



## Sample Meal Plan



### INTENSIVE LEVEL Up to 12 weeks | <800 Calories Daily

3 OPTIFAST VLCD Products      ≥ 2 Cups of Low Starch Vegetables<sup>†</sup> plus 1 tsp of Vegetable Oil per day      2 Litres of Water

<sup>†</sup> See allowed low starch vegetables and additional allowance on the following page.

The Intensive Level of the OPTIFAST VLCD Program is the 'Very Low Calorie Diet' or 'VLCD' part of the program (also known as 'very low energy diet' or 'VLED'). During the Intensive Level an individual will take an OPTIFAST VLCD product three times daily as a substitute for breakfast, lunch and dinner and all snacks.

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	½ OPTIFAST VLCD Bar Tea/coffee (either black or with up to 30mL of skim milk and no sugar)	Tea/coffee (either black or with up to 30mL of skim milk and no sugar)	Tea/coffee (either black or with up to 30mL of skim milk and no sugar)
Lunch	1 OPTIFAST VLCD Soup	1 OPTIFAST VLCD Bar	1 OPTIFAST VLCD Shake
Afternoon Tea	½ OPTIFAST VLCD Bar Tea/coffee (either black or with up to 30mL of skim milk and no sugar)	1 cup of low starch vegetables	Vegetable sticks
Dinner	2 cups of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments	1 OPTIFAST VLCD Soup plus 1 cup of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments	2 cups of low starch salad or vegetables with 1 tsp of vegetable oil and other allowed condiments
Supper	Herbal Tea 125mL of diet jelly	Herbal Tea	1 OPTIFAST VLCD Dessert
Total Nutrient Intake	781 calories 62g protein 69g carbohydrate	777 calories 61g protein 68g carbohydrate	765 calories 64g protein 67g carbohydrate



To access interesting and tasty vegetable recipes suitable for the Intensive 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)

# Allowed vegetable and additional allowances during the Intensive Level

Allowed				Avoid
<b>Low starch vegetables</b>				
Alfalfa sprouts Asparagus Bean Sprouts Bok Choy Broccoli Brussels sprouts Beetroot (30-40g) Cabbage Capsicum	Carrots (30-40g) Cauliflower Celery Cucumber Eggplant Green beans Konjac noodles (Slendier / Slim Pasta range)	Lettuce (all types) Leeks Mushrooms Onions Radishes Shallots Silverbeet	Snow peas Spinach Squash Tomatoes Watercress Zucchini	Corn Green peas Legumes Lentils Potato Sweet potato Parsnip Pumpkin Turnip
<b>Soups</b>				
Stock cubes	Bonox (in moderation)	Vegetable soups made from allowed vegetables	Miso soup	All other soups
<b>Sauces and Condiments</b>				
Lemon and lime juice Vinegar	Worcestershire sauce Tabasco sauce	Soy sauce (in moderation) Chilli	Mustard Tomato paste	Cream High calorie simmer sauces and dressings
<b>Herbs and Spices</b>				
All spice Basil Celery flakes Chilli Chives Cinnamon Cloves	Coriander Cumin Curry Powder Dill Fennel Garlic Ginger	Lite salt Mint Mustard seed Nutmeg Oregano Paprika Parsley	Pepper Rosemary Sage Thyme Turmeric Tarragon	
<b>Miscellaneous</b>				
Artificial sweeteners* Sugar-free lollies and gum (1-2 pieces per day)	Flavour essences (½-1 tsp)	Diet jelly (125g)	Diet topping (1-2 tsp)	
<b>Low energy drinks</b>				
Water Soda water	Diet soft drinks and cordial Plain mineral water	Tea and coffee (no or 30mL skim milk and no sugar)	Herbal Teas	Fruit juice Alcohol Soft drinks Cordial

#It is important to note that large amounts of sugar-free lollies can add additional kilojoules and cause gastrointestinal discomfort. Please only use in moderation.



**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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