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Sign in to access your OPTAVIA account and manage your health and wellness journey Built to support every phase and every goal. We understand the struggle and remove guesswork. Build lifelong healthy habits with our guidance support and science backed plans

Because weight loss works when its more than just weight loss. Lose Weight Maintain a Healthy Weight Active Optimal Health Youre here to lose weight were here to help This isnt just about numbers on a scale

Its about reshaping your habits and owning a healthier life backed by science powered by support Fuelings for Optimal Weight 5 1 and 4 2 1 Plans Proven products as part of a balanced diet and healthy lifestyle for a range of preferences One day one habit one pound at a time**

OPTA VIA can help you make the most of every day with a coach who s been in your shoes and a mix of balanced nutrition healthy habits medical options* and more

Find the plan that s right for you GLP 1 Nutrition Support Plan The plan will get you the right amounts of protein fiber and essential nutrients to support your GLP 1 weight loss journey What are Lean Green Meals? Lean Green Meals are an important component of the OPTA VIA program

Along with our scientifically developed products Lean Green Meals help you integrate healthy eating into your life by using fresh and delicious ingredients to make easy to prepare dishes

Each Lean Green Meal is designed to be carbohydrate controlled and consists of a lean protein a Note The content of this article will be changing on July 8 2025 with the launch of our brand new Premier+. For more information please refer to the article Premier+ via Coach Answers

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The top of the page displays Highest Rank Achieved business name ID number and day that you became an OPTA Dec 5 2024 Discover sample meal plans and tips for optimizing your diet with the OPTAVIA program to achieve long term health and wellness goals While on the Optimization Plan you ll 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 2002 400 calories. During optimization we recommend that you eat six small meals per day to help maintain energy and optimize.

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