

# Quick Start Guide

The 5 & 1 Plan<sup>®</sup>



 Medifast<sup>®</sup>

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## Valuable Contacts

### Orders and information:

Toll-free: (800) 638-7867

Online: [ChooseMedifast.com](http://ChooseMedifast.com)

See page 24 for more information.

### MyMedifast.com:

A vibrant online community where you can share your Medifast journey. See page 23 for more information.

# Welcome to Medifast

## Congratulations!

You've taken an important first step in controlling your weight and improving your health, and Medifast is ready to help you, starting right now.

## How Medifast works

Medifast Meals are individually portioned, calorie- and carbohydrate-controlled, and low in fat. Every meal provides adequate protein, and is fortified with vitamins and minerals. The Medifast Program was developed by doctors and is clinically proven to be safe and effective for weight loss. The Medifast 5 & 1 Plan creates a fat-burning state in your body while keeping you feeling full, so you can lose weight quickly while preserving muscle tissue.

### With Medifast...

- You eat six meals a day, so you won't feel hungry
- You lose weight fast—up to two to five pounds a week, on average
- Your Medifast Meals go with you anywhere, so the 5 & 1 Plan fits in with even the busiest lifestyles

Most important, Medifast includes specific programs for transition and maintenance phases to support you and your new, healthier weight for the long term.

# Let's Get Started

The first three days on the Medifast 5 & 1 Plan are critical to your success, so your start day should be at a time when you don't anticipate any special



Stacy, Jennifer, Jessica, Irene, and Alan lost a combined 409 lbs.

Results not typical.



events that involve a lot of food. Get ready to commit to your 5 & 1 Plan, and lasting changes for your new, healthier life.

## Consult with your physician

We recommend that you contact your physician or qualified medical practitioner before starting Medifast, and stay in regular touch throughout your weight-loss progress. You'll want your doctor's supervision if you are:

- Over age 65
- Under age 18
- Living with diabetes, hypertension, or other serious medical conditions
- Taking medications, especially those for diabetes

**This program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.**

# The Medifast 5 & 1 Plan



## Medifast Meals

Each day, you choose five Meals from over 80 different foods and flavors. All the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars in the green wrapper; limit yourself to one per day while on the Medifast 5 & 1 Plan).

## Lean & Green Meals

**Lean** = lean protein

**Green** = non-starchy vegetables



Every Lean & Green Meal includes 5 to 7 oz of lean protein plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

You can have your Lean & Green Meal any time of day--breakfast, lunch, dinner, or in-between--whatever works best for your schedule. If you like, you can divide the meal into two portions and eat half of it at a time.

You'll find a list of choices for your lean protein and non-starchy vegetables on the following pages.



## Healthy Fats

Every day, you'll incorporate up to two servings of Healthy Fats into your Lean & Green Meal. Healthy Fats are important to help you absorb certain vitamins, like A, D, E, and K. They also help your gallbladder to work properly, so don't skip them. You'll find a listing of Healthy Fat choices at the end of the Lean Options list on page 4.





# 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, strive to eat at least two servings of fish rich in omega-3 fatty acids (such as salmon, tuna, mackerel, trout, or herring).
- Choose meatless options made with soybeans or textured vegetable protein.

## Lean

Choose the appropriate serving size of any protein from this list. We’ve broken down protein options into Lean, Leaner, and Leanest. All options are appropriate for the Medifast 5 & 1 Plan—it’s just divided this way to help you make informed food choices.

### ▶ **LEANEST: Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.**

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallop, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:**  $\geq$  98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of EggBeaters®

### ▶ **LEANER: Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.**

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 – 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 15 oz Mori-nu® extra-firm tofu (bean curd)
  - 2 whole eggs plus 4 egg whites

### ▶ **LEAN: Choose a 5-oz portion (cooked weight)—no Healthy Fat serving added.**

- **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® firm or soft tofu (bean curd)
  - 3 whole eggs (limit to once a week)

# The “Lean” (cont.)

## Healthy Fat Servings

Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 teaspoon of trans fat-free margarine

For those requiring additional meatless choices, please refer to our Meatless Options list or contact Medifast Nutrition Support at [NutritionSupport@ChooseMedifast.com](mailto:NutritionSupport@ChooseMedifast.com).



## Lean & Green Meal: The “Green”

Choose three servings from our Green Options list for each of your Lean & Green Meals.

We’ve broken down vegetable options into Lower, Moderate, and Higher Carbohydrate levels. All options are appropriate on the Medifast 5 & 1 Plan—the list is divided this way to help you make informed food choices.

**NOTE:** All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and brussels sprouts) in order to enhance your weight-loss results. Once you’ve reached your weight-loss goal, we encourage you to include ALL vegetables for long-term health.

**1 serving = ½ cup vegetables (unless otherwise specified)**

### ▶ 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)

# The “Green” (cont.)

## ▶ 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, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

# Extras for the 5 & 1 Plan

## Optional Snacks

In addition to your five Medifast Meals and one Lean & Green Meal, you may choose to include ONE of the following optional snacks each day. Medifast-approved optional snacks include:

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)\*

\*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.

# Extras (cont.)



## Optional Condiments

To flavor your meals and make your Medifast Program more enjoyable, you have the option of adding condiments to your food selections. Although condiments add flavor and zest to your meals, they can also contribute to your overall carbohydrate intake. Therefore, Medifast recommends reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results.

Examples of condiments include:

- ½ teaspoon most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar or soy sauce
- 1 tablespoon minced onion, yellow mustard, salsa, low-fat or fat-free milk/soy milk
- 2 teaspoons lemon/lime juice
- 1–2 tablespoon sugar-free flavored syrup (Medifast Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet artificial sweetener (Equal®, Splenda®, etc.)

For a more comprehensive list of condiments and portion recommendations, visit [ChooseMedifast.com](http://ChooseMedifast.com).

**Jackie lost  
100 lbs**



Results not typical.



# Sample Meal Plans

Planning what you'll eat each day—and when—is an important key to success with the Medifast 5 & 1 Plan. Below are two sample meal plans to give you an idea of how the plan can work for you. We recommend eating every two to three hours. Meal plans can be modified according to your own food preferences and schedule.

Remember, you can have your Lean & Green Meal any time you like. You can also divide your Lean & Green Meal into two portions and consume one at lunch and the remainder at dinner. For example, try having 3 ounces of chicken breast with ½ cup of broccoli at lunch and 3 ounces of chicken breast with 1 cup of zucchini at dinner. Eat only the specified amounts of meat and vegetable portions each day, and be sure to always get in your five Medifast Meals.

You'll find lots of recipes and meal-planning tools on [ChooseMedifast.com](http://ChooseMedifast.com).

## DAY 1

### Breakfast: 1<sup>ST</sup> Medifast Meal

- Medifast Original Style Eggs with egg whites

### Mid-Morning: 2<sup>ND</sup> Medifast Meal

- Medifast Dutch Chocolate Shake

### Lunch: 3<sup>RD</sup> Medifast Meal

- Medifast Cream of Tomato Soup sprinkled with **parsley flakes**

### Mid-Afternoon: 4<sup>TH</sup> Medifast Meal

- Medifast Caramel Crunch Bar

### Dinner: Lean & Green Meal

- 5 oz grilled salmon
- 1–½ cups cooked asparagus

### Evening: 5<sup>TH</sup> Medifast Meal

- Medifast French Vanilla Shake

## DAY 2

### Breakfast: 1<sup>ST</sup> Medifast Meal

- Medifast Spiced Pancakes

### Mid-Morning: 2<sup>ND</sup> Medifast Meal

- Medifast Cappuccino

*Recipe suggestion: Mix with 1 Tbsp zero-calorie, sugar-free French Vanilla syrup.*

### Lunch: Lean & Green Meal

- 6 oz grilled chicken breast
- 2 cups romaine lettuce, ½ cup total diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carb salad dressing

### Mid-Afternoon: 3<sup>RD</sup> Medifast Meal

- Medifast Cheese Pizza Bites

### Dinner: 4<sup>TH</sup> Medifast Meal

- Medifast Chicken Noodle Soup

### Evening: 5<sup>TH</sup> Medifast Meal

- Medifast Chocolate Pudding

#### KEY

Lean Green Medifast Meals Healthy Snack Healthy Fats Optional Condiments

# Tips for Success

## The First Few Days

As you begin the Medifast Program, you may feel hungry, tired, or irritable as your body adjusts to the reduction in calories. This is temporary, but make sure you keep close watch on your blood sugar during this time.

If you're excessively hungry or tired in the first few days, have an extra Medifast Shake or a couple additional ounces of lean protein (egg whites, etc.). It's better to have an extra Medifast Shake than to go off your program entirely. Within a few days, these symptoms will disappear, leaving you feeling energized and confident.

You can make this adjustment period easier:

- Pick a good day to start, when you don't expect any special events centered on food.
- Stay busy.
- Remind yourself that you are on a journey to improve your health. Take it one day—or one hour—at a time.
- Avoid the sights and smells of food and stay focused on your health goals.

## Going Forward

Here are some ways to make your Medifast Program easier and more effective:

**Space your meals carefully.** Eat every two to three hours to help control your blood sugar and maximize steady weight loss.

**Don't skip meals,** which can increase your nutrient balance and slow down your metabolism—and your weight-loss results.

**Eat slowly and mindfully.** Spend at least 15 minutes eating each meal. Cut bars into small pieces and eat one little bite at a time.

**Drink lots of fluids.** Make sure you get at least 64 oz of water each day. In addition, you can have calorie-free beverages like unsweetened tea or coffee, sparkling water, or diet soda.

**Limit caffeine** to 300 mg a day, since being “on Plan” might make you more sensitive to caffeine.

**Avoid alcohol**, even “low carb” versions, since alcohol adds non-nutritious calories, stimulates your appetite, and can deplete your body of water. Even one drink can slow your weight loss.

**Don’t “cheat.”** If your weight loss slows down, make sure you’re staying on your plan exactly as directed. Even one piece of bread or fruit can affect your results.

**Keep a journal** to track your successes, challenges, feelings, and observations.

## Seeing Results

Some people lose weight quickly in the first few weeks, and then slightly slower (yet steady) results as they go along. It’s important to weigh yourself regularly (same scale, same time of day, same clothes) each time. Sometimes your weight will change, even in the same day, due to differences in fluid, hormones, and other factors.

Beyond pounds, notice how your clothes fit as you lose body fat and inches. Most importantly, check in with how you feel, physically, mentally, and emotionally.

## Hitting a “Plateau”

At some point, you may find that your weight loss slows down or seems to stop. If you notice you haven’t lost any additional weight within a two-week period:

- Make sure you’re following your plan exactly, not skipping meals, and sticking to your Lean & Green Meal guidelines, weighing and measuring your portions carefully.
- Make sure you’re drinking plenty of water—at least 8 glasses (64 oz).
- Pick the lowest carbohydrate vegetables from your Green Options list (page 4).
- Skip optional snacks to further reduce your carbohydrate intake.
- Try a new form of exercise or add extra time or intensity to your current routine.

# Exercise

Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not currently exercise, we recommend waiting two to three weeks before you begin an exercise program. Start an exercise program slowly, and gradually increase the time and intensity as your body allows. Choose an activity that you enjoy so you will stick with it. Most of our clients find walking to be the easiest activity to incorporate into each day. Start with a 10-minute walk. You can also dance, swim, walk the dog, take the stairs, go to the gym, or perform any activity that you enjoy and are able to do. Refer to the *Medifast Exercise Guide* for more tips.



If you currently exercise, we recommend cutting your exercise program in half for the first three weeks to adjust to the new calorie level. Afterward, you can increase the time and intensity of your exercise plan. Listen to your body and only do what it allows. If you feel lightheaded or faint, stop your exercise and take a rest before you resume. Fluid intake is important when you exercise. You may find that you need additional water on the days you exercise, especially if it is hot outside.

Talk to your doctor or a personal trainer to find an exercise program that is right for you. Most doctors recommend aerobic exercise, which makes you breathe more deeply and makes your heart work harder. Examples of aerobic exercise include walking, jogging, aerobic dance, and bicycling.

If you have problems with the nerves in your feet or legs, your doctor may want you to do a type of exercise that won't put stress on your feet, such as swimming, bicycling, rowing, or chair exercises.

No matter what kind of exercise you do, you should warm up before you start and cool down when you're done. To warm up, spend five to 10 minutes doing a low-intensity exercise such as walking. Then gently stretch for another five to 10 minutes. Repeat these steps after exercising to cool down.

# A Medifast Success Story

*“My social life was non-existent; I didn’t enjoy being in public because I felt uncomfortable with the way that I looked. I stayed on the couch all day playing video games. I only ate once or twice per day, but I ate large quantities of food; the weight started piling on. I had a 42-inch waist and wore XXXL shirts.*

*“My wife started researching weight-loss options. When she discovered Medifast, she had a difficult time finding anything negative about the program. I was inspired by other people’s success stories. I started my weight-loss journey on July 6, 2009, and lost 10 lbs in the first week!*

*“On February 1, 2010, I reached my goal—I was down 114 lbs in just eight months! My waist is 32 inches and my shirt size no longer has Xs!*

*“My family and friends can’t believe how much weight I have lost with the help of Medifast. Friends that I hadn’t seen since starting Medifast didn’t recognize me!*

*“I feel like I have motivated people to look at weight loss as a lifestyle change. Medifast is not a bandage; it’s a new way of life and I am living proof it can be done.”*



**Alan lost  
114 lbs**

Results not typical.

# 5 & 1 Plan

## Daily Success Tracker

Date: \_\_\_\_\_

Beginning-of-Week Weight: \_\_\_\_\_

End-of-Week Weight: \_\_\_\_\_

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

### Medifast Meals

(write time of meal in each box)

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 1                    | 2                    | 3                    | 4                    | 5                    |

### Optional Condiments

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 1                    | 2                    | 3                    |

### Optional Snack

|                      |
|----------------------|
| <input type="text"/> |
| 1                    |

### Lean & Green Meal

Lean Protein

|                      |
|----------------------|
| <input type="text"/> |
| 1                    |

Salad/Vegetable Servings

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 1                    | 2                    | 3                    |

Healthy Fat Serving(s)

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
| 1                    | 2                    |

### Glasses of Water (8 oz)

(check off each box)

|                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1                        | 2                        | 3                        | 4                        | 5                        | 6                        | 7                        | 8                        |

### Exercise/Activity

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How I felt today:

|   |   |   |
|---|---|---|
|  |  |  |
| good  | okay  | bad   |

# Which Medifast Shake is right for you?

All Medifast Meals can be used in the 5 & 1 Plan, including special shakes for special needs.

## Medifast 55 Shakes

*For women*

- 11 grams of protein and 24-25 essential vitamins and minerals
- Soy-based, heart-healthy, and low-lactose

## Medifast 70 Shakes

*For men and women who prefer additional protein*

- 14 grams of protein and 24-25 essential vitamins and minerals
- Soy-based, heart-healthy, and low-lactose

## Medifast Ready-to-Drink Shakes

*For those on the go*

- 11 grams of protein and 24-25 vitamins and minerals
- Heart-healthy and lactose-free
- Convenient, on-the-go packaging



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## **Medifast Plus™ Appetite Suppression Shakes**

*For extra appetite suppression*

- 15 grams of protein and 24-25 vitamins and minerals
- Contains Super CitriMax®, an all-natural plant extract, which helps curb your appetite\*
- Soy-based, heart-healthy, and low-lactose

## **Antioxidant Shakes**

*For overall health by reducing cell damage*

- 1,000 ORAC units of antioxidants to block cell damage caused by free radicals and oxidative stress
- Supports heart and blood vessel health, vision, healthy aging, and more\*
- Whey-based, heart-healthy, and low-lactose

## **Health Management Shakes**

These special shakes help you lose weight while addressing medical concerns.\* Enjoy one to three each day as part of your 5 & 1 Plan, or for general nutrition. Do not change the dosage of or discontinue prescribed medication without consulting with your doctor.

### **Medifast Plus™ Joint Health**

*For painful joints*

- Contains glucosamine and chondroitin, which may help reduce joint pain and help strengthen cartilage\*

### **Medifast Plus™ Diabetes Health**

*For people with diabetes*

- Certified low glycemic by the Glycemic Research Institute

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Transition

There's life after weight loss, and it starts with Medifast's Transition Plan. Once you've reached your weight-loss goal, it's time to make the transition into lifelong healthier eating. The idea behind the transition phase is to gradually increase your calorie intake over time, while re-introducing a wider variety of foods.

During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week: The actual number of calories you need after Transition to maintain your weight is individual, and varies depending on factors such as height, weight, gender, age, and activity level.

## Sample transition chart

| Week  | Target # of calories | Medifast Meals | Lean & Green Meals | Additions   |
|-------|----------------------|----------------|--------------------|---|
| 1     | 850 – 1,050          | 5              | 1                  | <b>1 cup (2 servings) of your favorite vegetables (any kind)</b>  |
| 2     | 900 – 1,150          | 4              | 1                  | In addition to your<br><ul style="list-style-type: none"> <li>• 1 cup of your favorite vegetables</li> </ul> <b>ADD</b><br><ul style="list-style-type: none"> <li>• 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*</li> </ul>  |
| 3     | 1,000 – 1,300        | 4              | 1                  | In addition to your<br><ul style="list-style-type: none"> <li>• 1 cup of your favorite vegetables AND</li> <li>• 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries*</li> </ul> <b>ADD</b><br><ul style="list-style-type: none"> <li>• 1 cup of low-fat or fat-free dairy (1 serving)</li> </ul>   |
| 4 – 6 | 1,100 – 1,550        | 3              | 1                  | In addition to your<br><ul style="list-style-type: none"> <li>• 1 cup of your favorite vegetables AND</li> <li>• 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* AND</li> <li>• 1 cup of low-fat or fat-free dairy</li> </ul> <b>ADD</b><br><ul style="list-style-type: none"> <li>• 4- to 6-oz serving of lean meat (1 serving)** AND</li> <li>• 1 serving of whole grain (1 serving)***</li> </ul> |

\*Fresh, or, if canned, unsweetened and packed in juice, not syrup.

\*\*Grilled, baked, poached, or broiled—not fried.

\*\*\*Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ⅓ cup brown rice.

Follow this 6-week transition to an ultimate goal of less than 1,550 calories a day.

The *Maintenance Guide* helps you create an individualized approach to staying at your new, healthier weight. Get your free copy on ChooseMedifast.com.

# Sample Transition Meal Plans

## Week 1: 850 – 1,050 calories

**Medifast Meals:** 5

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

## WEEK 2 Sample Meal Plan

**Breakfast:** Medifast Blueberry Oatmeal

**Mid-Morning:** Medifast Dutch Chocolate Shake

**Lunch:** Medifast Homestyle Chili; 1-1½ cups baby carrots and celery sticks; add 1-2 Tbsp reduced-calorie salad dressing *if desired*

**Mid-Afternoon:** 1 cup cantaloupe cubes

**Dinner:** 5 oz grilled tuna; 1 cup cooked asparagus

**Evening:** Medifast Raspberry Iced Tea

## WEEK 1 Sample Meal Plan

**Breakfast:** Medifast Original Pancakes

**Mid-Morning:** Medifast Southwest Style Eggs with egg whites

**Lunch:** Medifast Cream of Broccoli Soup; 2 cups salad greens with ½ cup diced cucumber, tomato, and green pepper; add 1-2 Tbsp reduced-calorie salad dressing *if desired*

**Mid-Afternoon:** Medifast Brownie

**Dinner:** 5 oz lean beef; 1 cup grilled portabella mushrooms

**Evening:** Medifast Chocolate Pudding

## Week 2: 900 – 1,150 calories

**Medifast Meals:** 4

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*

## Week 3: 1,000 – 1,300 calories

**Medifast Meals:** 4

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*

*1 cup of low-fat or fat-free dairy (1 serving)*

## WEEK 3 Sample Meal Plan

**Breakfast:** Medifast Hot Cocoa; 1 medium apple

**Mid-Morning:** Medifast Mango Soft Serve

**Lunch:** 6 oz turkey (skinless, white meat); 1 cup broccoli

**Mid-Afternoon:** Medifast Vanilla Pudding blended with 1 medium banana (sliced)

**Dinner:** Medifast Beef Vegetable Stew; 2 cups spinach with ½ cup chopped broccoli and cauliflower; add 1-2 Tbsp reduced-calorie dressing *if desired*

**Evening:** 1 cup low-fat, sugar-free yogurt

## WEEK 4 – 6 Sample Meal Plan

**Breakfast:** ½ cup high-fiber breakfast cereal (>5 grams of fiber per serving) with 1 cup skim milk and 1 cup fresh strawberries

**Mid-Morning:** Medifast Oatmeal Raisin Crunch Bar

**Lunch:** 4 oz grilled chicken with 1-½ cups cooked zucchini and squash

**Mid-Afternoon:** Medifast Tropical Punch Fruit Drink

**Dinner:** 5 oz poached salmon; 1 cup green beans

**Evening:** Medifast French Vanilla Shake

## Week 4 – 6: 1,100 – 1,550 calories

**Medifast Meals:** 3

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*

*1 cup of low-fat or fat-free dairy (1 serving)*

*1 serving of whole grain (1 serving) AND 4- to 6-oz serving of lean meat (1 serving)*

# Maintenance

Once you've completed your transition phase successfully, you're ready to sustain your weight loss and improved health for good. Monitoring your weight, balancing your calories, making smart food choices, and staying active can help you keep what you've worked so hard to achieve.

Like the transition phase, the maintenance phase isn't one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Make sure you order the *Maintenance Guide* on [ChooseMedifast.com](http://ChooseMedifast.com).

Hints for lifelong healthy eating:

- Eat breakfast every day.
- Continue to eat six small meals a day.
- Continue to weigh yourself every week.
- Begin or continue to exercise daily.
- Make vegetables account for ½ of your plate at mealtime.
- Eat at least two servings of fruit each day.
- Choose lean cuts of meat in 4- to 6-oz servings (a 3-oz portion of meat is about the size of a deck of cards; thin cuts, such as fish fillets, are about the size of a checkbook).
- Bake, grill, steam, poach, and broil. Avoid fried foods and cream sauces.
- Read food labels for serving size information and calories per serving so you can keep track of your total daily caloric intake.
- Drink calorie-free beverages, including plenty of plain water.
- Restaurant servings are two to four times larger than normal. Get a "to go" box when you order at a restaurant and put at least half of your meal in the box as soon as it's served. Or, split your meal with someone.
- Order sauce or dressing on the side, and use only a portion of it.
- Enjoy the superior nutrition of Medifast Meals as part of your lifelong approach to healthy eating.
- Stay in touch with your friends on MyMedifast, and reach out to new Medifast users: It's a great way to make your new beginning an inspiration to someone else.

## If you regain weight

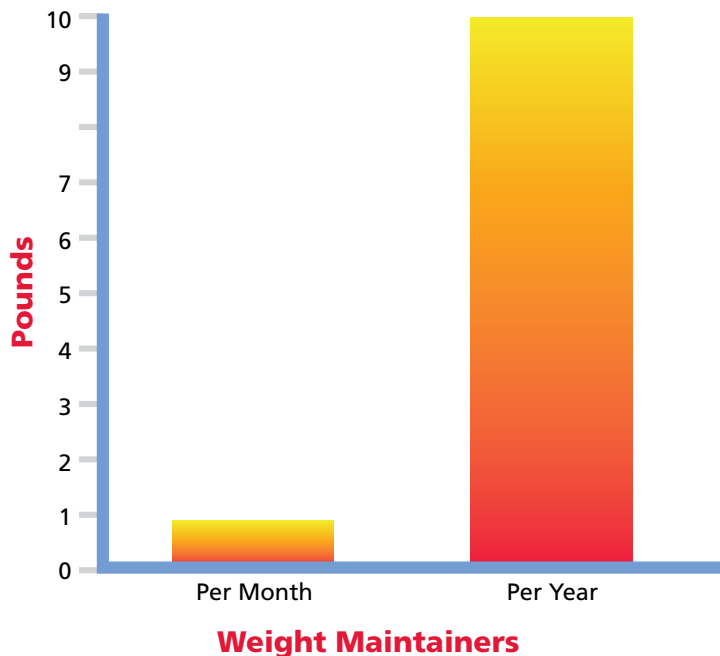
If you regain five or more pounds, consider going back on the Medifast 5 & 1 Plan for a few weeks. Think of it as a short-term refresher to put you back where you want to be.

For an extra metabolism boost, try **Essential<sup>1</sup> Calorie Burn**

Each Calorie Burn product contains 100 mg of caffeine and 90 mg of EGCG to enhance fat burning and decrease appetite.\* Essential<sup>1</sup>: Calorie Burn is specifically designed to help you break through a weight-loss plateau and maintain weight in your maintenance phase.\*

Finally, if you've regained weight, take an honest look at why, and see if there are areas in your life where you can make lasting changes. Watch portion sizes, reduce stress, and take steps to address the emotional issues that can undermine your success.

### Potential Weight Re-Gain AVOIDED with the Use of Essential<sup>1</sup>: Calorie Burn



Evaluation of metabolism-boosting beverages on resting energy expenditure. Jason Pharmaceuticals, Inc., Owings Mills, MD.

Davis LM, Coleman CD, Andersen WS, Cheskin LJ. "The effect of metabolism-boosting beverages on 24-hr energy expenditure." The Open Nutrition Journal. 2:37-41; 2008.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Disclaimer:** 100 mg of caffeine is equivalent to one cup of coffee. Consult with your physician before using this product. (This product may not be appropriate if you are sensitive to caffeine, advised by your doctor to limit caffeine, under the age of 18, or pregnant or nursing.) Recommended usage: Up to three Calorie Burn products daily (any combination of Meals and/or Flavor Infusers). Consuming more than three Calorie Burn products daily will not have an additional effect on metabolism.

## Plan ahead

Taking advantage of our Medifast Advantage program can help make sure you don't run out of Medifast Meals. Make sure you order at least two weeks before your supply runs out. For fast orders, you can request expedited shipping by calling Customer Care at (800) 638-7867.

# Questions and Answers

**Q.** *Are there any medical conditions or medications that would prohibit me from using the Medifast 5 & 1 Plan to lose weight?*

**A.** If you have any of the medical conditions listed below (“contraindications”), you should not use the Medifast Program. With other medical conditions (“relative contraindications”), you can safely use the Medifast Program following the approval of your primary care provider (PCP). It is our recommendation, and your responsibility, to discuss your medical conditions and weight-loss plans with your PCP for approval prior to starting the Medifast Program.

### **Contraindications to Medifast:**

- Pregnancy
- Heart attack/acute unstable cardiac conditions/stroke/min-strokes (TIAs) (within three months)
  - Within this three-month timeframe, individuals may be eligible for a non-fat burning plan with approval from their PCP
- Active disease states—active cancers, acute inflammatory states (acute hepatitis, lupus flare), acute peptic ulcer disease (PUD), bleeding ulcers
- Severe chronic renal disease
- Severe liver disease
- Unstable mental disorders—for example, psychotic disorders, schizophrenia, bipolar disorder, depression with suicidal tendencies
- Drug and/or alcohol abuse with poor nutritional status
- Active eating disorders (anorexia, bulimia, etc.)
- Phenylketonuria (PKU)

### **Relative Contraindications to Medifast:**

- Age: teens 13-17 years old (see *Medifast for Teens Guide*); seniors over 65 years old (see *Medifast for Seniors Guide*)
- AIDS (HIV)
- Nursing mothers with a baby over two months of age (see *Medifast for Nursing Mothers Guide*)
- Type 1 diabetes mellitus (see *Medifast for Diabetes Guide*)
- Diuretics (“water pills”)
- Lithium—weekly laboratory monitoring; frequency beyond one month determined by PCP
- Anti-coagulant drug (Coumadin/warfarin) (see *The Medifast Program and Anticoagulant Medication Guide*)
- Seizure disorder—laboratory monitoring by PCP required; frequency to be determined by your PCP
- Gout (see *Medifast for Gout Guide*)
- Stable mental disorders—for example, psychotic disorders, schizophrenia, bipolar disorder, depression



### **Q. *What about prescription medicines?***

**A.** Most prescription medications will not interfere with the 5 & 1 Plan. However, as you lose weight, your dosage may need to be adjusted. Check with your doctor if you are using any prescription medications, including diuretics (water pills), lithium, anti-seizure medications, thyroid medications, or diabetes medications.

### **Q. *Are antacids okay?***

**A.** Over-the-counter antacids and acid blockers will not interfere with your weight loss on the Medifast 5 & 1 Plan.

### **Q. *What if I have diabetes?***

**A.** If you're taking medication for diabetes, make sure you inform your doctor BEFORE starting the Medifast 5 & 1 Plan, since losing weight may affect your medication requirements. Please check with your doctor to see if you can incorporate Medifast Meals into your medically approved diet.

# Questions and Answers (cont.)

## **Q.** *What about high blood pressure?*

**A.** Consult your doctor BEFORE starting the Medifast 5 & 1 Plan, because as you lose weight, your blood pressure may go down, and your medications may need to be adjusted to avoid feelings of tiredness or weakness.

## **Q.** *What if I'm pregnant or breastfeeding?*

**A.** We do not recommend weight loss or dieting during pregnancy. While pregnant, the focus must shift from weight loss to weight gain to support the needs of the baby. Medifast recommends that you consult with your physician. Please see our *Medifast for Nursing Mothers Guide* if you are breastfeeding.

## **Q.** *What if I'm lactose intolerant?*

**A.** You can use a non-prescription enzyme such as Lactaid® or stick with any of Medifast's low-lactose and lactose-free selections, or add Medifast's Essential1®: Digestive Health dietary supplement to your daily routine. This supplement contains a probiotic, as well as lactase and other enzymes.

## **Q.** *What if I'm not feeling well?*

**A.** Chances are you'll feel great on Medifast, especially after the first week when your body has adjusted to the 5 & 1 Plan. If you continue to not feel well, consult your physician.

## **Q.** *What if I get constipated?*

**A.** You're eating less, which can cause less frequent bowel movements. If you feel constipated or experience hard stools, try:

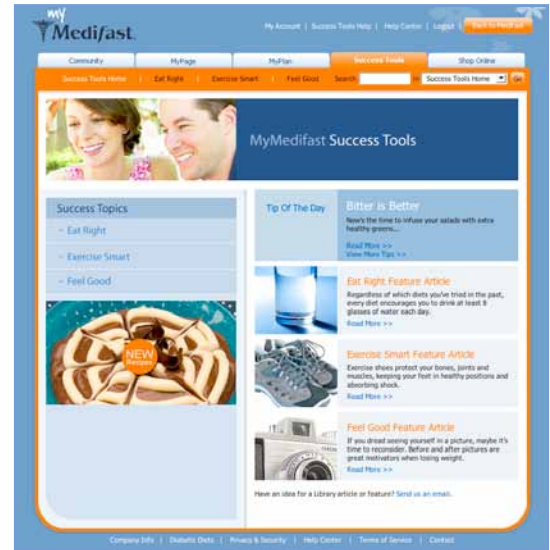
- Choosing higher fiber vegetables from the Green Options list, such as broccoli, okra, spinach, or turnip greens.
- Choosing higher fiber Medifast Meals such as Oatmeal, Homestyle Chili, Vanilla Pudding, or Eggs.
- Adding Essential1®: Digestive Health to your daily routine.
- More fluids and more physical activity.
- A sugar-free fiber supplement (minimum dose for effectiveness).
- A stool softener or laxative if needed.

# MyMedifast: Your FREE Personal Support System

Studies show that caring support from others can be a powerful factor in successful weight loss. That's why MyMedifast.com was created—to provide inspiration, encouragement, tools, and information to enhance your experience with the Medifast Program.

## A community of people who understand firsthand

On MyMedifast, you'll meet thousands of Medifast customers ready to welcome you and share experiences, laughs, tears, challenges, and victories, large and small. Plus, you can get personalized support from Medifast's team of Registered, Licensed Dietitians, and Certified Personal Trainers.



## It's easy to get involved:

1. Introduce yourself! Set up your community profile and start connecting with others instantly.
2. Search for other MyMedifast users who share your interests and goals.
3. Share your success and get support from others in discussion boards and chat rooms that are open 24/7.
4. Create blogs where you can post journals, photos, and videos, and check up on what other Medifast customers have to say.

## Easy, interactive tools to help you chart your progress—and more

MyMedifast was developed specifically for the Medifast Program, and helps you:

- Track your progress with daily reports and customizable graphs.
- Record your meal plans, weight loss, exercise, and measurements.

# MyMedifast (cont.)

- Get suggested daily meal plans based on your favorite products.
- Stay organized with convenient online journals.
- Print your meal plans when you're on the go.

## Other benefits of your MyMedifast membership

The MyMedifast Library is full of information and resources to help you with any phase of the Medifast Program. MyMedifast also gives you access to exclusive discounts, special incentives, and promotions, including inside information on company events, new products, and much more! **Sign up today at MyMedifast.com.**

# Customer Care and Support

## Nutrition Support

**NutritionSupport@ChooseMedifast.com**

- Contact a Registered, Licensed Dietitian, Nutrition Expert, Certified Personal Trainer, or Behavioral Specialist.
- Get help with your program, nutrition information, and exercise guidelines.
- Ask questions about products.
- Get support.

## Customer Care and Support

**(800) 638-7867**

**ChooseMedifast.com**

- Ask questions about products.
- Place orders.

- Check on orders or exchanges.
- Find a Medifast practitioner in your area.

### **Payment**

Have your Visa, MasterCard, Discover, or American Express card ready when you call or log on (no cash, checks, or C.O.D.s).

### **Shipping**

All orders are processed within 24 hours and shipped the next business day. Allow five to seven business days for standard shipping, or three to four business days for expedited shipping (additional charge). Qualifying Medifast Advantage orders will receive free shipping anywhere in the U.S. Please visit [ChooseMedifast.com](http://ChooseMedifast.com) or call for up-to-date Medifast Advantage benefits.

Need your Medifast ... fast? For just \$9.95, you can put your order on the fast track! Add MedifastTrack Expedited Processing to your order and we'll push your order to the front of the line so you get your products faster than ever.

### **Exchanges and returns**

Refer to the policy printed on the back of your packing slip or visit [ChooseMedifast.com](http://ChooseMedifast.com) for more information.



## Jessica lost 85 lbs!

*"When I was 218 lbs, I ached all over. I had difficulty breathing and was too bulky to do any of the activities that I wanted to enjoy, like mountain biking and yoga. I dreaded going out in public and covered up my entire body with oversized clothing.*

*"A cardiologist confirmed that I had inappropriate tachycardia as my resting heart rate was over 100 beats per minute. I searched online and found Medifast. The Medifast 5 & 1 Plan offered me quick, healthy, long-term results with tasty food and an easy-to-follow plan. I saw drastic results in the first 10 days; others commented on my loss, as well.*

*"At 133 lbs, my heart rate is normal, I'm not out of breath, my knees went from crunching and buckling when I walked to being pain-free, and I can touch my toes during yoga!"*



Results not typical.



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