

OPTIFAST[®]



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 total 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 (based on 4 OPTIFAST product servings per day), making them suitable for total diet replacement or a replacement for individual meals or snacks.

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
- 4 Start losing weight!





Overview of OPTIFAST Diet Plans

Starter Pack

This pack is designed to help people prepare their metabolism before kickstarting their weight loss journey while getting to know OPTIFAST products.

Each day for 3 days, you'll use up to 2 Shakes, Soups or Desserts alongside 1 OPTIFAST Bar and 1 low-calorie meal, up to a daily total of 800-1,000 calories. After you finish the pack, you can continue your journey with one of our other OPTIFAST Diet Plans.

6 Week Plan

This plan was developed for people who want to lose weight on their own, using a structured framework.

For the first 3 weeks, you replace all your daily meals with 4 OPTIFAST products. Over the remaining 3 weeks, you gradually reintroduce low-calorie conventional foods, so you're using a mix of OPTIFAST meal replacements and low-calorie conventional foods.

Partial Meal Replacement

This plan allows you to create your own weight loss plan by deciding how many meals a day you'd like to replace with OPTIFAST meal replacements. Replacing more than one meal a day can help you achieve greater weight loss.

Intermittent Fasting

This plan is designed to help you lose weight and maintain your weight loss. It offers the flexibility of fasting and eating without restricting your caloric intake on your eating days.

Depending on your lifestyle and weekly schedule, you choose one of these options:

- Alternating days of fasting and eating
- Alternating five days a week of eating and 2 days of fasting

On your fasting days, you consume only the OPTIFAST products (4 per day). On your eating or 'feasting' days, you consume conventional foods.

Maintenance Plan

Once you have reached your weight loss goal, this plan will help you maintain your weight loss. You can continue to replace 1-2 meals per day with OPTIFAST products, while the rest of your meals and snacks for the day are made with conventional foods.



STARTER PACK



The OPTIFAST Starter Pack is designed to help prepare your metabolism before kickstarting 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

Timeframe	Daily Intake	Approximate kcals and Protein per Day	Physical Activity
Weeks 1,2 & 3	Replace all daily meals with 4 OPTIFAST products. Drink at least 2 litres of zero-calorie beverages. See the Foods and Beverages List for recommended beverages.	800-850 kcals ~ 80 grams of protein	Light exercise and walking are recommended for 30 minutes daily. For the first 3 weeks of this plan, it's best to avoid strenuous activities like swimming laps, aerobics, calisthenics, running, jogging, basketball, cycling on hills and squash.
Weeks 4 & 5	Consume 3 OPTIFAST products. Low-calorie recipe ideas are available here. Drink at least 2 litres of zero-calorie beverages. See the Foods and Beverages List for recommended foods and beverages.	1,200-1,300 kcals ~ 80 grams of protein	Regular light exercise and walking are recommended: 30 minutes daily.
Week 6	Consume 2 OPTIFAST meal replacements and 2 low-calorie meals of non-starchy vegetables and lean protein. Drink atleast 2 litres of zero-calorie beverages. See the Foods and Beverages List for recommended foods and beverages.	1,400-1,500 kcals ~ 80 grams of protein	Regular light exercise and walking are recommended: 30-60 minutes daily.
After Week 6	<p>If you haven't achieved your goal after 5 weeks, you could continue your weight loss journey with a Partial Meal Replacement or Intermittent Fasting plan.</p> <p>If you have achieved your goal weight, use our Maintenance Plan to help maintain your weight loss by replacing 1 of your daily conventional food meals with 1 OPTIFAST product. The rest of your meals and snacks consist of conventional food.</p> <p>You can use up to 2 OPTIFAST meal replacements daily during times when it may be difficult for you to stay on track - during travel, on holidays, on the go, or for mid-morning or afternoon snacks. Drink at least 2 litres of zero-calorie beverages. See the Foods and Beverages List for recommended foods and beverages.</p>	1,500-1,800 kcals ~ 80 grams of protein	Regular exercise is recommended for good health and weight maintenance: 30-60 minutes daily.

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.

Daily intake consists of 3 OPTIFAST meal replacements plus 1 conventional low-calorie meal per day.

The recommended total calorie intake is about 1,200kcal/day.

The Active Level 5 Week Plan

This level is for a more gradual weight loss journey.

Daily intake consists of 2 OPTIFAST meal replacements plus 2 conventional low-calorie meals per day.

The recommended total calorie intake is about 1,500Kcal/day.

A programme of regular light exercise with both levels enhances wellbeing and therefore help increase the likelihood of success.

Once your weight loss goal is achieved, you can move onto our [Maintenance Plan](#).

Reference:

Academy of Nutrition and Dietetics Evidence Analysis Library. Recommendation Summary: adult weight management meal replacements. <https://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 two different options.

Alternate Day Fasting Plan

With this option, you alternate fast days with feast days.

On fasting days: You will consume 4 OPTIFAST products as your sole foods for the day for a total daily intake of 800-850 kcals. We also recommend to drink at least 2 litres of zero-calorie beverages throughout each day. Alcoholic beverages are not recommended during the weight loss phase of your plan.

On eating days: Your meals will be made using conventional foods. We recommend about 1,200 kcals per day for women and 1,500 kcals per day for men. Continue to include at least 2 litres of zero-calorie beverages each day.

See the Foods and Beverages List and our blog for [recipes, tips, and tricks](#).

5:2 Plan

With this option, you have 5 feast days and 2 fast days per week. You choose which 2 days of the week are best for your fast days.

On fasting days: You will consume 4 OPTIFAST products as your sole foods for the day for a total daily intake of 800-850 kcals. We also recommend to drink at least 2 litres of zero-calorie beverages throughout each day. Alcoholic beverages are not recommended during the weight loss phase of your plan.

On eating days: Your meals will be made using conventional foods. We recommend about 1,200 kcals per day for women and 1,500 kcals per day for men. Continue to include at least 2 litres of zero-calorie beverages each day.

See the Foods and Beverages List and our blog for [recipes, tips, and tricks](#).

After 3 months of following the Intermittent Fasting Plan and depending on your weight loss goals, you can increase your total daily caloric intake to 1,500-1,800 kcals or choose to transition into our [Maintenance Plan](#).

Reference:

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



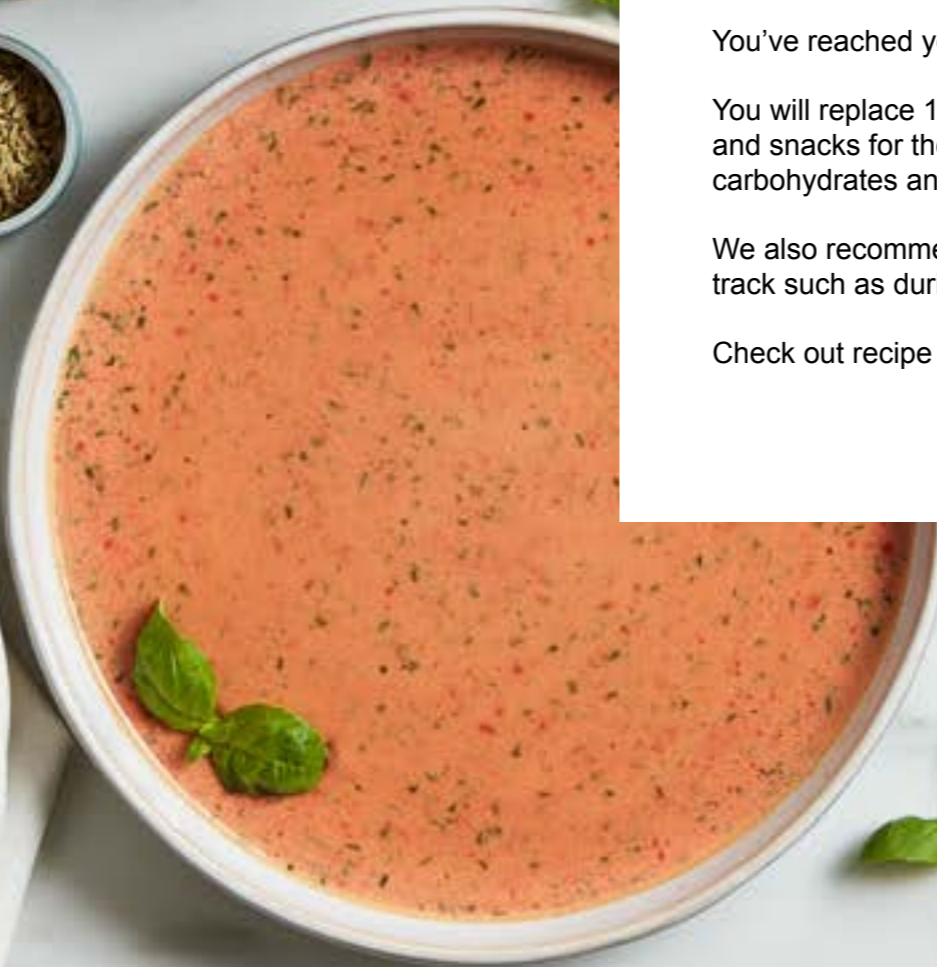
MAINTENANCE PLAN

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

You will replace 1-2 of your daily conventional food meals with 1 OPTIFAST meal. The rest of your meals and snacks for the day are made using conventional foods. We recommend a diet that is low in refined carbohydrates and processed foods, aiming for a total daily caloric intake between 1,500-1,700 Kcal/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	Meal for Women	Meal for Men
Chicken and turkey breast	85g (cooked)	115g-140g
Lean cuts of beef: sirloin, rib chop, loin chop, and top round	85g	4-5 ounces 115g-140g
Fish and seafood	85g	4-5 ounces 115g-140g
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)
- Hearts of palm
- 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 applesauce
- 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:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.myplate.gov/>

<https://www.diabetes.org/nutrition/healthy-food-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 timeframe.
- **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.

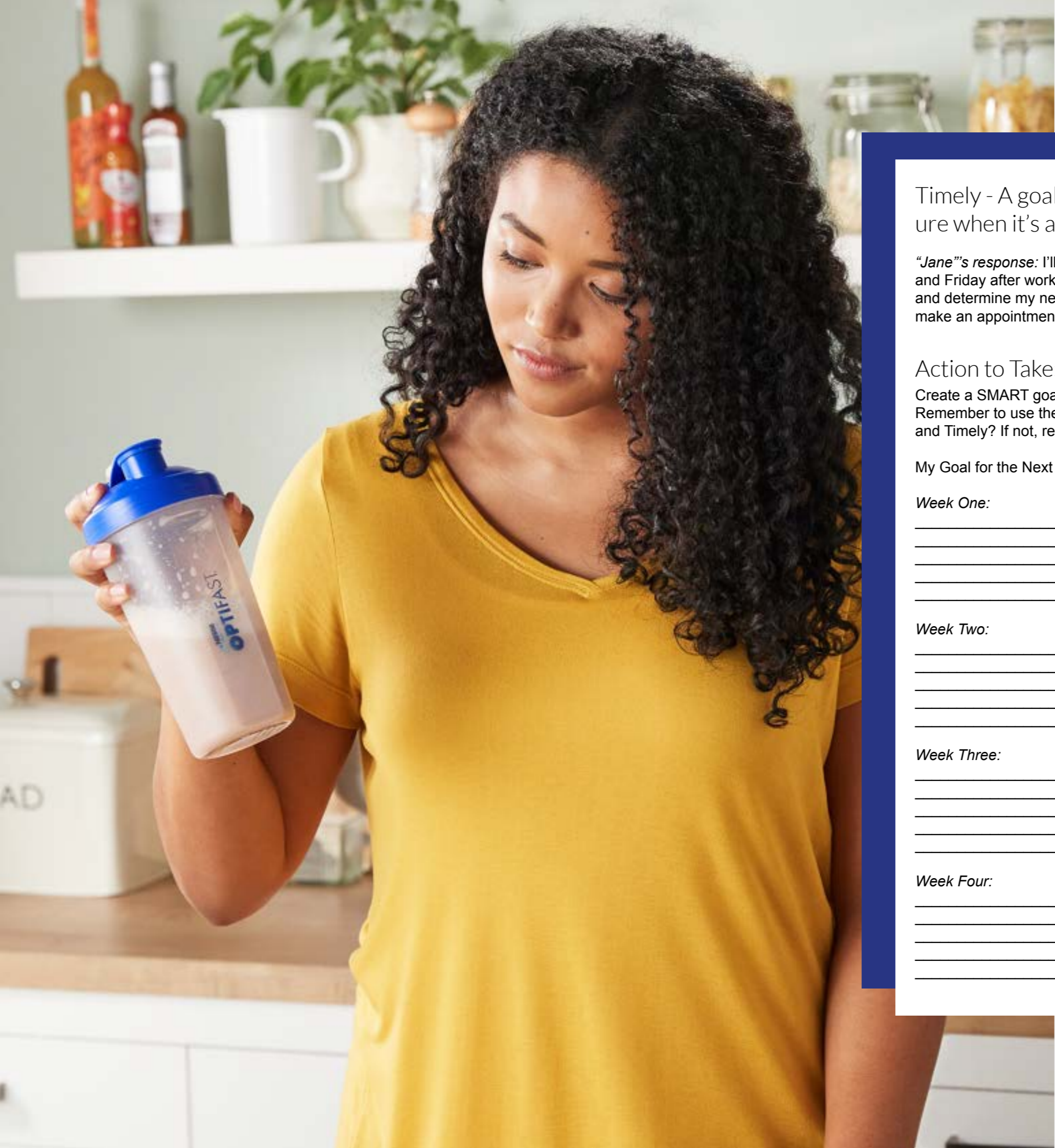
Attainable - Identify important goals that have not yet been met but are within reach.

"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 timeline, 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:

Week Two:

Week Three:

Week Four:

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:

- 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).
- Take 2 measures to ensure accuracy.
- Record measurement to the nearest centimetre.



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 OPITFAST 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.



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!



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