

## The Optimal Health 3 & 3 Plan

### Continuing your path to optimal health.

Once you have transitioned off of the Optimal Weight 5 & 1 Plan and achieved your healthy weight, it's crucial to maintain the good habits you have learned. To help you sustain your healthy weight, we have developed the Optimal Health 3 & 3 Plan.

This plan focuses on nutritionally balanced, small meals eaten every two to three hours, like our Optimal Weight Plans, while integrating more food choices in the right portions. It's easy to follow the Optimal Health 3 & 3 Plan, just consume three Optimal Health Fuelings and three balanced meals daily. If you choose to replace an Optimal Health Fueling with one of your favorite **OPTAVIA** Fuelings used during weight loss, remember to include an additional Healthy Exchange item from the list starting on [page 54](#).

Your independent **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians. Remember, your **OPTAVIA** Coach is there to help steer you to success and celebrate your journey!

Ready? Let's get started.

# The Optimal Health 3 & 3 Plan in Three Easy Steps

## Step 1

**Calculate your Total Energy Expenditure (TEE), which is the number of calories you burn each day.**

Visit our '[Optimal Health 3 & 3 Program](#)' webpage located under the 'Products & Programs' section of [OPTAVIA.com](#) for our total energy expenditure calculator. The Optimal Health 3 & 3 Plan takes a common sense approach to sustaining a healthy weight based on balancing your food intake with the calories you burn. Remember, increasing your activity is also an important part of maintaining a healthy weight.



**Recommended readings:** Part 2.8 in *Dr. A's Habits of Health, Second Edition* and Element 14 in *Your LifeBook*.

## Step 2

**Choose your meal plan based on your TEE.**

When you know what optimal nutrition looks like, healthy eating becomes second nature. Our registered dietitians have developed a variety of meal plans ranging from 1,200 - 2,500 calories. Visit our '[Program Guides & Information Sheets](#)' section on [OPTAVIA Client Answers \(ANSWERS.OPTAVIA.com\)](#) to view our '[Optimal Health 3 & 3 Plan Sample Meal Plans](#).'

## Step 3

**Familiarize yourself with the plan's food groups, which include fruits, dairy, starches, proteins, fats and vegetables.**

To add variety, select foods from the 'Healthy Exchange List' as substitutions. You can also have one Free Choice each day. All of the food and beverage options in the 'Healthy Exchange List' are approximately 100 calories and can also be used as a "Free Choice". Our healthy exchange list of options can be found on next few pages of this guide.

**Need help?** If you need help calculating your TEE and getting started on the Optimal Health 3 & 3 Plan, contact your [OPTAVIA Coach](#) or our Nutrition Support team at 1.888.OPTAVIA or [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com) for more information.