

PRODUCT MENU

 **Medifast**
WEIGHT CONTROL CENTERS®





Medifast SHAKES

Medifast Shakes are soy-based, heart-healthy, low-lactose and taste great, containing 14 grams of protein per serving. They come in six delicious flavors and mix easily with water.



- **Banana Shake (52530)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **Dutch Chocolate Shake (52550)**
Calories 100 / Fat 1g / Carbs 13g / Protein 14g



- **French Vanilla Shake (52500)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **Mocha Shake (52540)**
Calories 110 / Fat 0.5g / Carbs 14g / Protein 14g



- **Orange Cream Shake (52520)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **Strawberry Shake (52510)**
Calories 100 / Fat 0.5g / Carbs 12g / Protein 14g

Ready-to-Drink Shakes

Medifast's Ready-to-Drink Shakes are nutritious and fit into today's busy, on-the-go lifestyle. These shakes travel with you anywhere. They are sold by the carton (1 serving) or by the case (24 servings).



- **Dutch Chocolate (68700)**
Calories 90 / Fat 1.5g / Carbs 13g / Protein 11g



- **French Vanilla (68800)**
Calories 90 / Fat 1.5g / Carbs 12g / Protein 11g



- **Mocha (68900)**
Calories 110 / Fat 1.5g / Carbs 13g / Protein 11g

Antioxidant Shakes

Antioxidant Shakes are made with whey protein. They offer the essential goodness of fruit and chocolate without the calories or carbs.



- **Cherry Pomegranate (72660)**
Calories 90 / Fat 0g / Carbs 14g / Protein 13g



- **Dark Chocolate (72670)**
Calories 90 / Fat 0.5g / Carbs 15g / Protein 13g



Medifast QUENCHERS

These cool, crisp, refreshing drinks are a great fully fortified Meal option.



- **Cranberry Mango Fruit Drink (66570)**
Calories 90 / Fat 0g / Carbs 10g / Protein 15g



- **Orange Blend (66580)**
Calories 90 / Fat 0g / Carbs 12g / Protein 12g



- **Raspberry Iced Tea (66550)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Tropical Punch Fruit Drink (66560)**
Calories 100 / Fat 0g / Carbs 11g / Protein 15g



Medifast HOT DRINKS

Sit back and relax with Medifast Hot Drinks—soothing, delicious, fully fortified Medifast Meals.



- **Calorie Burn Cappuccino (72630)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Cappuccino (57350)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Chai Latté (57360)**
Calories 100 / Fat 0.5g / Carbs 13g / Protein 14g



- **Hot Cocoa (57300)**
Calories 110 / Fat 0.5g / Carbs 14g / Protein 14g



Medifast SMOOTHIES

Our fruity, frothy smoothies are the perfect antidote to a hot summer day or a reminder of one when it's cool. They quench hunger and taste like a fancy gourmet juice-bar drink!



- **Triple Berry (72870)**
Calories 100 / Fat 0g / Carbs 12g / Protein 11g



- **Pineapple Mango (72880)**
Calories 90 / Fat 0g / Carbs 14g / Protein 12g



Medifast OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy. A piping hot bowl warms you up and gives you plenty of energy to face the day.



- **Apple Cinnamon Oatmeal (58000)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



- **Maple & Brown Sugar Oatmeal (58020)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



- **Blueberry Oatmeal (58010)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Peach Oatmeal (58030)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



Medifast PANCAKES

Rise and shine—anytime! Delicious Pancakes can be enjoyed for breakfast or any time.



- **Chocolate Chip Pancakes (57710)**
Calories 110 / Fat 1.5g / Carbs 14g / Protein 11g



- **Spiced Pancakes (57720)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Original Pancakes (57700)**
Calories 90 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast SOUPS

For a rich, satisfying meal, Medifast Soups are the perfect choice.



- **Wild Rice & Chicken Flavored Soup (69650)**
Calories 110 / Fat 1g / Carbs 14g / Protein 12g



- **Maryland Style Crab Soup (69670)**
Calories 110 / Fat 1g / Carbs 14g / Protein 13g



- **Chicken Flavored Noodle Soup (69600)**
Calories 100 / Fat 1.5g / Carbs 11g / Protein 12g



- **Tomato Basil Bisque (52700)**
Calories 110 / Fat 1g / Carbs 15g / Protein 11g



- **Beef Vegetable Soup (69660)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



Medifast HEARTY CHOICES

Satisfy your hearty cravings with a Medifast Meal that leaves you feeling full and gratified.



- **Hearty Vegetarian Sloppy Joe (66590)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Vegetable Chili (69700)**
Calories 110 / Fat 1g / Carbs 15g / Protein 14g



- **Ziti Marinara (66650)**
Calories 100 / Fat 1.5g / Carbs 14g / Protein 11g



- **Garlic Mashed Potatoes (66615)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Macaroni & Cheese (66595)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Sour Cream & Chive Mashed Potatoes (66610)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast BARS

Medifast Bars give you the variety and convenience that your lifestyle demands—while providing the nutrition your body needs.

Maintenance Bars

Limit to one a day when you're on the 5 & 1 Plan®.



- **Caramel Nut Bar (65440)**
Calories 170 / Fat 5g / Carbs 22g / Protein 11g

Crunch Bars

Medifast Crunch Bars feature a great crunchy taste and a formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars. That means they're completely interchangeable with other Meals, so you can enjoy more than one a day.



- **Caramel Crunch Bar (65445)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Chocolate Crunch Bar (64805)**
Calories 110 / Fat 3g / Carbs 13g / Protein 11g



- **Chocolate Mint Crunch Bar (64905)**
Calories 110 / Fat 3g / Carbs 13g / Protein 11g



- **Cinnamon Roll Crunch Bar (65510)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Fruit & Nut Crunch Bar (65505)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Lemon Meringue Crunch Bar (65205)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Oatmeal Raisin Crunch Bar (65405)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Peanut Butter Crunch Bar (65005)**
Calories 110 / Fat 3.5g / Carbs 13g / Protein 11g



- **S'more Crunch Bar (65445)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Strawberry Crunch Bar (65520)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g

Chewy Bars

Chew on this: at just 110 calories, Medifast's Chewy Bars have the full spectrum of vitamins and minerals. And they have a full spectrum of flavor, too!



- **Cookie Dough Chewy Bar (65556)**
Calories 110 / Fat 3g / Carbs 15g / Protein 11g



- **Peanut Butter Chocolate Chip Chewy Bar (64955)**
Calories 110 / Fat 3g / Carbs 15g / Protein 11g



Medifast PUDDING

Medifast Puddings are smooth, creamy, and delicious. They taste like a dessert but are actually fully fortified Medifast Meals!



- **Banana Pudding (72850)**
Calories 110 / Fat 0.5g / Carbs 15g / Protein 14g



- **Chocolate Pudding (57400)**
Calories 110 / Fat 1g / Carbs 15g / Protein 14g



- **Vanilla Pudding (57410)**
Calories 100 / Fat 0g / Carbs 15g / Protein 13g



Medifast SOFT BAKES

If you like the taste of fresh-baked treats warm from the oven, you'll love Medifast Soft Bakes. Pop them in the microwave or conventional oven, and you have a rich, satisfying meal that's full of protein and fiber and fortified with vitamins and minerals.



- **Brownie Soft Bake (57500)**
Calories 110 / Fat 2g / Carbs 15g / Protein 11g



- **Blueberry Muffin Soft Bake (57520)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Chocolate Chip Soft Bake (57510)**
Calories 110 / Fat 2g / Carbs 15g / Protein 11g



Medifast *SOFT SERVE*

Chill out with awesome flavor! Try a yummy Soft Serve without the sugar or fat in four flavors you can enjoy for any of your five daily Medifast Meals.



- **Chocolate Mint Soft Serve (57620)**
Calories 110 / Fat 2.5g / Carbs 14g / Protein 11g



- **Mango Soft Serve (57630)**
Calories 110 / Fat 2.5g / Carbs 14g / Protein 11g



- **Coffee Soft Serve (57600)**
Calories 110 / Fat 2.5g / Carbs 15g / Protein 11g



- **Peanut Butter Soft Serve (57610)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



Medifast *CRUNCHERS*

Though these sweet and savory Medifast Meals will tempt your taste buds, each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are!

Pretzel Sticks

Our Pretzel Sticks provide just the right balance of fiber and high-quality protein—plus your daily requirement of 24 essential vitamins and minerals—to keep you full and satisfied!



- **Cinnamon Pretzel Sticks (68250)**
Calories 110 / Fat 2g / Carbs 13g / Protein 11g



- **Honey Mustard Pretzel Sticks (68260)**
Calories 110 / Fat 2g / Carbs 14g / Protein 11g

Bites

Seriously delicious AND crunchy and flavorful too, our Bites are ready to eat right out of the bag—perfect for people on the go!



- **BBQ Bites (68230)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Cheese Pizza Bites (68240)**
Calories 110 / Fat 3g / Carbs 11g / Protein 11g

Cheese Puffs

Bite into the tasty crunchiness of Medifast Cheese Puffs! Munch away on these guilt-free cheese flavored delights any time.



- **Chili Nacho Cheese Puffs (67245)**
Calories 110 / Fat 3g / Carbs 14g / Protein 11g



- **Parmesan Cheese Puffs (67235)**
Calories 110 / Fat 3g / Carbs 14g / Protein 11g



Medifast *CEREAL CRUNCH*

Enjoy the satisfying crunch of cereal for breakfast or any time! Medifast Cereal Crunch straight out of the bag or enjoy it in a bowl!



- **Cinnamon & Brown Sugar Cereal Crunch (68400)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Mixed Berry Cereal Crunch (68300)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast EGGS

Medifast Eggs are a great option to add variety at breakfast or any time throughout the day.



- **Original-Style Eggs (57800)**
Calories 90 / Fat 0.5g / Carbs 8g / Protein 14g



- **Southwest-Style Eggs (57810)**
Calories 100 / Fat 0.5g / Carbs 11g / Protein 14g



Flavors of Home Meals™*

Introducing Flavors of Home™. It's the perfect answer to dinner when life's just too busy for cooking. Each Flavors of Home™ counts as the "1" on the 5 & 1 Plan® and is a Lean & Green™ Meal on the Medifast Program, with the right portions of lean protein, vegetables, and fat.



- **Turkey Meatball Marinara (66605)**
Calories 390 / Fat 17g / Carbs 8g / Protein 26g



- **Chicken Cacciatore (66625)**
Calories 300 / Fat 15g / Carbs 15g / Protein 26g



- **Chicken with Rice & Vegetables (66630)**
Calories 300 / Fat 15g / Carbs 15g / Protein 26g



- **Beef Stew (66620)**
Calories 300 / Fat 15g / Carbs 15g / Protein 27g

*Each Flavors of Home™ meal counts as one Lean & Green™ Meal on the Medifast Program. Not a Lean food as per 9 CFR 317.362 for fat content.



Medifast SNACKS

Medifast snacks are the perfect addition to your Medifast 5 & 1 Plan® when you need something extra during the day. They are designed to keep you satisfied without adding a lot of calories. Each counts as one Optional Snack on the Medifast Program.

Popcorn



- **Sea Salt Popcorn (52650)**
Calories 70 / Fat 4.2g / Carbs 6g / Protein <1g



- **Cheddar & Sour Cream Popcorn (52640)**
Calories 70 / Fat 4.5g / Carbs 6g / Protein 1g

Chips



- **Spicy Black Bean Veggie Chips (57255)**
Calories 50 / Fat 3g / Carbs 6g / Protein <1g



- **Sea Salt & Olive Oil Veggie Chips (57275)**
Calories 50 / Fat 3g / Carbs 6g / Protein <1g

Soy Crisps



- **Apple Cinnamon Soy Crisps (57270)**
Calories 70 / Fat 2g / Carbs 8g / Protein 4g



- **Ranch Soy Crisps (57260)**
Calories 60 / Fat 2g / Carbs 7g / Protein 5g



- **White Cheddar Soy Crisps (57250)**
Calories 70 / Fat 2g / Carbs 7g / Protein 5g

Crackers



- **Garden Vegetable Crackers (57240)**
Calories 60 / Fat 0g / Carbs 12g / Protein 2g



- **Multi-Grain Crackers (57230)**
Calories 50 / Fat 0g / Carbs 12g / Protein 1g



Medifast EXTRAS

Syrup, Flavor Infusers™, and Supplements are the perfect companions to the Medifast 5 & 1 Plan®, Transition, Maintenance, and beyond to help ensure optimal success.

Syrup

Enhance your Medifast Pancakes and Oatmeal and enjoy a touch of maple-y sweetness for yourself! At only 5 calories per packet, mouthwatering Medifast Sugar-Free Syrup is rich, sweet, delicious, AND only counts as **two condiments**.



- **Sugar-Free Syrup (57750)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Essential1®: Flavor Infusers™

Add any of these convenient flavor packs to infuse your drinking water with great taste!

Essential1®: Calorie Burn Flavor Infusers™

Just add a packet of Calorie Burn Flavor Infuser™ to your water for an extra metabolism boost! Each serving gives you 100mg of caffeine and 90mg of EGCG to enhance fat burning and decrease appetite. *Each box contains 21 servings*



- **Green Tea Lemon (72600)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **Strawberry Lemonade (72620)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **Mixed Berry (72610)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Essential1®: Antioxidant Flavor Infusers™

These Flavor Infusers™ make it easy to get antioxidant power, especially when you're avoiding fruit on the Medifast 5 & 1 Plan® for weight loss. *Each box contains 21 servings*



- **Raspberry Açai (72650)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **White Grape Peach (72640)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Dietary Supplements

Taking these supplements every day is a powerful habit of health that supports your vitality and well-being.

Essential1®: Digestive Health

A custom probiotic capsule and a natural enzyme blend tablet in one convenient daily pack. Eat well, stay balanced, feel great!*



- **Essential1®: Digestive Health (0165)**
Calories 0 / Fat 0g / Carbs 0g / Protein 0g

Essential1®: Heart Health

For optimal health, most individuals can benefit from daily omega-3 fatty acid supplements.*



- **Essential1®: Heart Health (0163)**
Calories 25 / Fat 2.5g / Carbs 0g / Protein 0g

High Energy Series Vitamin B-12

Vitamin B-12 is essential for the production of red blood cells, for the healthy functioning of the nervous system, and helps regulate the metabolism of fat and protein.



- **Hi Energy Series Vitamin B-12 (0157)**
Calories 0 / Fat 0g / Carbs 0g / Protein 0g

*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 ACCESSORIES

These Medifast Accessories help you to enjoy all the meals we have to offer! All accessories are sold individually.



- **Shaker Jar (50010)**
Our Shaker Jar has a secure, snap-on lid and is labeled like a measuring cup for easy mixing.



- **Medifast Coffee Mug (50120)**
Enjoy your Medifast Meals in this attractive, high quality, 16 oz ceramic Medifast mug.



- **BlenderBottle® (50110)**
Mix up smooth Medifast Meals quickly and easily! This BlenderBottle® features a rust-proof, stainless-steel blender ball and a handy flip top for easy sipping.



- **Medifast Blender (50155)**
Compact, stainless steel timesaver mixes and blends your favorite Medifast Meals in a flash!



- **Medifast Meal Mug (50130)**
This cleverly designed mug-and-spoon set is perfect for Medifast Meals, hot or cold, wherever you are.



- **Lean & Green™ Meal Cookbook (42330)**
This handy, easel-backed cookbook is packed with photos and step-by-step preparation instructions for delicious, healthy Lean & Green™ Meals.



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Medifast Inc., Owings Mills, Maryland

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