

PRODUCT MENU



VARIETY PACKAGES

Medifast Variety Packages are an easy, economical way for you to order our most popular Medifast Meals. They contain the exact number of Medifast Meals for you to use in your 5 & 1 Plan.

2-Week Variety Packages (70 Medifast Meals)

10 boxes of Medifast Meals in each package

- Medifast for Women (74300)
- Medifast for Men (74400)
- Medifast for Diabetes (74500)
- Medifast: Gluten-Free (74860)

4-Week Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

- Medifast for Women (74000)
- Medifast for Men (74100)
- Medifast for Diabetes (74200)
- Medifast: Gluten-Free (74850)

4-Week Enhanced Variety Packages (140 Medifast Meals)

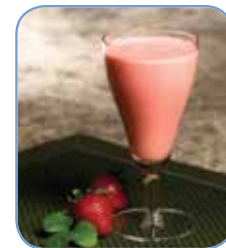
20 boxes of Medifast Meals + 1 bottle of Essential1: Heart Health in each package

- Medifast for Women (74008)
- Medifast for Men (74108)
- Medifast for Diabetes (74208)

MEDIFAST SHAKES

Ready-to-Drink Shakes

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



Dutch Chocolate (68700)

Calories 90/ Fat 1.5/ Carbs 12/ Protein 11

French Vanilla (68800)

Calories 90/ Fat 1/ Carbs 12/ Protein 11

Medifast 55 Shakes

Medifast 55 Shakes are specially formulated for women.

Dutch Chocolate 55 (51710)

Calories 90/ Fat 1/ Carbs 13/ Protein 11

French Vanilla 55 (51810)

Calories 90/ Fat 0/ Carbs 13/ Protein 11

Strawberry Crème 55 (51910)

Calories 90/ Fat 0/ Carbs 13/ Protein 11

Orange Crème 55 (52010)

Calories 90/ Fat 0.5/ Carbs 13/ Protein 11

Banana Crème 55 (52060)

Calories 90/ Fat 0/ Carbs 13/ Protein 11

Swiss Mocha 55 (60300)

Calories 90/ Fat 0.5/ Carbs 13/ Protein 11

Medifast 70 Shakes

Medifast 70 Shakes are specially formulated for men, or women who prefer more protein.

Dutch Chocolate 70 (52110)

Calories 110/ Fat 1/ Carbs 13/ Protein 14

French Vanilla 70 (52210)

Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

Strawberry Crème 70 (52310)

Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

Orange Crème 70 (52410)

Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

Banana Crème 70 (52460)

Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

Swiss Mocha 70 (60400)

Calories 100/ Fat 0.5/ Carbs 14/ Protein 14

MEDIFAST SHAKES *(cont.)*



Health Management Shakes

Medifast Health Management Shakes offer innovative weight-control and nutrition options for people dealing with specific health concerns.

Medifast Plus for Joint Health

Chocolate (70700)

Calories 100/ Fat 1/ Carbs 12/ Protein 15

Vanilla (70800)

Calories 100/ Fat 0.5/ Carbs 11/ Protein 15

Medifast Plus for Coronary Health

Chocolate (72200)

Calories 100/ Fat 1/ Carbs 11/ Protein 14

Strawberry (72300)

Calories 100/ Fat 1/ Carbs 11/ Protein 14

Medifast Plus for Appetite Suppression

Chocolate (70900)

Calories 100/ Fat 1/ Carbs 12/ Protein 15

Vanilla (71000)

Calories 100/ Fat .5/ Carbs 12/ Protein 15

Medifast Plus for Diabetics

Chocolate (69800)

Calories 90/ Fat 1/ Carbs 10/ Protein 14

Vanilla (69900)

Calories 90/ Fat 0.5/ Carbs 10/ Protein 14

Strawberry (70000)

Calories 90/ Fat 0.5/ Carbs 9/ Protein 14

MEDIFAST DRINKS

Cold Drinks

Medifast cold drinks are crisp, refreshing, and fully fortified Medifast Meals.

Peach Iced Tea (66500)

Calories 90/ Fat 0/ Carbs 12/ Protein 14

Raspberry Iced Tea (66550)

Calories 90/ Fat 0/ Carbs 12/ Protein 14

Tropical Punch Fruit Drink (66560)

Calories 90/ Fat 0/ Carbs 10/ Protein 15

Cranberry Mango Fruit Drink (66570)

Calories 90/ Fat 0/ Carbs 10/ Protein 15

Hot Drinks

Medifast hot drinks are soothing and delicious Medifast Meals you can enjoy throughout the day.

Hot Cocoa (57300)

Calories 110/ Fat 1/ Carbs 14/ Protein 14

Cappuccino (57350)

Calories 100/ Fat 0/ Carbs 13/ Protein 14

Chai Lattè (57360)

Calories 100/ Fat 0/ Carbs 13/ Protein 14



Essential 1 ANTIOXIDANTS

Essential1: Antioxidant products offer the essential goodness of fruit and chocolate without the calories or carbs.



Essential1: Antioxidant Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

White Grape Peach (72640)

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Raspberry Açai (72650)

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Essential1: Antioxidant Shakes

These shakes are made with whey protein instead of soy.

Cherry Pomegranate (72660)

Calories 90/ Fat 0/ Carbs 14/ Protein 14

Dark Chocolate (72670)

Calories 90/ Fat 0/ Carbs 15/ Protein 14

Essential 1 CALORIE BURN

Essential1: CalorieBurn products are metabolism boosters with 100 mg of caffeine and 90 mg of EGCG.



Essential1: CalorieBurn Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

Green Tea Lemon (72600)

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Mixed Berry (72610)

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Strawberry Lemonade (72620)

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Essential1: CalorieBurn Cappuccino

Cappuccino (72630)

Calories 100/ Fat 0/ Carbs 13/ Protein 14

MEDIFAST EGGS

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

Scrambled Eggs (72860)

Calories 100/ Fat 2/ Carbs 10/ Protein 12



Original Style Eggs (57800)

Calories 90/ Fat 0.5/ Carbs 8/ Protein 14



Southwest Style Eggs (57810)

Calories 100/ Fat 0.5/ Carbs 11/ Protein 14



MEDIFAST OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy.

Apple Cinnamon Oatmeal (58000)

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

Blueberry Oatmeal (58010)

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

Maple & Brown Sugar Oatmeal (58020)

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

Peach Oatmeal (58030)

Calories 110/ Fat 1.5/ Carbs 16/ Protein 11



MEDIFAST PANCAKES

Rise and shine—anytime! Hot off the griddle: delicious new Pancakes to enjoy for breakfast or for any of your five daily Medifast Meals when you're on the Medifast 5 & 1 Plan.



Original Pancakes (57700)

Calories 90/ Fat .5/ Carbs 15/ Protein 11

Chocolate Chip Pancakes (57710)

Calories 110/ Fat 1.5/ Carbs 14/ Protein 11



Spiced Pancakes (57720)

Calories 100/ Fat 0.5/ Carbs 15/ Protein 11

MEDIFAST BARS

Medifast Bars give you the variety and convenience that your lifestyle demands, with the nutritional excellence your body needs.



Maintenance Bars

Limit these bars to one per day on the 5 & 1 Plan.

Chocolate Mint Bar (64900)

Calories 160/ Fat 5/ Carbs 20/ Protein 11

Caramel Nut Bar (65440)

Calories 170/ Fat 5/ Carbs 22/ Protein 11

Oatmeal Raisin Bar (65400)

Calories 150/ Fat 3.5/ Carbs 22/ Protein 11

Crunch Bars

These Bars feature a great crunchy taste and a formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars.

Chocolate Mint Crunch Bar (64905)

Calories 110/ Fat 3/ Carbs 13/ Protein 11

Caramel Crunch Bar (65445)

Calories 110/ Fat 3/ Carbs 12/ Protein 11

Peanut Butter Crunch Bar (65005)

Calories 110/ Fat 3.5/ Carbs 13/ Protein 11

Chocolate Crunch Bar (64805)

Calories 110/ Fat 3/ Carbs 13/ Protein 11

Oatmeal Raisin Crunch Bar (65405)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

S'more Crunch Bar (65455)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Strawberry Crunch Bar (65520)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Cinnamon Roll Crunch Bar (65510)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Fruit & Nut Crunch Bar (65505)

Calories 110/ Fat 3/ Carbs 12/ Protein 11

Lemon Meringue Crunch Bar (65205)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

MEDIFAST SOUPS & CHILI

Medifast Soups & Chili are great additions to your Medifast Meal choices.



Maryland Crab Soup (69670)

Calories 110/ Fat 1/ Carbs 15/ Protein 13

Beef Vegetable Stew (69660)

Calories 100/ Fat 1/ Carbs 14/ Protein 11

Chicken & Wild Rice Soup (69650)

Calories 100/ Fat 1/ Carbs 12/ Protein 12

Chicken Noodle Soup (69600)

Calories 100/ Fat 1.5/ Carbs 11/ Protein 12

Cream of Broccoli Soup (57000)

Calories 100/ Fat 1.5/ Carbs 10/ Protein 14

Cream of Chicken Soup (54300)

Calories 100/ Fat 1.5/ Carbs 10/ Protein 14

Cream of Tomato Soup (60600)

Calories 110/ Fat 0.5/ Carbs 13/ Protein 14

Homestyle Chili (69700)

Calories 110/ Fat 1/ Carbs 15/ Protein 14

MEDIFAST PUDDING

Medifast Puddings are vitamin-rich Meals that taste like dessert.

Vanilla Pudding (57410)

Calories 100/ Fat 0/ Carbs 15/ Protein 13

Chocolate Pudding (57400)

Calories 110/ Fat 1/ Carbs 15/ Protein 14

Banana Pudding (72850)

Calories 110/ Fat 0.5/ Carbs 15/ Protein 14



MEDIFAST BROWNIE

If you like the taste of freshly baked brownies, still warm from the oven, you'll love this Medifast Meal.

Brownie with real chocolate chips (57500)

Calories 110/ Fat 2/ Carbs 15/ Protein 11



MEDIFAST SOFT SERVE

Chill out with awesome flavor! What a treat: yummy soft serve without the sugar or fat, and four ice-cream-parlor flavors you can enjoy for any of your five daily Medifast Meals.

Coffee Soft Serve (57600)

Calories 110/ Fat 2.5/ Carbs 15/ Protein 11

Peanut Butter Soft Serve (57610)

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Chocolate Mint Soft Serve (57620)

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

Mango Soft Serve (57630)

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



MEDIFAST PRETZELS & PUFFS

Though these sweet and savory Medifast Meals will tempt your taste buds, they are NOT snacks: Each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are!

Pretzel Sticks

Honey Mustard Pretzel Sticks (68260)

Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cinnamon Pretzel Sticks (68250)

Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cheese Puffs

Chili Nacho Cheese Puffs (67240)

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

Parmesan Cheese Puffs (67230)

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



MEDIFAST BITES

Deliciously crispy Medifast Cheese Pizza and BBQ Bites—perfect for people on the go!



BBQ Bites (68230)

Calories 110/ Fat 3/ Carbs 12/ Protein 11



Cheese Pizza Bites (68240)

Calories 110/ Fat 3/ Carbs 11/ Protein 11



MEDIFAST SNACKS

Medifast Snacks are the perfect addition to your 5 & 1 Plan when you need a little extra. Limit one per day. Snacks do not replace Meals.



Soy Crisps

Apple Cinnamon Soy Crisps (57270)

Calories 70/ Fat 2/ Carbs 8/ Protein 4

Ranch Soy Crisps (57260)

Calories 60/ Fat 2/ Carbs 7/ Protein 5

White Cheddar Soy Crisps (57250)

Calories 70/ Fat 2/ Carbs 7/ Protein 5

Crackers

Multi-Grain Crackers (57230)

Calories 50/ Fat 0/ Carbs 12/ Protein 1

Garden Vegetable Crackers (57240)

Calories 60/ Fat 0/ Carbs 12/ Protein 2

MEDIFAST SYRUP

A touch of maple-y sweetness for your Medifast Pancakes and Oatmeal! 7 servings per box.



Sugar-Free Syrup (57750)

Calories 5/ Fat 0/ Carbs 2/ Protein 0



DIETARY SUPPLEMENTS

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



Essential1: Digestive Health

This dietary supplement combines 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 0/ Carbs 0/ Protein 0

Essential1: Heart Health

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

Essential1: Heart Health (0161)

Calories 25/ Fat 2.5/ Carbs 0/ Protein 0

Essential1: Sleep Health

Essential1: Sleep Health is a new supplement that provides a unique dual-action delivery system for both immediate and gradual time release of melatonin, a safe, natural substance that can help support healthy sleep patterns.*

Essential1: Sleep Health (0167)

Calories 0/ Fat 0/ Carbs 0/ Protein 0

*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.

ACCESSORIES

All accessories are sold individually.

1. Shaker Jar (50010)
2. BlenderBottle® (50110)
3. Medifast Meal Mug (50130)
4. HealthMate Blender (50150)
5. Recipe Book (41090)
6. Lean & Green™ Meal Cookbook (42330)
7. *The Secret Is Out: The Medifast Program* Paperback Book (41040)



PROGRAM MATERIALS

- a. Quick Start Guide (41036)
- b. Medifast for Teens Guide (41119)
- c. Medifast for Diabetes Guide (37889)
- d. Medifast for Seniors Guide (37939)
- e. Maintenance Guide (41067)
- f. Exercise Guide (41079)
- g. Ready, Set, Medifast (41810)
- h. Vegetarian Guide (41330)
- i. Gout Guide (41440)
- j. Nursing Mother's Guide (41130)
- k. Anticoagulant Guide (41450)
- l. Bariatric Guide (41430)



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