

# Medifast for Seniors



Eating Well and Aging Well

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Medifast for Seniors: Eating Well and Aging Well is specially designed for adults over age 65. Please read the guide carefully; it provides all the information you need to get started.

## Let's get started!

For seniors, the benefits of eating a healthy diet include a sharper mind, better resistance to illness and disease, more energy, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and better emotional balance.

**Please note**, there are several occurrences within this guide where you may need additional resources. When notated (†), please reference the following for specified document: [ChooseMedifast.com](http://ChooseMedifast.com).

Eating well and maintaining a healthy weight throughout adulthood can help you avoid—or better manage—chronic diseases. Good nutrition and a healthy weight mean a higher quality of life and more independence as you get older.

## Losing weight and staying nourished

As you age, your digestive tract changes. You may be less able to absorb vitamins and minerals such as calcium, vitamin D, and some B vitamins. Medifast Meals are fortified with at least 24 vitamins and minerals, including these important nutrients. Your doctor can help you determine if you need additional supplements.

**Calories:** Every year over the age of forty, your metabolism slows down. So even if you continue to eat the same amount as when you were younger, you're likely to gain weight, because you're burning fewer calories.

**Veggies:** For optimal aging, it's important to get a variety of colors in the fruits and vegetables you eat each day. Choose antioxidant-rich dark leafy greens, such as kale, spinach, and broccoli, as well as oranges and yellows, such as orange peppers or yellow squash, and rich red tomatoes.

**Calcium and vitamin D:** Calcium and vitamin D work together to maintain strong, healthy bones, and prevent osteoporosis and bone fractures. Vitamin D is essential for absorbing calcium, which is why it's so important to get this vital nutrient in your diet. We get most of our vitamin D through sun exposure and a few foods like fatty fish, egg yolks, and Medifast Meals. With age, our skin is less efficient at synthesizing vitamin D from sunlight, so consult your doctor about supplementing with a calcium

supplement that contains vitamin D. As far as calcium, seniors need 1,200 mg a day, and can get them through Medifast Meals, cheese, tofu, broccoli, canned fish with bones, almonds, and kale. If you choose a calcium supplement, look for one with added vitamin D.

**Vitamins B12 and B6, and folic acid:** If you are older than 65, you may not get enough B vitamins. This is because as you age, your stomach produces less gastric acid, making it difficult to absorb vitamin B12, B6, and folic acid, all of which are necessary to maintain mental alertness, a keen memory, and good circulation. Get the recommended daily intake of B vitamins from fortified foods such as Medifast Meals, as well as lean meat, and certain fish and seafood.

**Fiber:** Fiber keeps your bowel functions normal, and is good for heart health and blood sugar control. If you need to lose weight, fiber (along with protein foods) keeps you feeling fuller longer and tames your hunger pangs. All Medifast Meals contain a mix of fiber, both soluble (good for your heart and blood sugar) and insoluble (promotes bowel health and regularity). Most Medifast Meals contain 3 - 6 grams of fiber, helping you meet the recommended daily amount of 25 - 38 grams of dietary fiber.

**Zinc:** Zinc is an important nutrient for wound healing and good vision. Zinc also helps your immune system, nerve function, and aids your sense of taste and smell.

**Potassium and sodium:** Increasing potassium intake along with decreasing sodium (salt) may lower your risk of high blood pressure. Good sources of potassium include tomatoes, broccoli, cauliflower, spinach, and asparagus. Choose low-sodium foods

and replace salt with other herbs and spices to reduce your sodium without reducing flavor.

**Healthy fats:** For weight control and overall health, limit fat calories to 20 to 35 percent of your diet. Emphasize heart-healthy unsaturated (polyunsaturated and monounsaturated) fats, like extra-virgin olive oil, canola oil, and foods such as flaxseed walnuts or almonds. An omega-3 supplement can help support the health of your cardiovascular system and help reduce your risk of heart disease.

**Protein:** Seniors typically need about a half a gram of protein per pound of body weight each day. A 130-lb woman would aim for at least 65g of protein a day. Choose a variety of protein sources to include fish, chicken, lean beef, tofu, or eggs. The Medifast for Seniors Program provides at least 80 to 100 grams of protein, depending on your individual choices, which may help reduce the natural loss of muscle mass associated with aging. Certain medical conditions may require you to adjust your protein intake; please discuss this with your physician.

**Fluids:** It's extremely important to stay hydrated as you age. People 65 and older can be at increased risk of dehydration because the sensation of thirst dulls with age. If left untreated, dehydration can be serious and even life-threatening. Symptoms can include confusion, dizziness, lightheadedness, or

fatigue. Drink water often throughout the day even



if you are not aware of feeling thirsty. Medifast recommends drinking at least 64 oz of fluid (preferably water) or calorie-free drinks each day in addition to what you mix with your Medifast Meals.

For optimal health and cardiovascular protection, the 2010 Dietary Guidelines for Americans recommends limiting sodium intake to less than 2,300 mg per day, and cholesterol to less than 300 mg per day, while limiting total fat and saturated fat. Medifast Meals are low in fat and many are FDA-certified as “Heart Healthy” since they contain at least 6.25g of soy protein, less than 3 grams of fat, and less than 1 gram of saturated fat. The sodium content in Medifast Meals ranges from 65 - 430 mg each. Following the Medifast for Seniors Program is a good way to avoid exceeding your daily sodium limit.

## Choosing a Meal Plan

The Medifast for Seniors Program has three different meal plans for healthy nutrition and weight control that can meet the needs of people over the age of 65. Each one emphasizes portion-controlled eating at regular intervals throughout the day, and is convenient and simple to follow.

The Meal Plans consist of:



**Medifast Meals:** Choose 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 if you are on the Medifast 5 & 1 Plan).



**Lean & Green Meals:** a measured portion of lean protein (fish, chicken, lean beef, etc.) and non-starchy vegetables (salad greens, etc.). Lean & Green Meal guidelines are found on pages 7 - 10.



**Healthy Snacks:** (Options 2 & 3 only) a serving of fruit, dairy, or grain. For examples, see pages 11 - 13.

Option 1: The Medifast 5 & 1 Plan is appropriate for healthy and active seniors with less than 100 lbs to lose. "Active" means you spend an average of 30 minutes a day walking, swimming, jogging, etc.

Option 2: The Medifast 4 & 2 & 1 Plan is recommended for those who have up to 100 lbs to lose and who have a more sedentary (inactive) lifestyle.

Option 3: The Medifast 5 & 2 & 2 Plan is recommended for seniors with over 100 pounds to lose, and those with chronic or serious medical conditions.

Make sure you consult with your physician and review this plan to ensure it's safe for you.

## OPTION 1: The Medifast 5 & 1 Plan

For sample meal plans, see pages 18 - 20.

- What you eat: 5 Medifast Meals + 1 Lean & Green Meal daily;  
NO Healthy snacks
- Daily calories: 800 - 1,000
- Daily carbohydrates: Less than 100g
- Fat-burning / fast weight loss

## OPTION 2: The Medifast 4 & 2 & 1 Plan

For sample meal plans, see pages 21 - 24.

- What you eat: 4 Medifast Meals + 2 Lean & Green Meals + 1 Healthy Snack
- Daily calories: 1,100 – 1,300
- Daily carbohydrates: 100g or more
- Not fat-burning / gradual weight loss

## OPTION 3: The Medifast 5 & 2 & 2 Plan

For sample meal plans, see pages 25 - 31.

- What you eat: 5 Medifast Meals + 2 Lean & Green Meals + 2 Healthy Snacks
- Daily calories: 1,400 – 1,600
- Daily carbohydrates: more than 130g
- Not fat-burning / slower, steady weight loss

# 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(s) 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(s). Healthy Fats are important to help you absorb certain vitamins, like A, D, E, and K. They also ensure your gallbladder works 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 8.

**NOTE: If your plan allows for two Lean & Green Meals, you only get Healthy Fat servings for one of them, not both. This ensures your plan stays within calorie limits to help you lose weight.**



## 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 for Seniors Program—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:** ≥ 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® silken extra firm tofu (bean curd)  
• 2 whole eggs plus 4 egg whites

### ▶ **LEAN: Choose a 5-oz portion (cooked weight) with 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® silken firm or soft tofu (bean curd)  
• 3 whole eggs (limit to once a week)

## 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 for Seniors Program—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.**

# The “Green” (cont.)

1 serving = ½ cup vegetables  
(unless otherwise specified on the Green Options list)

## ▶ 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, 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)



# Healthy Snacks

Your Healthy Snack(s) should be incorporated into one of your six mealtimes throughout the day, so you're eating your Healthy Snack(s) at the same time as a Medifast Meal or Lean & Green Meal. You should maintain eating six meals each day (spaced two to three hours apart) for optimal blood sugar control.

- If you choose Option 1 (Medifast 5 & 1 Plan), you should **not** add any Healthy Snacks to your daily meal plan.
- If you choose the Option 2 (Medifast 4 & 2 & 1 Plan), you may choose **one** Healthy Snack from the snack category of your choice (fruit, dairy, or grains). Remember to limit yourself to only one Healthy Snack each day.
- If you choose the Option 3 (Medifast 5 & 2 & 2 Plan), you may choose **two** Healthy Snacks from the snack categories of your choice (fruit, dairy, or grains). Remember to limit yourself to only two Healthy Snacks each day.



## FRUITS

A Healthy Snack serving of fruit is:

- 1 medium-sized piece of fresh fruit such as pears, apples, oranges, etc.
- ½ cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, boysenberries, etc.
- ½ cup canned fruit such as peaches, pears, or fruit cocktail

# Healthy Snacks (cont.)

(choose canned fruit packed in water or natural juices—not syrup)

- 17 fresh grapes
- ½ grapefruit
- ½ large banana or 1 small banana



## DAIRY

A Healthy Snack serving of dairy is:

- ½-1 cup (4 - 8 oz) low-fat yogurt—yogurt serving should be less than 120 calories, low-fat, and either plain (unflavored) or artificially sweetened (flavored)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or buttermilk)
- ½ cup fat-free evaporated milk

**NOTE:** Always choose low-fat or fat-free dairy foods. Cheese (of any kind) should not be considered a dairy option, and therefore should not be counted as a healthy snack. See the Meatless Options list<sup>†</sup> for information about including cheese in your weight-loss plan as a lean protein.



## GRAINS

A Healthy Snack serving of grain is:

**Bread:** Choose whole-grain varieties that have three or more grams of fiber per slice.

- 1 slice whole-grain bread

- 2 slices low-calorie, “light” whole-grain bread (less than 40 calories/slice)

**Cereal:** Choose a whole-grain option that has five or more grams of fiber per serving.

- ½-1 cup cold cereal such as bran flakes, etc.
- ½ cup cooked cereal

**Additional whole-grain options:**

- ⅓ cup cooked brown or wild rice
- ½ cup whole-wheat pasta

Check the food-label ingredient list to ensure the starch or grain products you choose are made from whole-grain sources, which should appear first in the ingredient list—examples include whole wheat, whole rye, and whole oats.

## Extras for Option 1

### Optional Snacks

In addition to your five Medifast Meals and one Lean & Green Meal, you may choose to include ONE of the following optional extra 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.



## Optional Condiments

To flavor your meals and make your Medifast Meals 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, we recommend 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 teaspoon lemon/lime juice
- 1 - 2 tablespoon sugar-free flavored syrup (Medifast Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet of artificial sweetener (Splenda®, Equal®, etc.)

Refer to our Condiment List† for a more complete list.

# 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; 64 oz total)

<input type="checkbox"/>	<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

# 4 & 2 & 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"/>
1	2	3	4

### Healthy 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

### Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

### Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<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

# 5 & 2 & 2 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

### Healthy Snack

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

### 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

### Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

### Glasses of water (8 oz)

(check off each box; 64 oz total)

<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

# Option 1: The Medifast 5 & 1 Plan

Every day, it's as simple as: any 5 Medifast Meals + 1 Lean & Green Meal

## Day 1

### **Breakfast: 1st Medifast Meal**

- Medifast Southwest Style Eggs with egg whites

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Dutch Chocolate Shake

### **Lunch: 3rd Medifast Meal**

- Medifast Cream of Chicken Soup

### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Peanut Butter Crunch Bar

### **Dinner: Lean & Green Meal**

- 6 oz grilled chicken breast
- 1-½ cups zucchini cooked in 1 tsp olive oil

### **Evening: 5th Medifast Meal**

- Medifast Vanilla Pudding

## Day 2

### **Breakfast: 1st Medifast Meal**

- Medifast Blueberry Oatmeal

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Hot Cocoa

### **Lunch: Lean & Green Meal**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery
- 2 Tbsp low-calorie, low-carbohydrate salad dressing

### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Honey Mustard Pretzel Sticks

### **Dinner: 4th Medifast Meal**

- Medifast Chicken Noodle Soup

### **Evening: 5th Medifast Meal**

- Medifast Tropical Punch Fruit Drink

#### KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats ■ Optional Condiments

## Day 3

### ***Breakfast: Lean & Green Meal***

- 2 cups EggBeaters® scrambled with 2 tsp margarine
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

### ***Mid-Morning: 1st Medifast Meal***

- Medifast Chai Latte

### ***Lunch: 2nd Medifast Meal***

- Medifast Maryland Crab Soup

### ***Mid-Afternoon: 3rd Medifast Meal***

- Medifast French Vanilla 70 Shake

### ***Dinner: 4th Medifast Meal***

- Medifast Beef Vegetable Stew

### ***Evening: 5th Medifast Meal***

- Medifast Coffee Soft Serve

## Day 4

### ***Breakfast: 1st Medifast Meal Meal***

- Medifast Peach Oatmeal

### ***Mid-Morning: 2nd Medifast Meal***

- Medifast Chocolate Crunch Bar

### ***Lunch: Lean & Green Meal***

- 6 oz grilled chicken breast
- 1 cup baby spinach salad greens
- 1 cup mixed diced tomatoes, cucumbers, and celery
- 2 Tbsp low-calorie, low-carbohydrate salad dressing

### ***Mid-Afternoon: 3rd Medifast Meal***

- Medifast Raspberry Iced Tea

### ***Dinner: 4th Medifast Meal***

- Medifast Homestyle Chili

### ***Evening: 5th Medifast Meal***

- Medifast Chocolate Pudding

## Option 1 Meal Plans (cont.)

### Day 5

#### **Breakfast: 1st Medifast Meal**

- Medifast Chocolate Chip Pancakes

#### **Mid-Morning: 2nd Medifast Meal**

- Medifast Cream of Broccoli Soup

#### **Lunch: 3rd Medifast Meal**

- Medifast French Vanilla Ready-to-Drink

#### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Cappuccino

#### **Dinner: Lean & Green Meal**

- 2 BocaBurgers® (no bread)
- 1 cup sautéed spinach and ½ cup portabella mushroom caps cooked in 1 tsp canola oil

#### **Evening: 5th Medifast Meal**

- Medifast Peanut Butter Soft Serve

### Day 6

#### **Breakfast: 1st Medifast Meal**

- Medifast Cappuccino

#### **Mid-Morning: 2nd Medifast Meal**

- Medifast Cream of Tomato Soup

#### **Lunch: 3rd Medifast Meal**

- Medifast Brownie

#### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Banana Pudding

#### **Dinner: Lean & Green Meal**

- 7 oz baked orange roughly
- 1-½ cups eggplant sautéed in 2 tsp canola oil

#### **Evening: 5th Medifast Meal**

- Medifast Peach Iced Tea

### Day 7

#### **Breakfast: 1st Medifast Meal**

- Medifast Spiced Pancakes

#### **Mid-Morning: 2nd Medifast Meal**

- Medifast Apple Cinnamon Oatmeal

#### **Lunch: Lean & Green Meal**

- 7 oz sautéed shrimp with 1 tsp olive oil
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 2 Tbsp low-fat, low-carbohydrate salad dressing

#### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Cheese Pizza Bites

#### **Dinner: 4th Medifast Meal**

- Medifast Chicken & Wild Rice Soup

#### **Evening: 5th Medifast Meal**

- Medifast Orange Crème Shake

# Option 2: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: any 4 Medifast Meals +  
2 Lean & Green Meals + 1 Healthy Snack

## Day 1

### **Breakfast: 1st Medifast Meal**

- Medifast Apple Cinnamon Oatmeal

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Chai Latte

### **Lunch: Lean & Green Meal**

- 7 oz grilled shrimp with 1 tsp olive oil
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-fat, low-calorie oriental salad dressing

### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Cranberry Mango Fruit Drink

### **Dinner: 2nd Lean & Green Meal**

- 6 oz grilled chicken breast
- 2 cups fresh baby spinach
- ½ cup fresh mushrooms and tomatoes

### **Evening: 4th Medifast Meal + Healthy Snack**

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water)

#### KEY

Lean Green Medifast Meals Healthy Snack Healthy Fats

## Option 2 Meal Plans (cont.)

### Day 2

**Breakfast: 1st Medifast Meal**

- Medifast Blueberry Oatmeal

**Mid-Morning: 2nd Medifast Meal**

- Medifast Hot Cocoa

**Lunch: Lean & Green Meal**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery

**Mid-Afternoon: 3rd Medifast Meal**

- Medifast Dutch Chocolate Ready-to-Drink

**Dinner: 2nd Lean & Green Meal**

- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans

**Evening: 4th Medifast Meal + Healthy Snack**

- Medifast Strawberry Crème Shake blended with 1 small banana

### Day 3

**Breakfast: 1st Lean & Green Meal**

- 2 cups EggBeaters®
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

**Mid-Morning: 1st Medifast Meal**

- Medifast Chai Latte

**Lunch: 2nd Medifast Meal**

- Medifast Maryland Crab Soup

**Mid-Afternoon: 3rd Medifast Meal + Healthy Snack**

- Medifast French Vanilla Shake blended with ½ cup raspberries

**Dinner: 2nd Lean & Green Meal**

- 5 oz pork loin
- 1-½ cups cauliflower

**Evening: 4th Medifast Meal**

- Medifast Mango Soft Serve

## Day 4

### **Breakfast: 1st Medifast Meal**

- Medifast Peach Oatmeal

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Oatmeal Raisin Crunch Bar

### **Lunch: 1st Lean & Green Meal**

- 6 oz grilled chicken breast
- 2 cups romaine salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery

### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Swiss Mocha 55 Shake

### **Dinner: 2nd Lean & Green Meal + Health Snack**

- 5 oz beef tenderloin tips
- 1-½ cups mushrooms
- ⅓ cup whole-grain beef flavored rice

### **Evening: 4th Medifast Meal**

- Medifast Cream of Broccoli Soup

## Day 5

### **Breakfast: 1st Medifast Meal**

- Medifast Original Style Eggs with egg whites

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Cream of Chicken Soup

### **Lunch: 1st Lean & Green Meal**

- 7 oz fresh flounder
- 1-½ cups steamed asparagus
- 2 tsp trans fat-free margarine

### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Cream of Broccoli Soup

### **Dinner: 2nd Lean & Green Meal + Healthy Snack**

- 6 oz deli turkey
- 1 cup raw spinach leaves
- 1 cup cooked broccoli
- 1 slice whole-grain bread

### **Evening: 4th Medifast Meal**

- Medifast Orange Crème Shake

## Option 2 Meal Plans (cont.)

### Day 6

#### **Breakfast: 1st Medifast Meal**

- Medifast Strawberry Crunch Bar

#### **Mid-Morning: 2nd Medifast Meal**

- Medifast Chicken Noodle Soup

#### **Lunch: 1st Lean & Green Meal**

- 2 BocaBurgers® (no bread)
- 1-½ cups sautéed spinach with 1 tsp walnut oil

#### **Mid-Afternoon: 3rd Medifast Meal + Healthy Snack**

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries

#### **Dinner: 2nd Lean & Green Meal**

- 7 oz baked orange roughy
- 1-½ cups sautéed eggplant

#### **Evening: 4th Medifast Meal**

- Medifast French Vanilla Ready-to-Drink Shake

### Day 7

#### **Breakfast: 1st Medifast Meal + Healthy Snack**

- Medifast Hot Cocoa
- 8 oz (1 cup) low-fat, sugar-free yogurt

#### **Mid-Morning: 2nd Medifast Meal**

- Medifast Original Pancakes

#### **Lunch: 1st Lean & Green Meal**

- 7 oz sautéed shrimp with 1 tsp canola oil
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms

#### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Chai Latte

#### **Dinner: 2nd Lean & Green Meal**

- 5 oz roast beef
- 1-½ cups seasoned cabbage

#### **Evening: 4th Medifast Meal**

- Medifast Chocolate Chip Soft Bake

# Option 3: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: any 4 Medifast Meals +  
2 Lean & Green Meals + 2 Healthy Snacks

## Day 1

### **Breakfast: 1st Medifast Meal**

- Medifast Maple & Brown Sugar Oatmeal

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Cappuccino

### **Lunch: 1st Lean & Green Meal + 3rd Medifast Meal**

- 7 oz grilled shrimp
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-fat, low-calorie oriental salad dressing
- Medifast Cranberry Mango Drink

### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Dutch Chocolate Shake

### **Dinner: 2nd Lean & Green Meal + 1st Health Snack**

- 6 oz grilled chicken breast
- 1 cup cooked baby spinach
- ½ cup cooked mushrooms and tomatoes
- ⅓ cup brown rice

### **Evening: 5th Medifast Meal + 2nd Healthy Snack**

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water)

#### KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats

# Option 3 Meal Plans (cont.)

## Day 2

### **Breakfast: 1st Medifast Meal + 1st Healthy Snack**

- Medifast Blueberry Oatmeal
- 8 oz (1 cup) low-fat, sugar-free yogurt

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Hot Cocoa

### **Lunch: 1st Lean & Green Meal + 3rd Medifast Meal**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed cucumbers, peppers, radishes, and celery
- Medifast Banana Pudding

### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Brownie

### **Dinner: 2nd Lean & Green Meal**

- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans

### **Evening: 5th Medifast Meal + 2nd Healthy Snack**

- Medifast Strawberry Crème Shake blended with 1 small banana

#### KEY



## Day 3

### ***Breakfast: 1st Lean & Green Meal***

- 2 cups EggBeaters® scrambled

### ***Mid-Morning: 1st Medifast Meal***

- Medifast Chocolate Crunch Bar

### ***Lunch: 2nd Medifast Meal***

- Medifast Maryland Crab Soup

### ***Mid-Afternoon: 3rd Medifast Meal + 1st Healthy Snack***

- Medifast Vanilla Pudding blended with ½ cup raspberries

### ***Dinner: 2nd Lean & Green Meal + 4th Medifast Meal***

- 5 oz pork loin
- 1-½ cups cauliflower
- Medifast Dutch Chocolate Shake

### ***Evening: 5th Medifast Meal + 2nd Healthy Snack***

- Medifast Cream of Chicken Soup mixed with ½ cup whole-grain noodles

# Option 3 Meal Plans (cont.)

## Day 4

### **Breakfast: 1st Medifast Meal**

- Medifast Original Style Eggs with egg whites

### **Mid-Morning: 2nd Medifast Meal + 1st Healthy Snack**

- Medifast Vanilla Shake blended with ½ cup blueberries

### **Lunch: 1st Lean & Green Meal + 3rd Medifast Meal**

- 6 oz grilled chicken breast
- 2 cups baby spinach salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery
- Medifast Tropical Punch Fruit Drink

### **Mid-Afternoon: 4th Medifast Meal**

- Medifast Chocolate Shake

### **Dinner: 2nd Lean & Green Meal + 2nd Healthy Snack**

- 5 oz beef tenderloin tips
- 1-½ cups mushrooms
- 1 small whole-grain roll

### **Evening: 5th Medifast Meal**

- Medifast Brownie

#### KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats

## Day 5

### ***Breakfast: 1st Medifast Meal***

- Medifast Chocolate Chip Pancakes

### ***Mid-Morning: 2nd Medifast Meal***

- Medifast Homestyle Chili

### ***Lunch: 1st Lean & Green Meal + 3rd Medifast Meal***

- 7 oz fresh flounder
- 1-½ cups asparagus
- Medifast Cream of Broccoli Soup

### ***Afternoon: 4th Medifast Meal + 1st Healthy Snack***

- Medifast Beef Vegetable Stew
- 1 fresh apple

### ***Dinner: 2nd Lean & Green Meal + 2nd Healthy Snack***

- 6 oz turkey (white meat)
- ½ cup mixed lettuce, tomatoes, and sprouts
- 1 cup cooked broccoli
- 1 slice whole-grain bread
- 1 tsp trans fat-free margarine

### ***Evening: 5th Medifast Meal***

- Medifast Strawberry Crème Shake

# Option 3 Meal Plans (cont.)

## Day 6

### **Breakfast: 1st Medifast Meal**

- Medifast Cappuccino

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Peanut Butter Crunch Bar

### **Lunch: 1st Lean & Green Meal + 3rd Medifast Meal**

- 2 BocaBurgers® (no bread)
- 1-½ cups sautéed spinach
- Medifast Cream of Tomato Soup

### **Mid-Afternoon: 4th Medifast Meal + 1st Healthy Snack**

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries

### **Dinner: 2nd Lean & Green Meal**

- 7 oz baked orange roughly coated with 2 tsp walnut oil
- 1-½ cups sautéed eggplant

### **Evening: 5th Medifast Meal + 2nd Healthy Snack**

- Medifast Dutch Chocolate Shake made with 8 oz (1 cup) skim milk (instead of water)

#### KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats

## Day 7

### **Breakfast: 1st Lean & Green Meal + 1st Healthy Snack**

- Medifast Hot Cocoa
- 8 oz (1 cup) low-fat, sugar-free yogurt

### **Mid-Morning: 2nd Medifast Meal**

- Medifast Cream of Broccoli Soup

### **Lunch: 1st Lean & Green Meal**

- 7 oz sautéed shrimp
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 1 Tbsp low-calorie, low-carbohydrate salad dressing

### **Mid-Afternoon: 3rd Medifast Meal**

- Medifast Chai Latte

### **Dinner: 2nd Lean & Green Meal + 4th Medifast Meal**

- 6 oz sliced turkey breast
- 1-½ cups seasoned cabbage
- Medifast Strawberry Crème Shake

### **Evening: 5th Medifast Meal + 2nd Healthy Snack**

- Medifast Brownie topped with ½ cup sliced strawberries

# Tips for Success

## The First Few Days

As you begin the Medifast for Seniors 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.

# Tips for Success (cont.)

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 for Seniors 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 of being on Option 1, 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 10).
- 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.

## Recipe Suggestions

Here's a Mocha Freeze recipe:

Mix 1 packet of Medifast Dutch Chocolate Shake with 1 tablespoon instant coffee,  $\frac{1}{2}$  cup cold water and  $\frac{1}{2}$  cup ice. Blend in a blender until smooth.

You can mix your Medifast Shakes with diet soda to create different flavors. Try this recipe:

Carefully stir 1 packet Medifast Vanilla Shake into 6 - 8 ounces diet cream soda (be sure not to use a shaker jar).

You can use sugar-free syrups to change the flavor of your Medifast Meals. Try this recipe:

Mix 1 packet Medifast Hot Cocoa with 1 - 2 tablespoons sugar-free hazelnut syrup and 1 cup water. Microwave until warm (1 - 2 minutes).

# Exercise

Some avoid physical activity when they become older because they are too frail, busy, or tired. But if your doctor says you are fit enough to exercise, you should try it—it really is the fountain of youth in many ways!



Daily exercise is essential to a healthy lifestyle that can help you to continue to live independently. Strengthening your heart, lungs, and muscles, exercise also increases your flexibility and contributes to your overall physical fitness. Being active enhances your everyday activities like climbing the stairs, shopping and carrying groceries, cleaning the house, and visiting with family and friends.

Besides helping with weight management, staying physically active can help improve your blood sugar, blood pressure, cholesterol, osteoarthritis, and osteoporosis. You will also improve your mental health and boost your coping skills with less stress and better mood stability. If you are new to exercise or if you have a chronic condition such as high blood pressure, heart conditions, diabetes, arthritis, or osteoporosis, you should talk to your doctor before beginning a fitness plan. The key to finding a fitness plan that can keep you healthy and independent is choosing enjoyable activities that you can do regularly, with friends or family, or by yourself. In addition to the old standbys like walking, swimming, or jogging, you may even try a new activity such as ballroom dancing or golf.

Set a goal to be physically active at least 30 minutes every day. You can break up your daily physical activity any way that is convenient for you. For example, you can exercise for two 15-minute sessions, or three 10-minute sessions. Certain “lifestyle exercise” may already be contributing to your fitness goals. Mopping, sweeping, or vacuuming the floor, shopping, climbing the stairs, cleaning the house, gardening, and walking can increase your heart rate and breathing if done at a brisk pace.

If you are new to exercise, have certain chronic diseases or are taking specific medications, you should consult with your health care professional to discuss your participation in physical activities. Work with your doctor to determine the best level of activity for you, and whether you should participate in supervised or unsupervised programs. There’s so much out there to explore! Plenty of physical activity programs for older adults offered by community or senior centers, recreation departments, hospitals, fitness centers, churches, and schools.

When you are starting the Medifast 5 & 1 Plan for Seniors, we do recommend that you wait two to three weeks to begin exercising, so your body can get adjusted to the fat-burning state. After that, we strongly recommend beginning an exercise program in order to help maintain your lean muscle mass and bone density, as along with all of the health benefits mentioned above.

Always begin your workout with a slow warm-up for a minimum of 10 minutes. Start with an easy walk and be sure to move your arms. Start your fitness program gradually and build up your pace and intensity until you can do the activity for 30 minutes. To determine whether the exercise is the right pace and intensity for you, use the “talk test.” If you cannot talk during the activity, you’re working too hard—slow down. If you can sing a song, you may not be working

hard enough—try increasing your pace.

An ideal workout regimen will include aerobic training, strength training, flexibility, and balance training. **Aerobic** training is any type of exercise that increases your heart rate and makes your lungs work harder, such as walking, running, or swimming. Do your aerobic exercise at least five days a week.

You can do **strength** training at least twice a week, but don't train the same muscles two days in a row. Strength training may involve lifting weights, lunges, squats or sit-ups. Seek help from a certified personal trainer to ensure safety on strength training equipment and to ensure proper technique while performing exercises.

**Flexibility** can be anything from simply stretching for a few minutes to taking a yoga class. You'll get the best benefit from stretching exercises at least twice a week. Always finish your workout with a cool-down and be sure to stretch for 5 - 10 minutes.

Don't forget how important it is to stay properly hydrated during exercise and throughout the day. Be sure that you are taking in at least 64 oz of water, and add more on days when you are physically active, especially if you're exercising outdoors in warm weather. If you're perspiring, you are losing water, so be sure to replenish fluids even if you don't feel thirsty.





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Medifast, Inc., Owings Mills, MD 21117

MD-GUI1211\_Snrs37935

