

**OPTIFAST<sup>®</sup>**



**DIET PLAN  
HANDBOOK**



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# Welcome

Congratulations on your decision to begin one of our OPTIFAST diet plans! This handbook is a guide to aid in your success in managing your weight and improving your health.

## Backed by Research

You can feel confident in your decision to follow our programme. The OPTIFAST diet replacement programme was developed by scientists and has over 40 years of experience helping people around the world lose weight and improve their health. Over 120 publications and clinical studies have proven its effectiveness and safety.

Besides being delicious, our products are nutritionally complete making them suitable for diet replacement that adapts to your lifestyle.

## The OPTIFAST Advantage

We know everyone is different and no one diet plan will be right for everyone. As there's no one-size-fits-all approach, we've developed 5 plans that pair flexibility and convenience. You can pick the plan that best fits your lifestyle. You can also change to another plan if desired. And when you've reached your weight loss goal, our [Maintenance Plan](#) will help you manage your weight over the long-term.

Our programme provides continuous support and encouragement via our closed Facebook group – a supportive community where you can share tips, celebrate your successes and be inspired by others on the same journey. We'll be there to help celebrate your successes and support you through any challenges!

## It's Easy to Get Started!

1. Review this Handbook
2. Choose your [plan](#)
3. [Order](#) your OPTIFAST products

**Start Losing Weight!**



# Overview

## of OPTIFAST Diet Plans

### 1 Week Trial Pack

This pack is specially designed to help people in their weight loss journey in a structured and efficient way whilst getting to know OPTIFAST products.

Along with one to two low-calorie cooked meals, consume 2 OPTIFAST meal replacements a day for one week. Recommended total calorie intake of up to 1500Kcal/day. After finishing the pack, you can continue your journey with one of our other recommended Diet Plans.

#### Your trial pack contains:

- 14 x Drinks
- 1x Shaker

For product specific information, including ingredients, allergens and nutritional information, please refer to the individual product pages.

### Starter Pack

The OPTIFAST Starter Pack is designed to help prepare your metabolism before kick-starting your weight loss journey, while allowing you to get a better understanding of OPTIFAST products.

#### How it works:

Use up to 2 Shakes, Soups or Desserts per day alongside 1 OPTIFAST Bar and 1 low-calorie meal, up to a daily total of 800-1,000 calories for 3 days.

For inspiration on low-calorie meals to cook while using the Starter Pack, check out our [blog](#) for recipe inspiration.

#### The OPTIFAST Starter Pack contains:

- 4x Shakes
- 3x Bars
- 1x Soup
- 1x Dessert
- 1x Shaker

For product specific information, including ingredients, allergens and nutritional information, please refer to the individual [product pages](#).

## 6 Week Plan

### How it works:

The OPTIFAST 6 Week Diet Plan has been developed for people who want to lose weight using a clear framework that combines nutritional knowledge, exercise advice and behavioural strategies to help you to kick-start a lifestyle change.

Timeframe	Daily Intake	Approximate kcals & protein per day	Physical Activity
<b>Weeks 1, 2 &amp; 3</b>	<ul style="list-style-type: none"> <li>Replace up to 3 of your daily meals with OPTIFAST products.</li> <li>2 main meals with OPTIFAST shakes or soups and one OPTIFAST bar as alternative to snack meal.</li> <li>Enjoy OPTIFAST meal replacement products alongside 1 low-calorie (200-250kcal), low carbohydrate meal prepared with minimal processed foods, for a total calorie intake of 800-1000 per day.</li> </ul>	<p><b>800-1000 kcals</b></p> <p><b>80g of protein</b></p>	<p><b>Avoid strenuous physical activity</b></p>
<b>Last 3 Weeks</b>	<ul style="list-style-type: none"> <li>Gradually reintroduce conventional meals in place of the OPTIFAST meal replacement products, for a total calorie intake of 1,200 per day.</li> <li>By week 6, you should be consuming up to 2 OPTIFAST products per day alongside 2 low-calorie, low carbohydrate meals prepared with minimal processed foods, for a total of up to 1,200 calories a day for women and 1,500 calories a day for men.</li> </ul>	<p><b>Up to 1,200 calories a day for women</b></p> <p><b>1,500 calories a day for men</b></p> <p><b>80g of protein</b></p>	<p><b>Include daily light exercise as part of your routine</b></p>
<b>After Week 6</b>	<p>Maintain your weight loss with our Maintenance Plan or one of our Intermittent Fasting Plans.</p>	<p><b>1,500 calories a day for men</b></p> <p><b>80g of protein</b></p>	<p>Continue to include daily light exercise to enhance your well-being and increase your likelihood of success.</p>

Find fitness advice for your weight loss journey [here](#).

### What OPTIFAST Meal Replacements Can I Choose From?

You can choose from any of our delicious shakes, desserts, soups, or bars. Each one is interchangeable and counts as one serving.

Directions for the simple preparation of the shakes, desserts, and soups are on the boxes. If you're looking for more variety, you can also find tasty creative recipe suggestions on our blog.





## Partial Meal Replacement Plan

**You can choose from 2 options on this plan.**

### **The Intense Level 3 Week Plan**

We encourage people to start with this Level as this is where the greatest weight loss occurs.

- 3 Optifast meal replacements + one self-prepared low-calorie meal per day
- Recommended total calorie intake of up to 1200Kcal/day

### **The Active Level 5 Week Plan**

For a more gradual weight loss journey.

- 2 Optifast meal replacements + 2 conventional low-calorie meals per day; Recommended total calorie intake of up to 1500Kcal/day

Once weight loss goal is achieved, move into Maintenance plan.

A program of regular light exercise enhances well-being and therefore the likelihood of success.

Reference: Academy of Nutrition and Dietetics Evidence Analysis Library. Recommendation Summary: adult weight management meal replacements. [www.andeal.org/template.cfm?key=625](http://www.andeal.org/template.cfm?key=625)



# Intermittent Fasting Plan

Intermittent fasting is a type of eating plan that alternates between fasting and eating on a regular schedule.

It offers several benefits beyond just weight loss, such as helping to lower the risk of chronic diseases such as type 2 diabetes, heart disease, and age-related neurodegenerative disorders.

(Rafael de Cabo, Ph.D., and Mark P. Mattson, Ph.D. Effects of Intermittent Fasting on Health, Aging, and Disease. *N Engl J Med* 2019; 381:2541-2551. Patterson RE, et al. Metabolic Effects of Intermittent Fasting. *Annu Rev Nutr.* 2017; 37:371-393)

In contrast to other weight loss plans, intermittent fasting offers the flexibility of being able to plan your 'feasting days' around your social life, work events or even holidays – fasting when it's more convenient for you.

Depending on your lifestyle and schedule, you can choose from three different options.

## Alternate Day Fasting Plan

Alternate Day Fasting is where you alternate between one day of fasting and one day of 'feasting'.

### How to do Alternate Day Fasting Plan

On the 'feast' days, you can eat conventional meals (up to a total of 1,200 calories a day for women and 1,500 calories a day for men).

On the fasting days, you'll consume 3 OPTIFAST products alongside 1 low-calorie, low carbohydrate meal prepared with minimal processed foods, for a total of 1,200 calories per day for women and 1,500 calories per day for men.

For example, you could have an OPTIFAST shake for breakfast, a conventional, low calorie meal for lunch, an OPTIFAST Bar for a late afternoon snack, and an OPTIFAST Soup for dinner.

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## 5:2 Plan

The 5:2 Diet is an intermittent fasting plan that involves 'feasting' for five days a week and fasting for the other two.

### How to do the 5:2 Diet

On the 'feast' days, you can eat conventional meals, for a total of up to 1,200 calories a day for women and 1,500 calories a day for men. Discover low-calorie recipe inspiration [here](#).

On fast days, you'll consume up to 3 OPTIFAST products alongside 1 low calorie, low carbohydrate meal prepared with minimal processed foods, for a total calorie intake of 800-1000 per day.

For example, you could have an OPTIFAST shake for breakfast, a conventional, low-calorie meal for lunch, an OPTIFAST Bar as an optional alternate to late afternoon snack, and an OPTIFAST Soup for dinner.

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## The 16:8 Diet

The 16:8 Diet is a time restricted fasting (TRF) plan that involves eating all your food for the day within an 8-hour window and fasting for the remaining 16 hours each day.

### How to do the 16:8 Diet

During the 8-hour eating period, you'll consume up to 3 OPTIFAST products alongside 1 low-calorie, low carbohydrate meals prepared with minimal processed foods, for a total of up to 1,200 calories a day for women and 1,500 calories a day for men. For example, between 10:00 am-6:00 pm you could have an OPTIFAST shake for breakfast, a conventional, low-calorie meal for lunch, an OPTIFAST Bar as alternate to late afternoon snack, and an OPTIFAST Soup for dinner. Discover low-calorie recipe inspiration [here](#).

Reference: De Cabo R and Mattson MP. Effects of intermittent fasting on health, aging, and disease. *NEJM.* 2019;381(26):2541-2551

# Maintenance plan

**You've reached your weight loss goal, now you're ready to begin our Maintenance Plan.**

You can consume up to one OPTIFAST meal replacement product a day, but the rest of your meals and snacks can be conventional foods.

We recommend a diet that is low in refined carbohydrates and processed foods up to a total of 1,500 calories per day.

We also recommend using the OPTIFAST products during times when it may be difficult for you to stay on track such as during traveling or on the go or for a mid-morning or mid-afternoon snack.

Check out recipe ideas [here](#).







## Recommended foods and beverages list for diet plans.

Each low-calorie meal should include a lean protein and one serving of non-starchy vegetables (see list of options below), prepared with minimal amounts of fats and oils.

Protein Foods	Protein Foods	Protein Foods
Chicken and turkey breast	85g (cooked)	115-140g
Lean cuts of beef: sirloin, rib chop, loin chop, and top round	85g	115g-140g (4-5 ounces)
Fish and seafood	85g	115g-140g (4-5 ounces)
Eggs	1-2 eggs	2 eggs
Egg whites	3	4
Tofu	125g	250g
Cooked pulses and beans	100g	150g

### Non-starchy vegetables

80g cooked or 80g raw is a serving. Include 2 servings with each meal.

- Artichokes
- Asparagus
- Aubergine
- Bamboo shoots
- Beans (green, wax, Italian)
  - Bean sprouts
    - Beets
- Brussels sprouts
  - Broccoli
- Cabbage (green, pak choi, Chinese)
  - Carrots
  - Cauliflower
    - Celery
  - Courgette
  - Cucumber
- Greens (collard, kale, mustard, turnip)
  - Kohlrabi
  - Leeks
- Mushrooms
  - Okra
  - Onions
  - Pea pods
- Peppers (sweet and hot)
  - Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, radicchio, watercress)
  - Spring onions
  - Sprouts
- Squash (summer, spaghetti)
- Sugar snap peas and pea pods
  - Swede
  - Swiss chard
  - Tomato
  - Turnips
- Water chestnuts

### Starchy vegetables

If eaten, limit to 80g per meal.

- Butternut squash
  - Corn
  - Parsnips
  - Peas
- Sweet potatoes
  - Taro

### Whole grain starches, breads and cereals:

If eaten, limit to 1 serving per meal:

- 1 slice of 100% whole grain bread
- 50g cooked oatmeal or porridge
- 100g brown, wild, or coloured rice
- 90g quinoa or whole wheat couscous
  - 70g whole grain pasta
- 1 whole grain tortilla or 2 corn tortillas



## Recommended foods and beverages list for diet plans cont.

### Dairy and dairy alternatives: 2-3 servings daily

- 250ml skimmed milk
- 245g plain or fruit-flavoured (without added sugar) fat-free yoghurt
- 250ml calcium-fortified soy milk
- 80g low-fat cottage cheese

### Fruits: 2 servings per day

Fruits can be purchased fresh, canned, or frozen. Eating fresh fruit is preferred to consuming fruit juice. When buying canned or frozen fruit, choose those packed in water or 100% fruit juice with no added sugar.

- 1/2 grapefruit, mango
- 1 small apple, banana, kiwi, peach, pear, nectarine, orange
- 2 small fresh kiwis, plums, tangerines
- 3 small fresh apricots
- 55g canned apricots, cherries, fruit cocktail, mandarin oranges, pears, peaches, pineapple, plums
- 120g unsweetened apple sauce
- 14 fresh cherries

- 17 small fresh grapes
- 82g blackberries, blueberries, fresh pineapple
- 110g honeydew melon, raspberries
- 140g cantaloupe, strawberries, watermelon
- 125ml 100% fruit juice (no added sugar)

### Zero calorie beverages:

Consume a minimum of  
2 litres per day

- Water
- Zero-calorie sparkling water, plain or flavoured
- Cold or hot water flavoured with lemon, cucumber, ginger, lemongrass, or fresh herbs like mint or basil
- Unsweetened black tea and coffee
- Alcoholic beverages are not recommended during the weight loss phase of your plan

### Spice and herbs:

Flavour your foods with spices  
and herbs as desired

#### References:

[www.nhs.uk/live-well/eat-well/theeatwell-guide](http://www.nhs.uk/live-well/eat-well/theeatwell-guide)

[www.myplate.gov](http://www.myplate.gov)

[www.diabetes.org/nutrition/healthyfood-choices-made-easy](http://www.diabetes.org/nutrition/healthyfood-choices-made-easy)





## Setting SMART Goals

When you first decided to start the OPTIFAST programme, you likely had some goals in mind.

Let's use 'Jane' as an example. When "Jane" started the programme, she wanted to lose 2 stones (3 lbs) and eventually run a 5K with her sister. As this seemed daunting, it helped her to break her long-term goals into smaller short-term goals. She decided to start with a goal of beginning a walking programme.

Let's explore how setting a SMART short-term goal helped "Jane" work towards her long-term goals.

**Specific** – A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal, answer the six 'W' questions:

- What: What do I want to accomplish?
- Where: Identify a location.
- When: Establish a time-frame.
- Which: Identify requirements and constraints.
- Why: Specific reasons, purpose, or benefits of accomplishing the goal.
- Who: Who is involved?

### Jane's response

"Since I've taken my desk job, I've become pretty sedentary. When I was younger, I loved to run. I'd like to start losing weight and become more fit, so I can eventually run a 5K with my sister. Every week, I will start walking at the athletics track near my house, starting this week. I'll have my oldest daughter pick up her younger sister after school and watch her until I get home. My sister will walk with me two days a week and my husband will walk with me one day a week."



**Measurable** – Establish concrete criteria for measuring progress toward the goal.

- How much?
- How many?
- How will I know when it is accomplished?

### Jane's response

"For the next 4 weeks, I'll walk after work at 5:30pm. I'll start with 3 days a week for 20 minutes. If it's raining, we'll walk at the local indoor shopping centre instead. I'll track my walking on my smartphone so I can view my progress."

**Attainable** – Identify important goals that have not yet been met but are within reach.

### Jane's response

"My healthcare provider said I have no medical concerns for beginning a walking programme and 20 minutes is a reasonable starting goal. If I feel good and can go further, I'll add on a few more minutes to my walking time and/or add in another day of walking."

**Realistic** – A goal is realistic if you truly believe it can be accomplished.

On a scale of 1 (you know you cannot achieve your goal) to 10 (you are positive you can achieve your goal), what would you rate this goal? If you are not at least a 7, you should revise your goal to be more realistic.

### Jane's response

On a scale of 1 to 10, I am an '8' in my confidence level that I can achieve this goal. Having walking partners (my sister and my husband) will make it more fun and counting on me to go which will make it more likely that I'll do it too!

**Timely** – A goal should have a definite time-line, so you can measure when it's accomplished.

### Jane's response

"I'll start my goal this week of walking. I will walk Monday, Wednesday, and Friday after work at 5.30pm. I will continue to walk for four weeks and at the end, reassess and determine my next goal at the end of four weeks. As a reward for meeting my goal, I will make an appointment for a pedicure!"

#### Action to Take:

Create a SMART goal for something you can begin this week and continue for four weeks. Remember to use the **SMART test: is your goal Specific, Measurable, Achievable, Realistic, and Timely?** If not, revise your goal to pass the test.

#### My Goal for the Next 4 Weeks:

Week One:

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Week Two:

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Week Three:

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Week Four:

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## Tracking your progress

### Assessing Body Weight:

During the first few weeks, you may be tempted to weigh yourself every day to see your progress. We suggest that you only weigh yourself once a week. Weight can fluctuate from day-to-day and frequent weighing may cause you to become discouraged. When weighing yourself:

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### When weighing yourself:

- Weigh on the same day of the week and at the same time of day
- Wear the same clothing (minimal, with no shoes).
- Place the scale on a flat, hard, uncarpeted surface
- Record your weight to the nearest pound or 0.5 kilo

### Waist Circumference:

Another way to track your progress is to measure your waist circumference. The larger your waist circumference measurement, the greater the risk for certain conditions like type 2 diabetes. For optimal health, it is best for women to have a waist circumference measurement less than or equal to 80 centimetres and men less than or equal to 94 centimetres. You will need a flexible measuring tape that doesn't stretch. It's best to obtain this measurement in your underwear. Taking the measurement in front of a mirror will help you determine if the tape is positioned properly on your body for an accurate measurement.

### Here's how to get an accurate measurement:

- Find the halfway point between your bottom rib and the top of your hips, just above your belly button. That's your measuring spot
- Wrap the tape around your waist and make sure it's level on each side, not slipping down or pulled up, and not twisted. It should be parallel to the floor
- Keep the tape snug, but don't compress the skin
- Take the measurement with your abdomen relaxed, at the end of a normal breath (exhale)

# Overcoming challenges to ensure your success



## Adequate Nutrition

To ensure your body receives adequate nutrition and protein, it's important to consume the recommended amounts of OPTIFAST products and conventional foods. To help you stay on track, it can be helpful to record your daily food intake and activity in a diary or journal.

## Planning Ahead

Plan to take meal replacements, food, and beverages with you when you're away from home to avoid being caught unprepared.

## Hunger Pangs

Distract yourself from thoughts of food by doing something you enjoy like going for a walk, reading a book, phoning a friend or doing a hobby that uses your hands like knitting or scrapbooking, or even by dancing to music.

## Light-Headedness, Lethargy and Mood Swings

Make sure you're consuming the recommended amounts of OPTIFAST products and conventional foods, eating something at least every 3 hours, and drinking at least 2 litres of zero-calorie beverages daily.

## Staying Motivated

Take one day at a time. Think positively. Every day is a new day. Forget the 'all or nothing' attitude and strive to do your best. You can always get back on track at any time during the day or week – you don't have to wait until the next day or next Monday.

## Food Temptations

If possible, stay out of the kitchen when foods other than your meals are being cooked or served. Instead of going to restaurants with friends, try non-food activities like bowling, going for a walk or biking.

## Rewarding Yourself

You are working hard at your health and nutrition goals! Periodically reward yourself with things other than food like flowers, perfume, jewellery, or clothing.

## Staying Active

Look for ways to build physical activity into your daily routine like walking or cycling to go do an errand, taking the stairs whenever possible, or getting off public transport a few stops early and walking the rest of the way.

## Get Plenty of Sleep

Make sure you're getting plenty of sleep (7-9 hours a night). When you're tired, you may be more tempted to reach for quick energy fixes that can be high in sugar and calories. If you wake up feeling properly refreshed, you're much more likely to stay on plan. If you take regular medications or have a medical condition, it's very important to check with your GP before embarking on intensive diet and lifestyle changes.

## Getting Support

Discuss the programme with your family and friends. Let them know how they can support you. Give them specific suggestions like not eating snacks around you or not offering you food and going for walks instead of watching television all night. Join the private [OPTIFAST Facebook weight loss group](#) to share your successes and get support for your challenges.

A woman with long dark hair, wearing a pink puffer vest over a black long-sleeved shirt and black leggings, is running on a paved path outdoors. She is smiling and looking to her right. The background shows a grassy area and some buildings in the distance.

# You are ready for this journey

You've got this far in exploring your options for weight loss with OPTIFAST.

With your commitment and our OPTIFAST plans, we can help you to reach your health and weight loss goals! It's Easy to Get Started!

1. Choose Your Plan
2. Order Your OPTIFAST Products
3. Start Losing Weight!