



# Optimal Health 3 & 3 Plan<sup>®</sup> 1,200 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk	1 Starch 1 Dairy
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked cauliflower 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie Mix	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 3 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 1 small apple	2 Vegetables  1 Protein 1 Fat 1 Fruit
1 Free Choice	

**NOTE:** You may have an alcoholic beverage or sweet treat as a Free Choice, but we recommend using those items sparingly. In addition, our complete selection of Flavors of Home<sup>®</sup> meals are easy and convenient substitutes for protein, starch, and fats. Check in with your independent **OPTAVIA** Coach if you have any questions about the Optimal Health 3 & 3 Plan.



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Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk	1 Starch 1 Dairy
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie Mix	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, peppers and mushrooms 3 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 1 small apple	2 Vegetables  1 Protein 1 Fat 1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit Mix	1 OPTAVIA Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,400 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt	1 Vegetable 1 Protein 1 Dairy
Mid-Afternoon Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, peppers and mushrooms 3 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables  1 Protein 2 Fats  1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit Mix	1 OPTAVIA Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,500 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 3 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 3 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables  1 Protein 2 Fats  1 Fruit
Evening Fueling	
OPTAVIA Essential Sweet Blueberry Biscuit Mix	1 OPTAVIA Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,600 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 4 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 4 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 small apple	2 Vegetables  1 Protein 2 Fats  1 Fruit
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,700 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk 1¼ cup whole strawberries	1 Starch 1 Dairy 1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
½ cup cooked broccoli 4 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread	1 Vegetable 1 Protein 1 Dairy 1 Starch
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 4 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 small apple 1 cup skim or low-fat milk	2 Vegetables  1 Protein 2 Fats  1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,800 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>½ cup cooked broccoli</li> <li>4 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>½ cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>1 Vegetable</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>1 Fruit</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>4 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>2 Fats</li> <li>1 Fruit</li> <li>1 Dairy</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 1,900 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>½ cup cooked broccoli</li> <li>5 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>½ cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>1 Vegetable</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>1 Fruit</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>5 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>2 Fats</li> <li>1 Fruit</li> <li>1 Dairy</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,000 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>1 cup total cooked cauliflower and broccoli</li> <li>5 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>½ cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>1 Fruit</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>5 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> <li>½ cup baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>2 Fats</li> <li>1 Fruit</li> <li>1 Dairy</li> <li>1 Starch</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,100 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>1 cup total cooked cauliflower and broccoli</li> <li>6 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>½ cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>1 Fruit</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>6 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> <li>½ cup baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>2 Fats</li> <li>1 Fruit</li> <li>1 Dairy</li> <li>1 Starch</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,200 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>1 cup total cooked cauliflower and broccoli</li> <li>6 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>½ cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>1 Fruit</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Strawberry Banana Smoothie Mix	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>6 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 tsp trans-fat-free margarine</li> <li>½ cup baked sweet potato</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>3 Fats</li> <li>1 Starch</li> <li>1 Fruit</li> <li>1 Dairy</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,300 Calorie Sample Meal Plan

Breakfast	Serving Size
<ul style="list-style-type: none"> <li>¾ cup ready-to-eat unsweetened cereal</li> <li>1 cup skim or low-fat milk</li> <li>1¼ cup whole strawberries</li> </ul>	<ul style="list-style-type: none"> <li>1 Starch</li> <li>1 Dairy</li> <li>1 Fruit</li> </ul>
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
<ul style="list-style-type: none"> <li>1 cup total cooked cauliflower and broccoli</li> <li>7 oz. grilled chicken</li> <li>¾ cup low-fat yogurt</li> <li>1 slice whole-wheat bread</li> <li>1 tsp olive oil</li> <li>1 cup canned sliced pears (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>1 Dairy</li> <li>1 Starch</li> <li>1 Fat</li> <li>2 Fruits</li> </ul>
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
<ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup total diced tomatoes, cucumbers and mushrooms</li> <li>7 oz. baked yellowfin tuna</li> <li>2 tablespoons low-fat salad dressing</li> <li>8 large black olives</li> <li>1 tsp trans-fat-free margarine</li> <li>½ cup baked sweet potato</li> <li>1 small apple</li> <li>1 cup skim or low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>2 Vegetables</li> <li>1 Protein</li> <li>3 Fats</li> <li>1 Starch</li> <li>1 Fruit</li> <li>1 Dairy</li> </ul>
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,400 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ¾ cup low-fat yogurt 1¼ cup whole strawberries	1 Starch 2 Dairies  1 Fruit
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
1 cup total cooked cauliflower and broccoli 7 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1 cup canned sliced pears (in juice)	2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 2 Fruits
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 7 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine ½ cup baked sweet potato 1 small apple 1 cup skim or low-fat milk	2 Vegetables  1 Protein 3 Fats  1 Starch 1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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# Optimal Health 3 & 3 Plan<sup>®</sup> 2,500 Calorie Sample Meal Plan

Breakfast	Serving Size
¾ cup ready-to-eat unsweetened cereal 1 cup skim or low-fat milk ¾ cup low-fat yogurt 1¼ cup whole strawberries 6 almonds	1 Starch 2 Dairies  1 Fruit 1 Fat
Mid-Morning Fueling	
Optimal Health Strawberry Yogurt Bar	1 Optimal Health Fueling
Lunch	
1 cup total cooked cauliflower and broccoli 7 oz. grilled chicken ¾ cup low-fat yogurt 1 slice whole-wheat bread 1 tsp olive oil 1 cup canned sliced pears (in juice)	2 Vegetables 1 Protein 1 Dairy 1 Starch 1 Fat 2 Fruits
Mid-Afternoon Fueling	
Optimal Health Dark Chocolate Dream Bar	1 Optimal Health Fueling
Dinner	
2 cups raw spinach 1 cup total diced tomatoes, cucumbers and mushrooms 7 oz. baked yellowfin tuna 2 tablespoons low-fat salad dressing 8 large black olives 1 tsp trans-fat-free margarine ½ cup baked sweet potato ⅓ cup cooked brown rice 1 small apple 1 cup skim or low-fat milk	2 Vegetables  1 Protein 3 Fats  2 Starches  1 Fruit 1 Dairy
Evening Fueling	
Optimal Health Cookies & Cream Shake Mix	1 Optimal Health Fueling
1 Free Choice	

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