



OPTAVIA®

Teen Girls Plan

Lifelong Transformation,
One Healthy Habit at a Time®

Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

If you're a young woman between the ages of 13 to 18 and want to reach and maintain a healthy weight, **OPTAVIA** offers a simple and easy to follow plan*. It all starts with achieving a healthy weight. This is the catalyst for bigger changes. When you achieve your optimal weight, you increase your health, confidence and vitality.

OPTAVIA offers two plans for teens. Work with your healthcare provider, who can help you pick which plan is better for you based on your Body Mass Index (BMI) percentile. Your BMI is a calculation based on your weight, height and age.

Get Healthy Now Plan

Teen girls who have a BMI higher than 95% of girls their age and who may benefit from losing weight should use this plan. You'll consume approximately 1,600 calories each day to help you achieve a healthy weight. The Get Healthy Now Plan chart on page 6 shows you how many servings you should eat from each food group, including three **OPTAVIA** Fuelings per day. You can use the Get Healthy Now sample meal plan as a guide to what you should eat each day.

Steady As You Grow Plan

Teen girls with a BMI between 85% and 95% of others their age should use this plan to maintain their current weight as they grow taller so they can be healthier and more active. The daily calorie limit is about 1,800 calories. The Steady as You Grow Plan chart on page 6 shows you how many servings you should eat from each food group, including two **OPTAVIA** Fuelings per day. You can use the Steady as You Grow sample meal plan as a guide to what you should eat each day.

Do not use the **OPTAVIA program if you are under the age of 13 years old.*



your best life is waiting

Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your **OPTAVIA** journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin (warfarin), lithium, thyroid medications, etc.).*

MEDICAL DISCLAIMER:

The Company (“We”) recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any **OPTAVIA** Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens plan is the only **OPTAVIA** Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of that product’s ingredients which are listed on the product packaging and on the **OPTAVIA** website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888.OPTAVIA or email at nutritionssupport@OPTAVIA.com.

Getting Started

OPTAVIA for Teens Plans incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day. And all Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for those working to achieve a healthy weight. As you begin, we encourage you to talk to your independent **OPTAVIA** Coach, who will help support you and steer you to success. They will be there to help you celebrate the little victories that add up to big ones!



Teen Girls' Food Guide

Food Groups	Get Healthy Now Plan	Steady As You Grow Plan	Serving sizes
Starches: Whole Grains & Starchy Vegetables	2	4	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤ 40 calories/slice) • $\frac{3}{4}$ cup unsweetened cereal (e.g. bran flakes) • $\frac{1}{2}$ cup cooked cereal or bulgur • $\frac{1}{2}$ cup cooked whole-wheat pasta or rice • 3 cups plain popped popcorn • $\frac{1}{2}$ cup starchy vegetables like peas, corn or sweet potato • 3 oz. baked potato (any kind) • 1 cup winter squash
Dairy	2	3	<ul style="list-style-type: none"> • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond or cashew) • 6 oz. ($\frac{2}{3}$ cup) low-fat or fat-free yogurt
OPTAVIA Fuelings	3	2	<ul style="list-style-type: none"> • 1 OPTAVIA Fueling (choose from more than 50 Fuelings)
Fruits	Choose at least five servings daily		<ul style="list-style-type: none"> • 1 small (4 oz.) piece of fruit • $\frac{1}{2}$ cup fresh cubed fruit • $\frac{3}{4}$ cup berries • $\frac{1}{2}$ cup canned fruit in 100% fruit juice or water
Vegetables			<ul style="list-style-type: none"> • $\frac{1}{2}$ cup cooked or raw vegetables • 1 cup salad greens • 4 oz. ($\frac{1}{2}$ cup) 100% vegetable juice
Lean meats and meat substitutes	2	2	<ul style="list-style-type: none"> • 4 oz. lean meat • 1 cup cooked beans, lentils, etc. • 1 cup low-fat cottage cheese • Acceptable substitutions for 1 oz. meat: 1 oz. low-fat cheese; 1 whole egg or 2 egg whites
Fats	2	2	<ul style="list-style-type: none"> • $\frac{1}{2}$ Tbsp butter, margarine or mayo • 1 Tbsp reduced-fat margarine or mayo • 5 - 10 black or green olives • 1 $\frac{1}{2}$ oz. avocado • $\frac{1}{2}$ Tbsp nut butter • $\frac{1}{2}$ oz. (6 pieces) nuts • 2 Tbsp reduced-fat salad dressing • 1 Tbsp regular salad dressing
Sometimes Foods	<3x/week	<3x/week	<ul style="list-style-type: none"> • 1 chocolate chip cookie ($2\frac{1}{4}$ inches across) • $\frac{1}{2}$ cup low-fat ice cream



Sample Meal Plans

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep you full and satisfied.

Girls' Get Healthy Now

Breakfast:

- **OPTAVIA** Essential Old Fashioned Maple & Brown Sugar Oatmeal
- ½ cup fresh cubed melon
- 1 slice whole-wheat toast with ½ Tbsp nut butter

Lunch:

- 4 oz. baked chicken breast
- 1 cup steamed green beans
- 6 oz. low-fat yogurt
- 1 small apple

Mid-afternoon snack:

- **OPTAVIA** Essential Chocolate Mint Cookie Crisp Bar
- 8 oz. low-fat milk

Dinner:

- 4 oz. grilled pork loin
- 1 cup steamed broccoli
- 1 small whole-wheat dinner roll with ½ Tbsp margarine
- 1 cup canned pears

Evening snack:

- **OPTAVIA** Essential Creamy Vanilla Shake blended with ¾ cup strawberries

Girls' Steady As You Grow

Breakfast:

- **OPTAVIA** Essential Old Fashioned Maple & Brown Sugar Oatmeal
- 1 slice whole-wheat toast with ½ Tbsp nut butter
- 8 oz. low-fat milk

Lunch:

- Sandwich - 1 whole-wheat bun, 4 oz. chicken breast, lettuce, tomato and mustard
- 1 small apricot
- 8 oz. low-fat milk

Mid-afternoon snack:

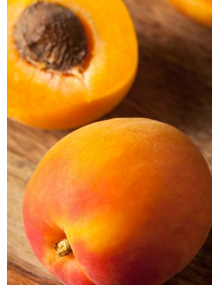
- 6 oz. low-fat yogurt

Dinner:

- 4 oz. baked tilapia fillet
- 1 cup steamed cauliflower
- 1 cup canned pears
- 1 small whole-wheat dinner roll

Evening snack:

- **OPTAVIA** Essential Caramel Delight Crisp Bar





3 Fuelings for the Optimal Health 3 & 3 Plan®

3 Balanced Meals

The Optimal Health 3 & 3 Plan®

Continuing on your path toward Optimal Health

Once you've achieved your healthy weight, it's crucial to maintain the good habits you've learned, including fueling your body every two to three hours. To help sustain your healthy weight, we've developed the [Optimal Health 3 & 3 Plan](#). It focuses on nutritionally balanced small meals eaten every two to three hours, while integrating more food choices in the right portions. Your **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians.

To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals.

We're with you every step of the way



Talk to your independent OPTAVIA Coach

Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes **OPTAVIA** different from other programs. Lean on your **OPTAVIA** Coach for support as you begin your optimal health journey.



Develop your Habits of Health®

Dr. A's Habits of Health Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using these tools to transform yourself and others!



Stay motivated with daily inspiration

With your phone text the message "**OPTAVIA30**" to number **990-00** the day before you start your **OPTAVIA 30** journey to receive daily quick tips, inspiration, healthy reminders and much more!*



Learn from the OPTAVIA Community

Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products and receive the support you need. Visit Answers.OPTAVIA.com for additional tools and resources.



Discover new, delicious recipes

Visit the **OPTAVIA** Pinterest page for Lean & Green meal recipes at Pinterest.com/OPTAVIA.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 990-00 and 760-00. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicom, U.S. Cellular®, and Boost. For help, text HELP to 990-00, email wecare@OPTAVIA.com or call +1.888 OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 990-00.





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