

OPTAVIA Diet Plan

Name: _____ Age: _____ Height: _____ Weight: _____

Goals: _____

Daily meal schedule

The Optavia Diet Plan consists of six small meals a day to maintain energy levels, promote fat loss, and avoid overeating. The meals include five pre-packaged "Fuelings" and one homemade "Lean and Green."

Note: Pre-packaged Fuelings are fortified with essential nutrients to help patients receive balanced nutrition while maintaining a calorie deficit. Each Fueling contains a controlled number of calories, carbohydrates, and proteins.

Lean and green meals include a balance of lean proteins and non-starchy vegetables, providing essential amino acids and fiber. Including healthy fats ensures patients meet their daily fat requirements without overeating. This meal promotes weight loss while helping the patient transition to eating whole, homemade meals over time.

Day	Fuelings					Lean & green
	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
1						
2						
3						
4						
5						
6						
7						

Sample diet plan

Day	Fuelings					Lean & green
	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
1	Protein shake	Low-fat Greek yogurt	Vegetable soup	Apple slices with almond butter	Celery sticks with hummus	Grilled chicken breast, roasted broccoli, and quinoa
2	Egg white frittata with spinach	Cottage cheese with berries	Tuna salad lettuce wraps	Carrot sticks with guacamole	Turkey and cheese roll-ups	Baked cod, sautéed green beans, and cauliflower rice
3	Oatmeal with protein powder	Hard-boiled egg	Grilled chicken Caesar salad	Cucumber slices with tzatziki	Beef jerky	Lean beef stir-fry with mixed vegetables and brown rice
4	Protein pancakes	Low-fat string cheese	Turkey and avocado wrap	Cherry tomatoes with light ranch dip	Edamame	Grilled shrimp skewers, asparagus, and sweet potato
5	Greek yogurt parfait with granola	Protein bar	Lentil soup	Pepper strips with hummus	Almonds	Baked tofu, roasted Brussels sprouts, and quinoa
6	Scrambled eggs with vegetables	Protein smoothie	Chicken and vegetable stir-fry	Apple slices with peanut butter	Beef jerky	Grilled salmon, steamed broccoli, and brown rice
7	Whole grain toast with avocado and egg	Cottage cheese with peaches	Spinach and feta quiche	Celery sticks with light cream cheese	Turkey slices with mustard	Lean pork tenderloin, roasted zucchini, and barley

Additional notes

Healthcare professional's information

Name: _____ License number: _____ Contact details: _____ Signature: _____