



Sample Meal Plan



MAINTENANCE LEVEL

Approx. 1500 Calories Daily



3 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 nutrition component of the Maintenance Level requires ongoing monitoring for meal plan adjustments and education to ensure long-term weight management.

Meals	Sample Meal Plan 1	Sample Meal Plan 2	Sample Meal Plan 3
Breakfast	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)
Morning Tea	Tea/coffee 1 serve of fruit	Tea/coffee 150g of low fat yoghurt	Tea/coffee 150g of low fat yoghurt
Lunch	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)
Afternoon Tea	Tea/coffee 1 cup of carrot and celery sticks	Tea/coffee 1 piece of fruit 1 cup of carrot and celery sticks	Tea/coffee 1 piece of fruit 1 cup of carrot and celery sticks
Dinner	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)	Low-calorie meal (~350kcal, 25g protein, 25g CHO)
Supper	Cup of black or herbal tea 150g of low fat yoghurt ½ cup of fresh raspberries	½ cup of fruit salad	Cup of black or herbal tea 125mL of diet jelly with ½ cup of fruit salad
Total Nutrient Intake	1290 calories 86g protein 108g carbohydrate	1287 calories 86g protein 111g carbohydrate	1296 calories 87g protein 111g carbohydrate



To access interesting and tasty recipes suitable for your low-calorie meals during the Maintenance 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)

The Maintenance Level is where all OPTIFAST VLCD products are eliminated and three low-calorie meals of approximately 350 calories each are incorporated into the meal plan. This level is designed to help maintain a long-term focus on maintaining weight loss.

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 Maintenance 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 (½ 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.

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