



## Sample Meal Plan



### ACTIVE 2 LEVEL

Approx. 1000 Calories Daily

2 OPTIFAST VLCD Products      1 Meal\*      1 Fruit<sup>†</sup> plus 1 Dairy plus ≥ 2 Cups of Low Starch Vegetables<sup>†</sup>      2 Litres of Water

<sup>†</sup> 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 2 Level can be used as a meal replacement program for individuals with a BMI of 25-30kg/m<sup>2</sup> 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	1 OPTIFAST VLCD Shake	1 OPTIFAST VLCD Shake
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
Lunch	1 cup of low starch salad or vegetables	<b>Low-calorie meal</b> (~350kcal, 25g protein, 25g CHO)	<b>1 OPTIFAST VLCD Dessert</b> 60g of vegetable sticks
Afternoon Tea	1 OPTIFAST VLCD Bar	1 cup of low starch vegetables	1 serve of fruit
Dinner	<b>Low-calorie meal</b> (~350kcal, 25g protein, 25g CHO)	<b>1 OPTIFAST VLCD Soup</b> 1 cup of low starch vegetables	<b>Low-calorie meal</b> (~350kcal, 25g protein, 25g CHO)
Supper	Herbal Tea 150g of low fat yoghurt	Glass of warm low fat milk with diet topping	Herbal Tea 125mL of diet jelly
Total Nutrient Intake	1001 calories 73g protein 95g carbohydrate	1005 calories 77g protein 97g carbohydrate	996 calories 78g protein 93g carbohydrate



To access interesting and tasty recipes suitable for your low-calorie meals during the Active 2 Level, join the FREE online support at [www.optifast.com.au](http://www.optifast.com.au)  
When you are logged in, go to [www.optifast.com.au/member/recipes](http://www.optifast.com.au/member/recipes)

# The low-calorie meal (~350kcal)

The Active 2 level is where the reintroduction of food takes place by replacing one OPTIFAST VLCD product with a low-calorie meal. The low-calorie meal that is introduced during this level and subsequent levels of the program should equal approximately 350 calories or less. The evening meal is generally substituted during the Active 2 Level, purely for social reasons, however you may prefer to substitute the morning or lunch meal instead.

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 meal. 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 2 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](http://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.

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