

OPTIFAST 800® Daily Diet Plan

Diet Phase:

Patient Name:

Calories Per Day: **800–840**

Meal/Snack	Time	Product	Amount	Calories	Protein (g)
Breakfast		OPTIFAST 800		160	14
Lunch		OPTIFAST 800		160	14
Afternoon Snack		OPTIFAST 800		160	14
Dinner		OPTIFAST 800		160	14
Evening Snack		OPTIFAST 800		160	14
TOTALS				800–840*	70

Note: Drink at least 2 quarts (8 cups) of non-caloric liquid per day in addition to the liquid consumed with the OPTIFAST Products.

For further guidance with your diet, please consult your OPTIFAST Program provider and ask for a copy of the Lifestyle Education Series™ modules "Welcome and Introduction" and "Bariatric Surgery Welcome and Introduction Supplement".

*OPTIFAST 800 Chocolate and Peanut Butter Chocolate Bars and OPTIFAST 800 Chicken Soup Mix provide 170 calories per serving.

Full Meal Replacement Options

OPTIFAST 800 Shake Mix

Vanilla
Chocolate
Strawberry



OPTIFAST 800 Soup Mix

Chicken
Garden Tomato
Daily limit: 2 servings



OPTIFAST 800 Ready to Drink (RTD)

French Vanilla
Vanilla
Chocolate
Strawberry



OPTIFAST 800 Bar

Chocolate
Peanut Butter
Chocolate
Berry with
Yogurt Coating
Daily limit: 2 servings



Nutrition Information Per Serving 1 serving = 1 powder, 1 RTD brik or 1 bar

	OPTIFAST 800 Shake Mix	OPTIFAST 800 RTD	OPTIFAST 800 Soup Mix	OPTIFAST 800 Bar
Calories	160	160	160–170	160–170
Protein	14 g	14 g	14 g	14 g
Carbohydrate	20 g	20 g	19–20 g	19–21 g
Fat	3 g	3 g	3–4 g	3.5–5 g

OPTIFAST 800 Products are nutritionally complete and provide 100% of the Daily Value for 24 vitamins and minerals in 5 servings.

OPTIFAST 800 Soup Mix and Bar should be limited to 2 servings each per day. Consult your OPTIFAST Program provider to determine the appropriate number of servings for you. Deviation from these guidelines is acceptable if, in the professional judgment of the attending physician, such deviation is necessary.