



Sample Meal Plan



ACTIVE 1 LEVEL

Approx. 1200 Calories Daily



+



+



+



+



+



1 OPTIFAST VLCD Product

2 Meals*

2 Fruits[†]

1 Dairy

≥ 2 Cups of Low Starch Vegetables[†]

2 Litres of Water

[†] See fruit and dairy serves on the following page. For a list of the low starch vegetables visit the OPTIFAST VLCD website at <https://www.optifast.com.au/optifast-vlcd-program/optifast-vlcd-program/allowed-vegetables-and-additional-food-allowances>

- *Meals should equal approximately 350 calories each
- The Active 1 Level can be used as a meal replacement program for individuals with a BMI of 25-30kg/m² who want to lose weight but for whom the Intensive Level is not recommended.

Meals	Sample Meal Plan 1	Sample Meal Plan 2	Sample Meal Plan 3
Breakfast	1 OPTIFAST VLCD Shake	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)
Morning Tea	Tea/coffee (either black or with 30mL of low fat milk and no sugar) 1 serve of fruit	Tea/coffee (either black or with 30mL of low fat milk and no sugar) 1 serve of fruit	150g of low fat yoghurt 1 serve of fruit
Lunch	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	1 OPTIFAST VLCD Bar	Low-calorie meal (~350kcal, 25g protein, 25g CHO)
Afternoon Tea	Tea/coffee (either black or with 30mL of low fat milk and no sugar) Vegetable sticks	1 serve of fruit Vegetable sticks	1 serve of fruit Vegetable sticks
Dinner	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	1 OPTIFAST VLCD Soup 1 cup of low starch vegetables
Supper	Herbal Tea 150g of low fat yoghurt ½ cup of diced fruit	Glass of warm low fat milk (200mL) with diet topping	Herbal Tea 125mL of diet jelly
Total Nutrient Intake	1200 calories 83g protein 111g carbohydrate	1200 calories 77g protein 119g carbohydrate	1220 calories 83g protein 115g carbohydrate



To access interesting and tasty recipes suitable for your low-calorie meals during the Active 1 Level, join the FREE online support at www.optifast.com.au
When you are logged in, go to www.optifast.com.au/member/recipes

The low-calorie meal (~350kcal)

During the Active 1 Level one OPTIFAST VLCD product is consumed in addition to two low-calorie meals of approximately 350 calories each. The evening meal is generally substituted first, purely for social reasons however any two meals can be substituted. Two cups of low starch vegetables, 2 litres of water, two serves of fruit and one serve of dairy should also be consumed. This level provides approximately 1200 calories per day.

It is quite normal to feel quite anxious about the reintroduction of food for the fear of losing appetite control, returning to pre-weight loss habits and weight regain.

A useful guide can be to use a portion control plate for your low-calorie meals. Aim for a quarter of the dinner plate to be low GI carbohydrates (½ -1 cup cooked pasta, ½ -¾ cup cooked rice, 1 small-medium potato or corn cob, 1-2 slices of thin bread), one quarter good quality protein (65-100g meat or chicken, 130g fish, 2 eggs or 150g tofu) and half the plate to be low starch vegetables or salad. The two cups of low starch vegetable allowance can be incorporated into the low-calorie meal or if the calorie allowance allows, they can be added as extras to the meal plan. One tablespoon (20mL) of dressing or sauce can also be added to help flavour the meal. By following this outline the low-calorie meal will be approximately less than or equal to 350 calories.

Fruit and dairy serves during the Active 1 Level

Fruit – 1 serve equivalents (70 calories)		
Apple (1 small)	Lychees (canned in light syrup, 4)	Pineapple (2 slices)
Apricots (2)	Mandarin (1-2)	Plum (2 small)
Blueberries (¾ cup)	Mango (½)	Prunes (3)
Canned fruit in natural juice (120g)	Orange (1 medium)	Rhubarb (200g cooked)
Cherries (15)	Passionfruit (4)	Strawberries (1.5 punnet)
Grapes (½ cup)	Peach (1 medium)	
Kiwi fruit (1)	Pear (1 small)	
Dairy – 1 serve equivalents (100 calories)		
Cottage Cheese (⅓ cup)	Low fat milk (1 cup/250mL)	Reduced fat cheese (25% reduced fat, 30g)
Low fat ice cream (1 scoop)	Low fat yoghurt (1 tub ~ 150g)	



For more information visit www.optifast.com.au

OPTIFAST VLCD is a food for special medical purposes. It is for the dietary management of obesity and must be used under medical supervision. Speak to your healthcare professional to find out if the OPTIFAST VLCD Program is suitable for you.

® Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 8 Nexus Court, Mulgrave, VIC 3170, Australia. For more information call 1800 671 628.

