

OPTAVIA DIET PLAN

Instructions: This diet plan can be for daily or weekly use. If weekly, there should be 7 days on top of the plan, and each day there is breakfast, mid-morning snack, lunch, afternoon snack, dinner, and evening snack sections. If daily, stick with just a day on top (ex. Monday) and then proceed with the menu sections.

Breakfast:

- Apple Cinnamon Oatmeal (Optavia fueling)
- Black coffee or tea (if desired)

Mid-Morning Snack:

- S'mores Bar

Lunch:

- Tofu Power Bowl (Optavia fueling)
- Grilled chicken breast with mixed vegetables

Afternoon Snack:

- Low-carb granola bar

Dinner (Lean and Green Meal):

- Beef and Chinese Broccoli (Lean protein source and non-starchy vegetables)
- Fresh avocado salad (Healthy fat source)

Evening Snack:

- Chewy chocolate chip cookie

Additional Guidelines:

- Drink plenty of water throughout the day.
- Avoid sugary beverages and limit caffeine intake.
- Choose low-calorie condiments and seasonings.
- Follow portion control guidelines for the lean and green meal.

Client Name: _____

Date of Birth: _____

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						