recommend a daily multi-vitamin or continuing your prenatal vitamin while nursing, so you can be sure you and your baby's nutritional needs are met.
- Avoid alcohol and limit caffeine. Limit caffeine intake to fewer than 300 mg per day, which is the equivalent of about three eight-ounce cups of coffee.

*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.



Example Meal Plans

1,500 Calorie Meal Plan					
Breakfast	Mid-morning Snack	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
<p>¾ cup bran flakes</p> <p>¾ cup fresh strawberries</p> <p>8 oz. low-fat milk</p>	<p>Drizzled Chocolate Fudge Crisp Bar</p> <p>1 small peach</p>	<p>Red Bean & Vegetable Chili Mix</p> <p>1 cup salad greens topped with ½ cup tomatoes and cucumbers (mixed) with 1 Tbsp salad dressing</p> <p>6 oz. low-fat yogurt</p>	<p>1 cup low-fat cottage cheese</p> <p>1 small apple</p>	<p>4 oz. grilled salmon</p> <p>½ cup steamed broccoli</p> <p>½ cup baked sweet potato topped with ½ tsp margarine</p> <p>8 oz. low-fat or fat-free milk</p>	<p>Decadent Chocolate Brownie Mix with Greek Yogurt Chips</p> <p>¾ cup blueberries</p>
1,800 Calorie Meal Plan					
Breakfast	Mid-morning Snack	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
<p>Drizzled Berry Crisp Bar</p> <p>6 oz. low-fat yogurt</p> <p>1 extra small banana</p>	<p>6 unsalted almonds</p> <p>8 oz. low-fat milk</p> <p>2 Tbsp dried apricots</p>	<p>Cheesy Buttermilk Cheddar Mac</p> <p>Sandwich: 2 slices whole-wheat bread, 1 Tbsp yellow mustard, 3 oz. sliced turkey, 1 oz. low-fat cheese, lettuce and tomato</p> <p>1 cup (total) carrot sticks, celery stalks, red and yellow bell pepper strips</p> <p>2 Tbsp guacamole or hummus</p>	<p>Wild Strawberry Shake Mix made with 8 oz. low-fat milk</p>	<p>4 oz. grilled yellow-fin tuna</p> <p>2 cups spinach topped with ½ cup tomatoes and ½ cup cucumbers and onions (mixed) with 1 Tbsp salad dressing</p> <p>2/3 cup cooked whole-wheat pasta</p>	<p>¾ cup strawberries dipped in 1 oz. dark chocolate</p>



Gout Plan

Our **OPTAVIA** for Gout Plan promotes gradual weight loss and encourages food choices with only low or moderate amounts of purines. If you suffer with gout, achieving a healthy weight can help. Excess weight puts more stress on your joints and can increase your risk of hyperuricemia. **OPTAVIA** Fuelings can be a healthy option for people with a history of gout; however, we do recommend certain modifications to your meal plan.

Those with gout should lose weight gradually and steadily, using a meal plan that is slightly more liberal in calories and carbohydrates, yet more restricted in protein than the Optimal Weight 5 & 1 Plan®, to lessen the risk of increased uric acid levels. **OPTAVIA**'s Program for Gout does not induce a fat-burning state, which can increase uric acid levels in the blood. Its higher calorie level promotes a more gradual weight loss than the regular Optimal Weight 5 & 1 Plan, and it encourages food choices with only low or moderate amounts of purines.

The **OPTAVIA** for Gout Plan incorporates a balance of low purine foods, moderate protein and two **OPTAVIA** Fuelings to provide approximately 1,200 calories per day. On this plan, you'll eat six times daily, once every two to three hours. Use the Food Group Chart and Gout Sample Menu on the next page to help you plan your meals.

We recommend the following as part of the OPTAVIA for Gout Plan:

- Limit animal protein in your diet. Choose no more than six ounces of low- or moderate-purine choices of lean meat, poultry or fish per day.
- Incorporate two servings of low-fat or fat-free dairy products daily. Dairy products may help to prevent or decrease the risk of gout.
- Aim for about 1,200 calories per day to allow for gradual weight loss and to decrease the potential of developing elevated uric acid levels.
- Choose foods that are low and/or moderate in purines, and avoid moderate-purine choices during a gout flare-up.
- Avoid alcohol during the weight-loss phase and during flare-ups.
- Drink 64 oz. of water each day as it can help remove uric acid from the body.*
- Limit higher-purine vegetables such as asparagus, cauliflower, mushrooms, peas, and spinach and avoid them completely during a flare-up.

Remember, these are general recommendations - every individual is different, so it is important to discuss any weight-loss program with your healthcare provider to determine if it's right for you.

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.

Food Group Chart

1,200 calories per day	
Servings per day	Food Group
2	OPTAVIA Fuelings
2	Grains
3	Vegetables
2	Fruits
2, 3 oz. servings	Lean meats and meat substitute
2	Dairy
3	Fats

Gout Sample Menu:

Breakfast	Mid-morning Snack	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
<p>½ cup cooked oatmeal</p> <p>1 small, sliced banana</p> <p>1 cup plain coffee (regular or decaf)</p>	<p>Chocolate Mint Cookie Crisp Bar</p> <p>1 cup low-fat milk</p>	<p>3 oz. grilled chicken breast</p> <p>1 cup mixed salad greens</p> <p>½ cup diced tomatoes</p> <p>1 Tbsp salad dressing</p>	<p>6 unsalted almonds</p> <p>12 cherries</p>	<p>3 oz. broiled tilapia</p> <p>½ cup brown rice</p> <p>½ cup steamed broccoli</p>	<p>Decadent Chocolate Brownie Mix with Greek Yogurt Chips</p> <p>1 cup low-fat milk</p>



Teen Girls

If you're a young woman between the ages of 13 to 18 and want to reach and maintain a healthy weight, **OPTAVIA** offers a simple and easy to follow plan*. 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.

OPTAVIA offers two plans for teen girls. Work with your healthcare provider, who can help you pick which plan is better for you based on your Body Mass Index (BMI) percentile. Your BMI is a calculation based on your weight, height and age.

Get Healthy Now Plan

Teen girls who have a BMI higher than 95% of girls their age and who may benefit from losing weight should use this plan. You'll consume approximately 1,600 calories each day to help you achieve a healthy weight. The Get Healthy Now Plan chart on the next page shows you how many servings you should eat from each food group, including three **OPTAVIA** Fuelings per day. You can use the Get Healthy Now sample meal plan as a guide to what you should eat each day.

Steady As You Grow Plan

Teen girls with a BMI between 85% and 95% of others their age should use this plan to maintain their current weight as they grow taller so they can be healthier and more active. The daily calorie limit is about 1,800 calories. The Steady as You Grow Plan chart shows you how many servings you should eat from each food group, including two **OPTAVIA** Fuelings per day. You can use the Steady as You Grow sample meal plan as a guide to what you should eat each day.

* Do not use the **OPTAVIA** program if you are under the age of 13 years old.

Getting started is simple and easy:

OPTAVIA for Teens Plans incorporate small meals every 2 to 3 hours, so carbohydrates and protein are spaced evenly throughout the day. And all **OPTAVIA** Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for those working to achieve a healthy weight.

As you begin, we encourage you to talk to your independent **OPTAVIA** Coach, who will help support you and steer you to success. They will be there to help you celebrate the little victories that add up to big ones!

Food Guide

Food Groups	Get Healthy Now Plan	Steady As You Grow Plan	Serving Sizes
OPTAVIA Fuelings	3	2	<ul style="list-style-type: none"> • 1 OPTAVIA Fueling (choose from dozens of Fuelings)
Starches: Whole Grains & Starchy Vegetables	2	4	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤40 calories/slice) • ¾ cup unsweetened cereal (e.g. bran flakes) • ½ cup cooked cereal or bulgur • ½ cup cooked whole-wheat pasta or rice • 3 cups plain popped popcorn • ½ cup starchy vegetables like peas, corn or sweet potato • 3 oz. baked potato (any kind) • 1 cup winter squash
Vegetables	Choose at least 5 servings daily		<ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup salad greens • 4 oz. (½ cup) 100% vegetable juice
Fruits			<ul style="list-style-type: none"> • 1 small (4 oz.) piece of fruit • ½ cup fresh cubed fruit • ¾ cup berries • ½ cup canned fruit in 100% fruit juice or water
Lean Meats & Meat Substitutes	2	2	<ul style="list-style-type: none"> • 4 oz. lean meat • 1 cup cooked beans, lentils, etc. • 1 cup low-fat cottage cheese • Acceptable substitutions for 1 oz. meat: 1 oz. low-fat cheese; 1 whole egg or 2 egg whites
Dairy	2	3	<ul style="list-style-type: none"> • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond or cashew) • 6 oz. (¾ cup) low-fat or fat-free yogurt • ½ Tbsp butter, margarine or mayo • 1 Tbsp reduced-fat margarine or mayo
Fats	2	2	<ul style="list-style-type: none"> • 5 - 10 black or green olives • 1 ½ oz. avocado • ½ Tbsp nut butter • ½ oz. (6 pieces) nuts • 2 Tbsp reduced-fat salad dressing • 1 Tbsp regular salad dressing
Sometimes Foods	<3x/week	<3x/week	<ul style="list-style-type: none"> • 1 chocolate chip cookie (2 ¼ inches across) • ½ cup low-fat ice cream

Sample Meal Plans

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep you full and satisfied.

Girls' Get Healthy Now				
Breakfast	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Maple & Brown Sugar Oatmeal ½ cup fresh cubed melon 1 slice whole-wheat toast with ½ Tbsp nut butter	4 oz. baked chicken breast 1 cup steamed green beans 6 oz. low-fat yogurt 1 small apple	Chocolate Mint Cookie Crisp Bar 8 oz. low-fat milk	4 oz. grilled pork loin 1 cup steamed broccoli 1 small whole-wheat dinner roll with ½ Tbsp margarine 1 cup canned pears	Creamy Vanilla Shake Mix blended with ¼ cup strawberries

Girls' Steady As You Grow				
Breakfast	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Golden Chocolate Chip Pancake Mix 1 slice whole-wheat toast with ½ Tbsp nut butter 8 oz. low-fat milk	Sandwich - 1 whole-wheat bun, 4 oz. chicken breast, lettuce, tomato and mustard 1 small apricot 8 oz. low-fat milk	6 oz. low-fat yogurt	4 oz. baked tilapia fillet 1 cup steamed cauliflower 1 cup canned pears 1 small whole-wheat dinner roll	Caramel Delight Crisp Bar



Teen Boys

If you're a young man between the ages of 13 to 18 and want to reach and maintain a healthy weight, **OPTAVIA** offers a simple and easy to follow plan*. 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.

OPTAVIA offers two plans for teen girls. Work with your healthcare provider, who can help you pick which plan is better for you based on your Body Mass Index (BMI) percentile. Your BMI is a calculation based on your weight, height and age.

Get Healthy Now Plan

Teen boys who have a BMI higher than 95% of boys their age and who may benefit from losing weight should use this plan. You'll consume approximately 1,800 calories each day to help you achieve a healthy weight. The Get Healthy Now Plan chart on the next page shows you how many servings you should eat from each food group, including three **OPTAVIA** Fuelings per day. You can use the Get Healthy Now sample meal plan as a guide to what you should eat each day.

Steady As You Grow Plan

Teen boys with a BMI between 85% and 95% of others their age should use this plan to maintain their current weight as they grow taller so they can be healthier and more active. The daily calorie limit is about 2,000 calories. The Steady as You Grow Plan chart on the next page shows you how many servings you should eat from each food group, including two **OPTAVIA** Fuelings per day. You can use the Steady as You Grow sample meal plan as a guide to what you should eat each day.

* Do not use the **OPTAVIA** program if you are under the age of 13 years old.

Getting started is simple and easy:

OPTAVIA for Teens Plans incorporate small meals every 2 to 3 hours, so carbohydrates and protein are spaced evenly throughout the day. And all **OPTAVIA** Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for those working to achieve a healthy weight.

As you begin, we encourage you to talk to your independent **OPTAVIA** Coach, who will help support you and steer you to success. They will be there to help you celebrate the little victories that add up to big ones!

Food Guide

Food Groups	Get Healthy Now Plan	Steady As You Grow Plan	Serving Sizes
OPTAVIA Fuelings	3	2	<ul style="list-style-type: none"> • 1 OPTAVIA Fueling (choose from dozens of Fuelings)
Starches: Whole Grains & Starchy Vegetables	4	6	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤40 calories/slice) • ¾ cup unsweetened cereal (e.g. bran flakes) • ½ cup cooked cereal or bulgur • ½ cup cooked whole-wheat pasta or rice • 3 cups plain popped popcorn • ½ cup starchy vegetables like peas, corn or sweet potato • 3 oz. baked potato (any kind) • 1 cup winter squash
Vegetables	Choose at least 5 servings daily		<ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup salad greens • 4 oz. (½ cup) 100% vegetable juice
Fruits			<ul style="list-style-type: none"> • 1 small (4 oz.) piece of fruit • ½ cup fresh cubed fruit • ¾ cup berries • ½ cup canned fruit in 100% fruit juice or water
Lean Meats & Meat Substitutes	2	2	<ul style="list-style-type: none"> • 4 oz. lean meat • 1 cup cooked beans, lentils, etc. • 1 cup low-fat cottage cheese • Acceptable substitutions for 1 oz. meat: 1 oz. low-fat cheese; 1 whole egg or 2 egg whites
Dairy	2	3	<ul style="list-style-type: none"> • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond or cashew) • 6 oz. (¾ cup) low-fat or fat-free yogurt • ½ Tbsp butter, margarine or mayo • 1 Tbsp reduced-fat margarine or mayo
Fats	3	3	<ul style="list-style-type: none"> • 5 - 10 black or green olives • 1½ oz. avocado • ½ Tbsp nut butter • ½ oz. (6 pieces) nuts • 2 Tbsp reduced-fat salad dressing • 1 Tbsp regular salad dressing
Sometimes Foods	<3x/week	<3x/week	<ul style="list-style-type: none"> • 1 chocolate chip cookie (2 ¼ inches across) • ½ cup low-fat ice cream

Sample Meal Plans

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep you full and satisfied.

Boys' Get Healthy Now				
Breakfast	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Maple & Brown Sugar Oatmeal ¾ cup fresh strawberries 1 slice whole-wheat toast with ½ Tbsp nut butter 8 oz. low-fat milk	Sandwich - 1 whole-wheat bun, 4 oz. roast beef, lettuce, tomato and 1 ½ oz. avocado 1 small apple 6 oz. low-fat yogurt	Creamy Vanilla Shake Mix blended with ¾ cup strawberries	4 oz. baked tilapia 1 cup steamed green beans with ½ Tbsp margarine ½ cup whole-grain pasta 1 cup canned pears	Caramel Delight Crisp Bar

Boys' Steady As You Grow				
Breakfast	Lunch	Mid-afternoon Snack	Dinner	Evening Snack
Chocolate Mint Cookie Crisp Bar ½ cup fresh cubed melon 8 oz. low-fat milk	Red Bean & Vegetable Chili Mix 2 oz. grilled shrimp 2 cups salad greens with 1 Tbsp salad dressing 1 small whole-wheat dinner roll with ½ Tbsp margarine 1 small orange 8 oz. low-fat milk	½ cup low-fat cottage cheese with ½ cup canned peaches	Tacos - 3 oz. taco-seasoned ground turkey, 1 oz. shredded low-fat cheese, 1 cup shredded lettuce, ½ cup diced tomatoes and onions ¾ cup Mexican-seasoned brown rice with 5 - 10 black olives 2 - 6-inch whole-wheat tortillas	6 oz. low-fat yogurt 3 cups plain, air-popped popcorn



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) for more information.

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 maintenance 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!

The Optimal Health 3 & 3 Plan

Continuing your path to optimal health.

Once you have transitioned off any of the **OPTAVIA** Specialty Plans and achieved your healthy weight, it's crucial to maintain the good habits you have learned. 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 27](#).

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 \(ANSWERS.OPTAVIA.com\)](http://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 the 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.

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.



Healthy Exchange List (cont.)

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
½ 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,
1 cup raw vegetables	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

* 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®

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.

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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.

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