



Medifast[®]

**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).....	\$154.50
Medifast for Men (74400)	\$154.50
Medifast for Diabetes (74500)	\$154.50
Medifast: Gluten-Free (74860)	\$154.50

4-Week Enhanced Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals + 1 bottle of Essential1: Heart Health Super Omega-3 in each package

Medifast for Women (74008).....	\$327.50
Medifast for Men (74108)	\$327.50
Medifast for Diabetes (74208).....	\$327.50

4-Week Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

Medifast for Women (74000).....	\$299.50
Medifast for Men (74100)	\$299.50
Medifast for Diabetes (74200)	\$299.50
Medifast: Gluten-Free (74850)	\$299.50

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).....	\$3.25/box
Calories 90/ Fat 1.5/ Carbs 12/ Protein 11	\$64.95/case

French Vanilla (68800).....	\$3.25/box
Calories 90/ Fat 1/ Carbs 12/ Protein 11	\$64.95/case

Medifast 55 Shakes

Medifast 55 Shakes are specially formulated for women.

Dutch Chocolate 55 (51710).....	\$15.50/box
Calories 90/ Fat 1/ Carbs 13/ Protein 11	

French Vanilla 55 (51810).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	

Strawberry Crème 55 (51910).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	

Orange Crème 55 (52010).....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	

Banana Crème 55 (52060).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	

Swiss Mocha 55 (60300)	\$15.50/box
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).....	\$15.50/box
Calories 100/ Fat 1/ Carbs 13/ Protein 14	

French Vanilla 70 (52210).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	

Strawberry Crème 70 (52310).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	

Orange Crème 70 (52410).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	

Banana Crème 70 (52460).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	

Swiss Mocha 70 (60400)	\$15.50/box
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14	

The prices listed above are suggested retail prices.

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 Women's Health

- Chocolate (71100).....\$15.50/box
Calories 110/ Fat 1/ Carbs 15/ Protein 15
- Vanilla (71200).....\$15.50/box
Calories 110/ Fat 1/ Carbs 15/ Protein 15

Medifast Plus for Joint Health

- Chocolate (70700).....\$15.50/box
Calories 100/ Fat 1/ Carbs 11/ Protein 15
- Vanilla (70800).....\$15.50/box
Calories 100/ Fat 0.5/ Carbs 11/ Protein 15

Medifast Plus for Coronary Health

- Chocolate (72200).....\$15.50/box
Calories 100/ Fat 1/ Carbs 11/ Protein 14
- Strawberry (72300).....\$15.50/box
Calories 100/ Fat 1/ Carbs 11/ Protein 14

Medifast Plus for Appetite Suppression

- Chocolate (70900).....\$15.50/box
Calories 100/ Fat 1/ Carbs 12/ Protein 15
- Vanilla (71000).....\$15.50/box
Calories 100/ Fat .5/ Carbs 12/ Protein 15

Medifast Plus for Diabetics

- Chocolate (69800).....\$15.50/box
Calories 90/ Fat 1/ Carbs 10/ Protein 14
- Vanilla (69900).....\$15.50/box
Calories 90/ Fat 0.5/ Carbs 9/ Protein 14
- Strawberry (70000).....\$15.50/box
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).....\$15.50/box
Calories 90/ Fat 0/ Carbs 12/ Protein 14
- Raspberry Iced Tea (66550).....\$15.50/box
Calories 90/ Fat 0/ Carbs 12/ Protein 14

- Tropical Punch Fruit Drink (66560).....\$15.50/box
Calories 90/ Fat 0/ Carbs 10/ Protein 15
- Cranberry Mango Fruit Drink (66570).....\$15.50/box
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).....\$15.50/box
Calories 110/ Fat 1/ Carbs 14/ Protein 14
- Cappuccino (57350).....\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

- Chai Lattè (57360).....\$15.50/box
Calories 100/ Fat 0.5/ Carbs 14/ 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)\$18.95/box
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Raspberry Açai (72650)\$18.95/box
Calories 5/ Fat 0/ Carbs 2/ Protein 0



Essential1: Antioxidant Shakes

These shakes are made with whey protein instead of soy.

- Cherry Pomegranate (72410)\$15.95/box
Calories 90/ Fat 0/ Carbs 13/ Protein 14
- Dark Chocolate (72420)\$15.95/box
Calories 90/ Fat 0/ Carbs 13/ 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)\$15.95/box
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Mixed Berry (72610)\$15.95/box
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Strawberry Lemonade (72620)\$15.95/box
Calories 5/ Fat 0/ Carbs 2/ Protein 0



Essential1: CalorieBurn Cappuccino

- Cappuccino (72630)\$15.95/box
Calories 100/ Fat 0/ Carbs 13/ Protein 14

MEDIFAST SCRAMBLED EGGS

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

- Scrambled Eggs (72860)\$15.50/box
Calories 100/ Fat 2/ Carbs 10/ Protein 12



MEDIFAST OATMEAL

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

- Apple Cinnamon Oatmeal (58000)\$15.50/box
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Blueberry Oatmeal (58010)\$15.50/box
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11



- Maple & Brown Sugar Oatmeal (58020)\$15.50/box
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Peach Oatmeal (58030)\$15.50/box
Calories 110/ Fat 1.5/ Carbs 16/ Protein 11

The prices listed above are suggested retail prices.

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.

Medifast Original Pancakes (57700).....\$15.50/box
Calories 90/ Fat .5/ Carbs 15/ Protein 11

Medifast Chocolate Chip Pancakes (57710).....\$15.50/box
Calories 110/ Fat 1.5/ Carbs 14/ 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).....\$16.25/box
Calories 160/ Fat 5/ Carbs 20/ Protein 11

Caramel Nut Bar (65440).....\$16.25/box
Calories 170/ Fat 5/ Carbs 22/ Protein 10

Oatmeal Raisin Bar (65400).....\$16.25/box
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. That means you can enjoy more than one per day as part of your 5 & 1 Plan.

Chocolate Mint Crunch Bar (64905).....\$16.25/box
Calories 110/ Fat 3/ Carbs 13/ Protein 11

Caramel Crunch Bar (65445).....\$16.25/box
Calories 110/ Fat 3/ Carbs 12/ Protein 11

Peanut Butter Crunch Bar (65005).....\$16.25/box
Calories 110/ Fat 3.5/ Carbs 13/ Protein 11

Chocolate Crunch Bar (64805).....\$16.25/box
Calories 110/ Fat 3/ Carbs 13/ Protein 11

Oatmeal Raisin Crunch Bar (65405).....\$16.25/box
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

S'more Crunch Bar (65455).....\$16.25/box
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Strawberry Crunch Bar (65520).....\$16.25/box
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Cinnamon Roll Crunch Bar (65510).....\$16.25/box
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Fruit & Nut Crunch Bar (65505).....\$16.25/box
Calories 110/ Fat 3/ Carbs 12/ Protein 11

Lemon Meringue Crunch Bar (65205).....\$16.25/box
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).....\$15.50/box
Calories 110/ Fat 1/ Carbs 15/ Protein 13

Beef Vegetable Stew (69660).....\$15.50/box
Calories 100/ Fat 1/ Carbs 14/ Protein 11

Chicken & Wild Rice Soup (69650).....\$15.50/box
Calories 100/ Fat 1/ Carbs 13/ Protein 10

Chicken Noodle Soup (69600).....\$15.50/box
Calories 90/ Fat 1/ Carbs 13/ Protein 9

Cream of Broccoli Soup (57000).....\$15.50/box
Calories 110/ Fat 1.5/ Carbs 10/ Protein 15

Cream of Chicken Soup (54300).....\$15.50/box
Calories 110/ Fat 1.5/ Carbs 9/ Protein 14

Cream of Tomato Soup (60600).....\$15.50/box
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14

Homestyle Chili (69700).....\$15.50/box
Calories 110/ Fat 1/ Carbs 15/ Protein 14

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MEDIFAST PUDDING

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

Vanilla Pudding (57410).....\$15.50/box

Calories 110/ Fat 0/ Carbs 15/ Protein 13

Chocolate Pudding (57400).....\$15.50/box

Calories 110/ Fat 1/ Carbs 15/ Protein 14



Banana Pudding (72850)\$15.50/box

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).....\$15.50/box

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 when you're on the Medifast 5 & 1 Plan.

Coffee Soft Serve (57600).....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 15/ Protein 11

Peanut Butter Soft Serve (57610)\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

Chocolate Mint Soft Serve (57620)\$16.25/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

Mango Soft Serve (57630).....\$16.25/box

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

Pretzel Sticks

Honey Mustard Pretzel Sticks (67260).....\$15.50/box

Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cinnamon Pretzel Sticks (67250).....\$15.50/box

Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cheese Puffs

Chili Nacho Cheese Puffs (67240).....\$15.50/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

Parmesan Cheese Puffs (67230).....\$15.50/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



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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)** \$6.75/box
Calories 70/ Fat 2/ Carbs 8/ Protein 4
- Ranch Soy Crisps (57260)** \$6.75/box
Calories 60/ Fat 2/ Carbs 7/ Protein 5
- White Cheddar Soy Crisps (57250)** \$6.75/box
Calories 70/ Fat 2/ Carbs 7/ Protein 5

Crackers

- Multi-Grain Crackers (57230)** \$4.50/box
Calories 50/ Fat 0/ Carbs 12/ Protein 1
- Garden Vegetable Crackers (57240)** \$4.50/box
Calories 60/ Fat 0/ Carbs 12/ Protein 2

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)** \$24.95/box
Calories 0/ Fat 0/ Carbs 0/ Protein 0

Essential1: Heart Health Super Omega-3

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

- Essential1: Heart Health Super Omega-3 (0161)** \$24.95/btl of 60
Calories 25/ Fat 2.5/ Carbs 0/ Protein 0



Essential1: Sleep Health

Essential1: Sleep Health is a melatonin 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)** \$24.95/box
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).....\$1.99
- 2. BlenderBottle® (50110).....\$7.50
- 3. *The Secret Is Out: The Medifast Program*
Paperback Book (41040).....\$19.95
- 4. HealthMate Blender (50150).....\$39.95
- 5. Recipe Book (41090).....\$6.95
- 6. Lean & Green™ Meal Cookbook (42330).....\$12.95



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PROGRAM MATERIALS

FREE. Limit one per customer.

- a. Quick Start Guide (41030)
- b. Medifast for Teens Guide (41119)
- c. Medifast for Diabetes Guide (37889)
- d. Medifast for Seniors Guide (37939)
- e. Transition & Maintenance Guide (41069)
- f. Exercise Guide (41079)
- g. Ready, Set, Medifast (41810)
- h. Vegetarian Guide (41330)
- i. Gout Guide (41440)
- j. Nursing Mother's Guide (41130)
- i. Anticoagulant Guide (41450)



a.



b.



c.



d.



e.



f.



g.



h.



i.



j.



k.

MED LISTED NYSE

