

OPTAVIA Diet Plan

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Patient information

Name:

Age:

Height:

Weight:

Goals:

Daily meal scheduleThe 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 1

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 2

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 3

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 4

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 5

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 6

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Day 7

Fuelings - Meal 1:

Fuelings - Meal 2:

Fuelings - Meal 3:

Fuelings - Meal 4:

Fuelings - Meal 5:

Lean & green - Meal 6:

Additional notes

Specify below:

Healthcare professional's information

Name:

License number:

Contact details:

Signature: