Jump Start Guide
The 5 & 1 Plan®
Contents

Medifast 5 & 1 Plan® ........................................ 2
Lean & Green™ Meal: The “Lean” .............. 3
Lean & Green™ Meal: The “Green” .......... 4
Extras for the 5 & 1 Plan® ....................... 5
Sample meal plans ................................. 6
Tips for success ........................................ 7
Exercise .................................................. 9
Transition ................................................ 10
Maintenance ............................................ 11
Questions and answers .......................... 12

Contact Us Online: MedifastCenters.com
Welcome to Medifast

Congratulations!

You’ve taken an important first step in controlling your weight and improving your health, and Medifast Weight Control Centers 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 physicians and is clinically proven to be safe and effective for weight loss. The 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.

Medifast Weight Control Centers Programs are unique because we help you achieve your weight and health goals while providing the tools to assist you in developing lifelong healthy habits. We will work with you to keep you motivated and help you develop a healthier lifestyle.

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 a time when you don’t anticipate any special 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 health care provider

We recommend that you contact your health care provider before starting Medifast, and stay in touch throughout your weight-loss progress. You’ll want your health care provider’s supervision if you are:

- Over age 65
- Living with diabetes, hypertension, or other serious medical conditions
- Under age 18
- 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 70 different choices. All of the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars; limit yourself to one per day while on the Medifast 5 & 1 Plan®).

**Lean & Green™ Meals**

Each day, you also eat one Lean & Green™ Meal. Every Lean & Green™ Meal includes 5 to 7 ounces 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 on page 4.

**Too busy to cook?** Flavors of Home™ is available through Medifast and is 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. Store them in your cupboard, and pull them out whenever you find yourself with a calendar that’s too full for cooking! Flavors of Home™ are made with nutritious, delicious ingredients that taste like homemade but cook up perfect in the microwave.
Lean & Green™ Meal: The “Lean”

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

**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

---

### Leanest

Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings

- **FISH**
  - cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, wild catfish, tuna (yellowfin steak or canned in water)
- **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®, 2 Boca Burgers (less than 6 g of carbs each)

### 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 servings needed

- **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)

*For those requiring additional meatless choices, please refer to our Meatless Options list or contact your Counselor.*
### 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
- 1 teaspoon of trans fat-free margarine
- Up to 2 tablespoons of low-carbohydrate salad dressing—5g of fat and less than 5g of carbs
- 5 - 10 black or green olives

### Lean & Green™ Meal: The “Green”

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.

#### Choose 3 servings from the Green Options List

**1 SERVING = ½ CUP VEGETABLES** *(unless otherwise specified)*

<table>
<thead>
<tr>
<th>LOWER CARBOHYDRATE</th>
<th>MODERATE CARBOHYDRATE</th>
<th>HIGHER CARBOHYDRATE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 cup</strong></td>
<td><strong>½ cup</strong></td>
<td><strong>½ cup</strong></td>
</tr>
<tr>
<td>collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)</td>
<td>asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)</td>
<td>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)</td>
</tr>
<tr>
<td><strong>½ cup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.
Extras for the 5 & 1 Plan®

Optional Condiments

To flavor your meals and make your Medifast Program more enjoyable, you have the option of adding condiments to your food selections. Medifast recommends reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results. Enjoy up to THREE servings a day.

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.

Flavor Infusers™

Enjoy your daily drinking water intake—infuse it with flavor!

- **Essential1®: Calorie Burn**—add a packet to your drinking water for delicious flavor and an extra metabolism boost!
- **Essential1®: Antioxidants**—the antioxidants in these convenient flavor packs support cell health at just five calories.

For a comprehensive list of condiments, healthy fats, and portion recommendations, talk to your Counselor.
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.

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DAY 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Eggs</td>
<td></td>
</tr>
</tbody>
</table>

| MID-MORNING | |
|-------------||
| Medifast Shake | |

| LUNCH | |
|--------||
| Medifast Soup | |

| MID-AFTERNOON | |
|---------------||
| Medifast Crunch Bar | |

| DINNER | |
|--------||
| 5 oz grilled salmon | |
| 1-½ cups cooked asparagus | |

| EVENING | |
|---------||
| Medifast Soft Bake | |

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Pancakes</td>
<td></td>
</tr>
</tbody>
</table>

| MID-MORNING | |
|-------------||
| Medifast Hot Drink | |

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

| MID-AFTERNOON | |
|---------------||
| Medifast Bites | |

| DINNER | |
|--------||
| Medifast Soup | |

| EVENING | |
|---------||
| Medifast Pudding | |
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 hunger during this time.

If you’re excessively hungry or tired in the first few days, have an extra Medifast Meal or a couple additional ounces of lean protein (egg whites, etc.). It’s better to have an extra Medifast Meal 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 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 decrease 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 ounces 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. Following the 5 & 1 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.

Keep a food journal to track your successes, challenges, feelings, and observations. Ask your counselor for a copy.

Seeing results

Some people lose weight quickly in the first few weeks, and then experience 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 fluids, 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) a day
- 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
- Over-exercising can slow weight loss, too. Keep your workouts to 45 minutes or less while you are on the 5 & 1 Plan®
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 Jump Start 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 health care provider or a personal trainer to find an exercise program that is right for you.

If you have problems with the nerves in your feet or legs, your health care provider 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.

“\nI am able to work out better and harder. I had been running and working out a lot, but now I am able to run farther and longer, and lift more weights.”

Mary lost 54 lbs* with Medifast

*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.
### 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

Once you’ve achieved your goal weight, follow this 6-week transition to an ultimate goal of less than 1,550 calories a day. The *Stay F.I.T. Guide* helps you create an individualized approach to staying at your new, healthier weight. Ask your counselor for a copy.

<table>
<thead>
<tr>
<th>Target # of calories</th>
<th>Medifast Meals</th>
<th>Lean &amp; Green™ Meals</th>
<th>Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>850 – 1,050</td>
<td>5</td>
<td>1 cup (2 servings) of your favorite vegetables</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>900 – 1,150</td>
<td>4</td>
<td>In addition to your: 1 cup of vegetables OR 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* (2 servings)</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>1,000 – 1,300</td>
<td>4</td>
<td>In addition to your: 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* OR 1 cup of low-fat or fat-free dairy (1 serving)</td>
</tr>
<tr>
<td>WEEK 4-6</td>
<td>1,100 – 1,550</td>
<td>3</td>
<td>In addition to your: 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* AND 1 cup of low-fat or fat-free dairy OR 4- to 6-oz serving of lean meat** (1 serving) AND 1 serving of whole grain***</td>
</tr>
</tbody>
</table>

*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, ¼ cup high-fiber cereal, ½ cup whole-wheat pasta, or ⅛ cup brown rice.
Sample Transition meal plan

Week 1: 850 – 1,050 calories

- Medifast Meals: 5
- Lean & Green™ Meals: 1
- 1 cup of additional vegetables (2 servings)

**BREAKFAST**
- Medifast Pancakes

**MID-MORNING**
- Medifast Eggs

**LUNCH**
- Medifast Soup
- 2 cups romaine lettuce, ½ cup diced, cucumber, tomato, and green pepper
- 1-2 Tbsp reduced-calorie salad dressing (if desired)

**MID-AFTERNOON**
- Medifast Soft Bake

**DINNER**
- 5 oz lean beef
- 1 cup grilled portabella mushrooms

**EVENING**
- Medifast Pudding

Maintenance

Once you’ve completed your Transition phase successfully, you are 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 Stay F.I.T. phase isn’t one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Your Medifast Weight Control Center has a comprehensive Stay F.I.T. Guide with all the information necessary for sustaining the positive weight-loss results you’ve worked so hard to achieve.

The Stay F.I.T. Guide is available through your Medifast Weight Control Centers Counselor. During weight maintenance, you and your Counselor will determine the frequency of visits based on your needs.
We recommend you discuss your medical conditions and weight-loss plans with your health care provider before starting the Medifast Program.

Do not use the Medifast Program if you are pregnant. If you have a serious acute or chronic illness (i.e., heart attack, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use Medifast until your health care provider says you have recovered or that your condition is stabilized.

**Note:**
- When following a weight-loss program, talk with your health care provider about any prescription medications, especially: Diabetes medications, High blood pressure medications, Coumadin® (warfarin), and Lithium.
- Weight-loss programs can induce rapid weight loss which may cause gallstones or gallbladder disease for those at high risk.

**Specialized Programs**
Our special programs can help you get the most out of Medifast. For more information about successfully using Medifast, please visit our website to view specialized program guides for:

- Medifast for Diabetes Guide
- Medifast for Seniors Guide (65 years and older)
- Medifast for Nursing Mothers Guide
- Medifast for Gout Guide
- Medifast for Teens Guide (13 to 18 years old)

**Information for Specific Needs**
For more information about successfully using Medifast based on your specific needs, please visit our website to view the following handouts or information:

- Using Medifast with Coumadin® (warfarin)
- Gluten-free Fact Sheet
- Thyroid Medication, Soy and Your Medifast Plan
- Vegetarian Information Sheet
- Bariatric Surgery and Medifast Information Sheet
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, Chili, Pudding, or Eggs
- Adding Essential1®: Digestive Health to your daily routine
- Drinking more fluids and getting more physical activity
- Taking a sugar-free fiber supplement (minimum dose for effectiveness)
- Taking a stool softener or laxative if needed

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 health care provider if you are using any prescription medications, including diuretics (water pills), lithium, anti-seizure medications, thyroid medications, or diabetes medications.

If you’re taking medication for diabetes, make sure you inform your health care provider BEFORE starting the Medifast 5 & 1 Plan®, since losing weight may affect your medication requirements. Please check with your health care provider to see if you can incorporate Medifast Meals into your medically approved diet. (see Medifast for Diabetes Guide)

Consult your health care provider 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.

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.
Here for You Before, During, and Beyond®

Fast  Safe  Simple  Portable  Long term