



V200117

Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol
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OPTAVIA

OPTAVIA Bar Fuelings

Campfire S'mores Crisp	9 g		✓	✓	✓	✓	✓	✓		✓	✓			✓		5-10 mg	✓
Caramel Delight Crisp	10 g		✓		✓	✓	✓	✓		✓	✓			✓		5-10 mg	✓
Chocolate Cherry Ganache	8 g				Almonds	✓	✓	✓	✓	✓	✓			✓		5-10 mg	
Chocolate Mint Cookie Crisp	9 g		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	✓
Cranberry Honey Nut Granola	9 g				Almonds	✓	✓	✓	✓	✓	✓			✓			✓
Creamy Double Peanut Butter Crisp	9 g		✓		✓	✓	✓	✓		✓	✓			✓			✓
Dark Chocolate Coconut Curry	8 g				Almonds, Coconut	✓	✓	✓	✓	✓	✓			✓		<5 mg	
Drizzled Berry Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Drizzled Chocolate Fudge Crisp	9 g		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	✓
Frosted Cinnamon Spice Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Frosted Cookie Dough	5 g		✓	✓	✓	✓	✓	✓		✓	✓			✓			✓
Honey Chili Cranberry Nut	8 g				Almonds	✓	✓	✓	✓	✓	✓			✓			✓
Raisin Oat Cinnamon Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓
Silky Peanut Butter & Chocolate Chip	5 g		✓		✓	✓	✓	✓		✓	✓			✓		<5 mg	✓
Zesty Lemon Crisp	9 g					✓	✓	✓	✓	✓	✓			✓			✓

OPTAVIA Breakfast Style Fuelings

Cinnamon Crunchy O's Cereal	10 g		✓	✓	✓	✓	✓	✓		✓	✓			✓			
Golden Chocolate Chip Pancakes	5 g				✓	✓	✓	✓		✓	✓			✓		<5 mg	
Golden Pancakes	4 g				✓	✓	✓	✓		✓	✓			✓			✓
Old Fashioned Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓	✓	✓	May Contain		✓	✓			✓			
Orchard Apple & Cinnamon Spiced Oatmeal	9 g		✓	✓	✓	✓	✓	May Contain		✓	✓			✓			
Red Berry Crunchy O's Cereal	10 g		✓	✓	✓	✓	✓	✓		✓	✓			✓			

OPTAVIA Crunchers, Poppers & Sticks Fuelings

Smoky BBQ Crunchers	10 g		✓	✓	✓	✓	✓	✓		✓	✓			✓			
Zesty Cheddar & Italian Herb Crunchers	10 g			✓	✓	✓	✓	✓		✓	✓			✓			
Jalapeño Cheddar Poppers	10 g			✓	✓	✓	✓	✓		✓	✓			✓			
Cinnamon Sugar Sticks	9 g			✓	✓		✓	✓	✓	✓	✓			✓			
Honey Mustard & Onion Sticks	9 g			✓	✓		✓	✓	✓	✓	✓			✓			

OPTAVIA Dessert Style Fuelings

Chewy Chocolate Chip Cookie	10 g			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	
Chocolate Fudge Pudding	3 g			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg	
Cinnamon Cream Cheese Swirl	0 g				Coconut	✓	✓	✓		✓	✓			✓			

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

Shared Equipment/Facility
= See product page for more information



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Decadent Chocolate Brownie with Greek Yogurt Chips	9 g				✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Frosty Coffee Soft Serve Treat	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		30-35 mg	✓	
Frosty Mint Chocolate Soft Serve Treat	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Sweet Blueberry Biscuit	7 g				✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Drink Fuelings																			
Frothy Cappuccino Boost	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓	100 mg	<5 mg		
Velvety Hot Chocolate	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
OPTAVIA Hearty Fuelings																			
Buttermilk Cheddar Herb Biscuit	0 g	✓			✓	Coconut	✓	✓	✓		✓	✓			✓				
Cheesy Buttermilk Cheddar Mac & Cheese	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Hearty Red Bean & Vegetable Chili	8 g		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓				
Honey Sweet Potatoes	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓				
Roasted Garlic Creamy Smashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
Rustic Tomato Herb Penne	9 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Sour Cream and Chive Smashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				
OPTAVIA Shakes & Smoothie Fuelings																			
Caramel Macchiato	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓		5-10 mg	✓	
OPTAVIA Soup Fuelings																			
Homestyle Chicken Flavored & Vegetable Noodle	11 g		✓		✓	✓	✓	✓	✓		✓	✓	✓		✓				
Wild Rice & Chicken Flavored	9 g		✓	✓	✓	✓	✓	✓	✓		✓	✓		✓					

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