

Recipe Conversion Guide

To determine if a recipe is appropriate while on the **OPTAVIA** Program, use one of the recipe calculators listed below to determine if it adheres to the Lean & Green™ Meal Nutritional Parameters:

Recipe Calculators	Lean & Green Meal Nutritional Parameters	
Recipe Nutrition Analyzer (Very Well)	<ul style="list-style-type: none"> • 250-400 calories • ≤20 grams total carbohydrate (ideally <15 grams) 	<ul style="list-style-type: none"> • 10-20 grams total fat • ≥25 grams protein
Recipe Calculator (My Fitness Pal)		

Making Recipes Compliant

Adjusting recipes to be compliant on program is not as intimidating as it may appear! In addition to following the Lean & Green Meal parameters above, keep these helpful hints in mind:

1 Use the following tools:

- Lean & Green Lists, plus the Healthy Fats & Condiment Lists provided in your OPTAVIA Plan Guide
- [Vegetable Conversion Chart](#)
- [Meatless Options List](#)

2 Figure out total lean, green, condiment and fat servings per ingredient in the recipe.

Divide these totals by the number of servings.

NOTE: If a recipe lists a specific number of servings, keep in mind you do not have to keep it as such! Depending on the recipe, you may decrease or increase the serving size to make it fit on program. Remember, you can include up to 3 condiments per Lean & Green Meal.

3 Look at condiments/fats first and see what can be adjusted/omitted.

- Reduce or omit salt/pepper, spice blends/powders, onion and sauces if possible.
- This is a quick way to reduce condiments, and thus carbohydrates and calories, without compromising the recipe.
- Remove anything that says “pinch of”, “optional” or “season to taste” in recipe.
- Use cooking spray or broth to sauté foods in place of oil if you need to reduce the amount of fat.
- You can replace mayonnaise or sour cream with plain, low-fat Greek yogurt in a 1:1 ratio. For every ½ cup of low-fat Greek yogurt used, count it as ½ leaner. You can also count 2 Tbsp of low-fat Greek yogurt as 1 condiment serving.
- Walden Farms products count as condiments (serving size ranges from 2 Tbsp to ¼ cup)—and make great substitutes for dressings, pasta sauces and syrups, etc.

4 Lean suggestions:

Increase/decrease portion in recipe as needed to make complete protein per serving. The amount of raw meat, poultry and seafood needed to yield a certain amount of cooked will vary. As a general guideline, add 2 to 3 oz. to the desired cooked weight to account for shrinkage (example: 8 oz. raw chicken breast to yield 6 oz. cooked).

5 Green suggestions:

- Replace onions with leeks or green onions (½ cup of each = 1 green serving).
- Replace recipes that contain rice, pasta, quinoa and other grains with cauliflower rice, zucchini noodles or spaghetti squash. A ½ cup cauliflower rice, ½ cup zucchini noodles and ½ cup spaghetti squash = 1 green serving (each).
- For recipes calling for tomato sauce, use petite diced tomatoes (½ cup = 1 green) and puree if desired.

Example: Chicken & Broccoli Casserole Original recipe (no serving size provided):		Revised/Compliant Recipe - Servings: 3 Per serving: 1 leaner protein, 1 healthy fat, 3 greens and 2 condiments	
1 Tbsp olive oil	1 Tbsp dried parsley	1 tsp olive oil (1 healthy fat)	½ tsp black pepper (1 condiment)
1 Tbsp butter	2 Tbsp cornstarch	18 oz. (raw) boneless, skinless chicken breasts (18 oz. raw to give 12 oz. leaner protein) (2 leaner protein)	2 tsp almond flour (1 condiment)
2 large boneless, skinless chicken breasts	2 Tbsp water	½ cup chopped leeks (1 green)	2 Tbsp water
½ cup chopped onion	4 oz. light cream cheese, cut into cubes	1, 14 oz. can chicken broth (3 condiments)	2 oz. light cream cheese, cut into cubes (2 healthy fats)
1, 14 oz. can chicken broth	1 cup shredded cheddar cheese	¼ tsp salt (1 condiment)	1 cup shredded reduced-fat cheddar cheese (1 lean protein)
½ tsp salt	3 cups chopped broccoli, lightly steamed		4 cups chopped broccoli, lightly steamed (8 greens)
½ tsp black pepper			
⅛ tsp red pepper flakes			

6 Other resources:

- Discover new, delicious recipes by downloading the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a variety of Lean & Green Meals.
- Talk with your independent **OPTAVIA** Coach for assistance on recipe modifications and/or access to any of the documents listed above. To explore more, visit [ANSWERS.OPTAVIA.com](https://www.optavia.com/answers).