

Quick Start Guide

The 5 & 1 Plan[®]



Medifast[®]

Proven, Healthy Weight Loss[™]



Medifast
 “Happy Afters”
 Contest Winners

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Welcome to Medifast

Congratulations!

You've taken an important first step in controlling your weight and improving your health, and Medifast 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 doctors and is clinically proven to be safe and effective for weight loss. The Medifast 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.

Most importantly, Medifast includes specific transition and maintenance phases to help you learn how to maintain your new, healthier weight for the long term.

With Medifast ...

- You eat six meals a day, so you won't feel hungry
- You lose weight fast
- Your Medifast Meals go with you anywhere, so the 5 & 1 Plan® fits even the busiest lifestyles

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.



Lean = lean protein



Green = non-starchy vegetables



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.



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 additional meatless choices, please refer to our Meatless Options list online.

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)

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)

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, visit us online.









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.

You'll find lots of recipes and meal-planning tools on MyMedifast.com.

DAY 1

BREAKFAST	
■ Medifast Eggs	
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	

DAY 2

BREAKFAST	
■ Medifast Pancakes	
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	

KEY  Medifast Meals  Lean  Green  Healthy Fats

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.

Tips for success (cont.)

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, or track online at MyMedifast.com.

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, maintaining your weight loss and staying healthy. 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.

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 up to 45 minutes total.

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.

“ I 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.”

Talk to your health care provider or a personal trainer to find an exercise program that is right for you. The *Medifast Exercise Guide* can also provide tips and guidance, especially for those just starting an exercise program.



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.

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

*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, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ½ 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)

WEEK 1	
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	

KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats
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Maintenance

Once you've completed your transition phase successfully, you're 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.

The maintenance phase isn't one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Make sure you order or download the *Maintenance Guide* on MedifastNow.com.

Plan ahead

Medifast Advantage

Taking advantage of our Medifast Advantage Program can save you money and help make sure you don't run out of Medifast Meals.

If you prefer to order each time, make sure you order at least two weeks before your supply runs out.

For fast orders, you can request expedited shipping by calling our Client Solutions Center at (800) 209-0878.

Questions and answers

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Are there any medical conditions or medications that would prohibit me from using the Medifast 5 & 1 Plan® to lose weight?

A.

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*

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What about prescription medicines?

A. 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.

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What about high blood pressure?

A. 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.

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What if I get constipated?

A.

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

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What if I have diabetes?

A. 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*)

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What if I have digestive problems?

A. 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.

Become Yourself.™



Fast



Safe



Simple



Portable



Long term



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MD-GUI0113_QS41030