

# Lean & Green

We make healthy eating second nature™

## What is a Lean & Green Meal?

A Lean & Green meal includes 5 to 7 ounces of cooked lean protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices.

Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

*If you are dining out or tracking your intake, use the following Lean & Green Meal Nutritional Parameters to help guide your choices:*

Lean & Green Meal Nutritional Parameters	
Calories	250 - 400
Carbohydrates	≤ 20g total carbohydrate (preferably < 15g)
Protein	≥ 25g
Fat	10 - 20g

## Healthy Fats

Every day, incorporate up to two servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E, and K. They also help your gallbladder work properly. A serving of healthy fat should have 5 grams of total fat and less than 5 grams of carbohydrate.

## Lean & Green Meal: The “Lean”

Lean Tips:

- Portion size recommendations are for cooked weight.
- Choose meats that are grilled, baked, broiled, or poached – not fried.
- Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
- Feel free to choose meatless options like tofu and tempeh. For a complete list of meatless options, please refer to our [Vegetarian Information Sheet](#) or contact Nutrition Support at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).

Choose the appropriate serving size of any protein from the list on the following pages. We’ve sorted protein options into lean, leaner, and leanest. All options are appropriate for the Optimal Weight 5 & 1 Plan®; this just helps you make informed food choices.

*For any protein option not on the list, you may use the following nutritional information to determine if it is appropriate on the **OPTAVIA** program:*

“Lean” Portion of the Lean & Green Meal	
Calories	180 - 300
Carbohydrates	≤ 15g
Protein	≥ 25g
Fat	Refer to individual protein categories on following pages



➤ **LEANEST: Choose a 7 oz. cooked portion that has 0 - 4g total fat and add 2 Healthy Fat servings.**

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- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of liquid egg substitute or liquid egg whites
  - 5 oz. seitan
  - 1 ½ cups (12 oz.) 1% cottage cheese
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

➤ **LEANER: Choose a 6 oz. cooked portion that has 5 - 9g total fat and add 1 Healthy Fat serving.**

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- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95% - 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites
  - 2 whole eggs plus 1 cup liquid egg substitute
  - 1 ½ cups (12 oz.) 2% cottage cheese
  - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)

➤ **LEAN: Choose a 5 oz. cooked portion with 10g - 20g total fat - no Healthy Fat serving added.**

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- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85% - 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz. Mori-nu® extra firm or firm tofu (bean curd)
  - 3 whole eggs (up to two times per week)
  - 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3 - 6g fat per oz.)
  - 8 oz. (1 cup) part-skim ricotta cheese (2 - 3g fat per oz.)
  - 5 oz. tempeh

### **Healthy Fat Servings**

A Healthy Fat serving should contain about 5g of fat and less than 5g of carbohydrates. Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon oil (any kind)
- 1 tablespoon regular, low-carbohydrate salad dressing
- 2 tablespoons reduced-fat, low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 ½ oz. avocado
- ⅓ oz. plain nuts, such as almonds, peanuts, or pistachios
- 1 tablespoon plain seeds, such as sesame, chia, flax, or pumpkin seeds
- ½ tablespoon regular butter, margarine, or mayonnaise

For a complete list of healthy fat options, refer to our [Condiment & Healthy Fat list](#) online.



## Lean & Green Meal: The “Green”

Choose three servings from our Green Options list for each of your Lean & Green meals. We’ve sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the Optimal Weight 5 & 1 Plan®; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:

1 serving = ½ cup vegetables (unless otherwise specified) with ≤ 25 calories and ≤ 5g carbohydrate

### ➤ LOWER CARBOHYDRATE

**1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

**½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### ➤ MODERATE CARBOHYDRATE

**½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### ➤ HIGHER CARBOHYDRATE

**½ cup:** broccoli, red cabbage, chayote squash, collard or mustard greens (cooked), green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating. But on the Optimal Weight 5 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussel sprouts) to enhance your results. Once you’ve achieved your healthy weight, we encourage you to include ALL vegetables for long-term health.

