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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 ...

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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 ...