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Optimization Sample Meal Plans

While on the Optimization Plan, you will follow a sample meal plan that matches your caloric needs and activity level. Our team of dietitians have designed meal plans to fit your lifestyle and nutritional needs, resulting in a variety of meal plans ranging from 1,200–2,400 calories. During optimization, we recommend that you eat six small meals per day to help maintain energy and optimize ...

OPTAVIA Optimization Program-Based Claims and Substantiation

OPTAVIA's Optimization Program uses/leverages science-backed lifestyle strategies, nutritional guidance and Coach [and community] support to help you manage your long-term weight loss. OPTAVIA's Optimization Program equips you with strategies and support to help with weight maintenance. OPTAVIA's Optimization Program equips you with strategies and support to help keep the weight off ...

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OPTAVIA PAY is a convenient and faster way for you to receive your earnings. Here you can find resources for getting paid, tax forms and setting up your OPTAVIA PAY. Explore this section to access valuable resources that will help you navigate the payment process seamlessly.

OPTAVIA Acquisition Offer

To support our clients starting their health journey with OPTAVIA, we have acquisition offers* for the 5 & 1, 4 & 2 & 1, and Optimization Plans. Eligible OPTAVIA Premier+ clients will receive 20% off first order, \$7.95 flat shipping rate shipping and a discount** on continuity orders. See our all plans page for available acquisition discount. *Acquisition offer is available for new and ...