

# OPTIFAST<sup>®</sup>

VERY  
LOW  
CALORIE  
DIET



## Intensive Level Recipe Suggestions



# Vegetable Stir Fry

4

SERVES



## Ingredients

2 tsp olive oil (see cook's tips)

1 medium brown onion,  
cut into thin wedges

1 carrot, cut into thin sticks

2 celery stalks, cut into thin sticks

8 large broccoli florets,  
cut into small florets

1 red capsicum, cut into thin strips

8 button mushrooms, sliced

6 green shallots, cut into strips

½ x 150g pack MAGGI Stir Fry  
Creations, Sweet Chilli, Ginger  
and Lemon Grass (see cook's tips)

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

**Serves:** 4 with tips to turn  
it into a family meal



## To Make

1. Heat the oil in a large wok over high heat. Add the onion, carrot and celery and use ¼ of a pack of Infusion Paste of the MAGGI Stir Fry Creations. Stir fry for 2 minutes. Add broccoli, capsicum, mushrooms and shallots. Stir fry for 2-3 minutes or until the vegetables are tender crisp.
2. Add another ¼ pack of the Infusion Paste and cook for 1 minute. Serve.



## Cook's tips

If the rest of the family is not following the OPTIFAST VLCD Intensive Level, remove your portion before step 2, then cook 200g diced lean chicken breast in the remaining Infusion Paste. Add remaining vegetables and serve with your family's choice of noodles or rice.

Oil added is counted as your daily requirement of oil per day in the Intensive Level.

Nutrient	Per Serve
Energy	387kJ 93kcal
Protein	2.9g
Fat, Total	3.7g
- Saturated	0.4g
Carbohydrates	10.3g
Fibre	2.8g
Sodium	51mg

# Mushroom Soup

2

SERVES



## Ingredients

1 tsp olive oil (see cook's tip)

1 leek, halved lengthways,  
thinly sliced

2 garlic cloves, finely chopped

500g mixed mushrooms,  
thinly sliced (½ swiss brown  
and ½ button)

500mL (2 cups) no-added-salt  
chicken stock

Freshly ground black pepper

Chopped fresh parsley  
(optional), to serve

**Preparation time:** 10 minutes

**Cooking time:** 30 minutes

**Serves:** 2



## To Make

1. Heat the oil in a large saucepan over medium heat. Add the leek, garlic and mushrooms. Cook, stirring often, for 8-10 minutes or until the mushrooms start to soften.
2. Add stock to the pan, cover and bring to a simmer over medium heat. Reduce heat to medium-low and cook, partially covered, for 15-20 minutes or until the mushrooms are tender.
3. Remove pan from heat. Use a hand held blender to purée smooth if desired and season with pepper. Top with parsley to serve.



## Cook's Tip

Oil added is counted as your daily requirement of oil per day in the Intensive Level.

Nutrient	Per Serve
Energy	533kJ 128kcal
Protein	12.2g
Fat, Total	3.6g
- Saturated	0.6g
Carbohydrates	8g
Fibre	8.3g
Sodium	53mg

# Tomato, Shallot & Mint Salad

1

SERVE



## Ingredients

1 tsp olive oil (see cook's tip)

1 tsp balsamic vinegar

1 tsp lemon juice

2 medium tomatoes,  
cut into thin wedges

1 Lebanese cucumber,  
halved and sliced diagonally

1 green shallot, thinly sliced

1 tbsp fresh mint leaves

**Preparation time:** 10 minutes

**Serves:** 1



## To Make

1. Shake to combine dressing ingredients in a small jar.
2. Pour dressing over tomato and cucumber, toss to coat. Sprinkle with shallots and mint leaves to serve.



## Cook's Tip

Oil added is counted as your daily requirement of oil per day in the Intensive Level.

Nutrient	Per Serve
Energy	482kJ 115kcal
Protein	4.1g
Fat, Total	5g
- Saturated	0.6g
Carbohydrates	9.7g
Fibre	5.5g
Sodium	48mg

# Curried Vegetables

4

SERVES



## Ingredients

1 tsp olive oil (see cook's tip)

1 brown onion,  
cut into thin wedges

1 carrot, sliced

2 celery sticks, roughly diced

300g cauliflower,  
chopped into small florets

100g green beans, cut in half

2 zucchini, sliced and halved

2 tbsp mild curry paste

400g can chopped tomatoes

250mL (1 cup) no-added-salt  
chicken stock

Fresh flat leaf parsley leaves,  
to serve (optional)

**Preparation time:** 10 minutes

**Cooking time:** 30 minutes

**Serves:** 4



## To Make

1. Heat the oil in a large saucepan. Add the onion, carrot and celery and soften vegetables for 2 minutes while stirring. Add cauliflower, beans and zucchini and stir. Add mild curry paste, cook while stirring for a further 2 minutes.
2. Add tomatoes and stock, cover and cook for 20 minutes or until vegetables are softened. Serve.



## Cook's Tip

Oil added is counted as your daily requirement of oil per day in the Intensive Level.

Nutrient	Per Serve
Energy	495kJ 118kcal
Protein	5.5g
Fat, Total	5.3g
- Saturated	0.6g
Carbohydrates	8.9g
Fibre	6.4g
Sodium	435mg

# Additional Foods

Additional daily food allowance during the OPTIFAST VLCD Program.  
See website for further information regarding different levels.

ALLOWED			AVOID‡
<b>VEGETABLES</b> All Levels - Low Starch and Green			
<b>ALL LOW STARCH AND GREEN VEGETABLES:</b> <ul style="list-style-type: none"> <li>Alfalfa Sprouts</li> <li>Asparagus</li> <li>Bean Sprouts</li> <li>Bok Choy</li> <li>Broccoli</li> <li>Brussel Sprouts</li> <li>Cabbage</li> <li>Capsicum</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Cucumber</li> <li>Eggplant</li> <li>Garlic</li> <li>Green Beans</li> <li>Leeks</li> <li>Lettuce</li> <li>Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>Onions</li> <li>Radish</li> <li>Shallots</li> <li>Silver Beet</li> <li>Snow Peas</li> <li>Spinach</li> <li>Squash</li> <li>Tomato</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Corn</li> <li>Green Peas</li> <li>Legumes</li> <li>Lentils</li> <li>Parsnip</li> <li>Potato</li> <li>Pumpkin</li> <li>Sweet Potato</li> <li>Turnip</li> </ul>
<b>FRUIT</b> Active 2 Level onwards only** (one serve = 50-70 calories)			
<ul style="list-style-type: none"> <li>Apple (1 small)</li> <li>Lychees (4)</li> <li>Plums (2)</li> <li>Apricots (2)</li> <li>Orange (1)</li> <li>Mandarin (1-2)</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple (2 slices)</li> <li>Strawberries (1.5 punnets)</li> <li>Cherries (15)</li> <li>Passionfruit (4)</li> <li>Rhubarb (200g)</li> </ul>	<ul style="list-style-type: none"> <li>Grapes (½ cup)</li> <li>Peach (1)</li> <li>Prunes (3)</li> <li>Pear (1 small)</li> <li>Canned Fruit in Natural Juice (120g)</li> </ul>	<ul style="list-style-type: none"> <li>Dried Fruit</li> <li>Fruit Juice</li> </ul>
<b>LOW-FAT DAIRY</b> Active 2 Level onwards only** (one serve = 100 calories)			
<ul style="list-style-type: none"> <li>Reduced Fat Hard Cheese (30g)</li> <li>Cottage Cheese (1/3 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Low-Fat Ice Cream (1 scoop)</li> <li>Low-Fat Milk (250mL)</li> </ul>	<ul style="list-style-type: none"> <li>Low-Fat Yoghurt (1 small tub ~ 150g)</li> </ul>	<ul style="list-style-type: none"> <li>Full-Cream Dairy</li> </ul>
<b>OTHER</b> All Levels			
<ul style="list-style-type: none"> <li>Miso and Soups prepared from allowed vegetables listed above</li> </ul>	<ul style="list-style-type: none"> <li>Sauces and Condiments (small amounts)</li> <li>Spices and Herbs</li> </ul>	<ul style="list-style-type: none"> <li>Calorie-free fluids (water, tea and diet drinks)</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Juice</li> <li>Alcohol</li> <li>Sugar</li> <li>Sweetened Drinks</li> </ul>

IMPORTANT: \*\*Fruit and low-fat dairy are not allowed during the program Intensive Level.

‡Vegetables listed in AVOID can be consumed in small quantities in Levels Active 2, 1 and Maintenance as part of your calorie controlled meal, but not in the Intensive Level.

For a more comprehensive list and detailed information on food allowances, please visit: [optifast.com.au](http://optifast.com.au)

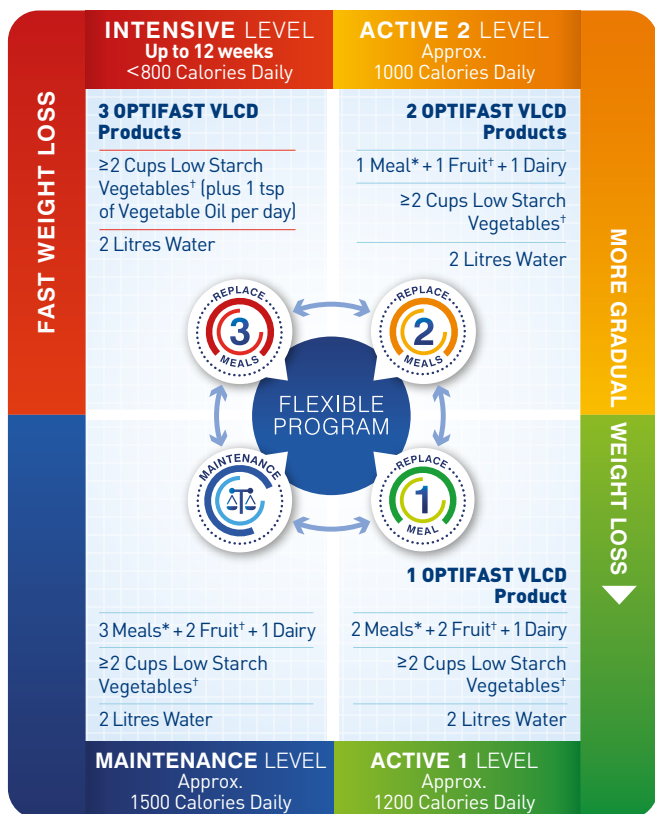
# Congratulations!

## You have taken the first step in reaching your weight loss goal.

Your Healthcare Professional has recommended you begin the OPTIFAST VLCD Program starting on the Intensive Level – replacing all 3 meals a day with OPTIFAST VLCD products.

While on the Intensive Level, you are required to consume two or more cups of low starch vegetables, 2 litres of water and 1 teaspoon of vegetable oil per day.

Sometimes it can be hard to be creative with low starch vegetables. We have included four recipes to get you started. There are also more great recipes on the OPTIFAST VLCD website, just join the **FREE** online support program to get access to the many healthy recipes.



The OPTIFAST VLCD Program can be modified to suit individual requirements.

\* Meals should equal approximately 350 calories each. <sup>†</sup> See 'allowed low starch vegetables and fruit' in the 'Additional Foods' table ([optifast.com.au](http://optifast.com.au)).

# Free Online Support Program

As well as great tasting products, the OPTIFAST VLCD Program provides a **FREE** online support program with information and tools you need to lose weight and help you keep it off.

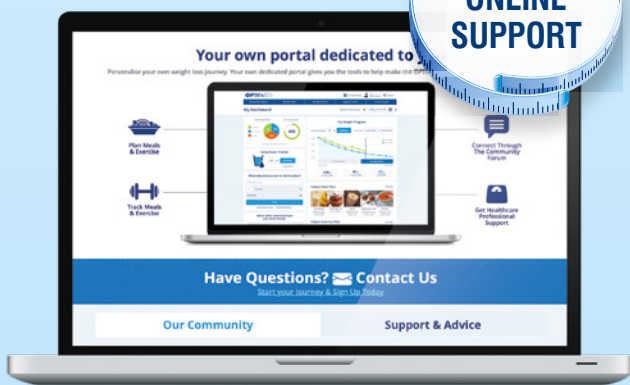
It's **FREE** to join the support program so start your journey towards a healthier future and log on at **optifast.com.au**

Becoming a member gives you access to:

- **Weight, meal and exercise trackers**
- **Meal and exercise plans**
- **Dietitian approved recipes**
- **Community forum**
- **Links to OPTIFAST VLCD Accredited Healthcare Professionals\***

\*Consultation fees with an OPTIFAST VLCD Healthcare Professional are at the cost of the member.

**FREE  
ONLINE  
SUPPORT**



OPTIFAST VLCD is a food for special medical purposes for the dietary management of obesity. Must be used under medical supervision.

© 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**  
or visit **optifast.com.au**

