



Medifast for Diabetes

This Medifast for Diabetes Guide is designed with special care to help guide individuals with diabetes on the Medifast® Program. Please read this guide carefully; it provides all the information you need to get started.



Please note, there are several occurrences within this guide where you may need additional resources. When notated (†), please reference the following for specified document: ChooseMedifast.com.



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Welcome to the Medifast Program!

Medifast can help you get to a healthier weight and enjoy living life to the fullest. With over 80 Medifast Meals to choose from, the Medifast for Diabetes Program is convenient and simple to follow; emphasizing portion-controlled eating at regular times throughout the day.

If you have diabetes, this guide will help you use our products and plans to get healthier—safely. Please read this guide carefully to learn what you need to get started!

About Diabetes

According to the American Diabetes Association, diabetes affects about 25.8 million children and adults in the United States. Diabetes is a chronic disease that affects how the body uses energy from food, and can lead to high blood sugar (glucose) levels.



Sometimes diabetes happens when the pancreas, a gland in the body, does not produce enough *insulin*, a hormone that breaks down the sugars and starches you eat and helps turn them into energy. Or, the pancreas produces enough insulin, but the insulin isn't used properly by the body.

There are two main kinds of diabetes: type 1 (insulin-dependent) and type

2. There is also a condition called pre-diabetes, which is when your blood sugar is higher than normal, but not high enough to be diagnosed as diabetes.

If untreated, diabetes can have serious consequences. Yet many people can lower their risk of getting type 2 diabetes and prevent complications through lifestyle changes such as regular exercise, and, most importantly, a good diet.

Type 1 Diabetes

Type 1 diabetes is usually diagnosed in childhood or young adulthood, but can develop at any age. It occurs when beta cells of the pancreas no longer make insulin, which results in blood sugar levels that stay too high.

If you have type 1 diabetes, you must take insulin daily by injection or pump to bring down your blood sugar levels. Your diet must be carefully planned. Too much insulin (or not enough glucose from food) can cause your blood sugar level to fall too low, a dangerous condition called *hypoglycemia*.

Type 2 Diabetes

Type 2 is the more common type of diabetes, and can occur at any age, even childhood. Being overweight significantly increases your risk of developing this type of diabetes, but losing just five percent of your body weight can help control the signs and symptoms of type 2 diabetes, and may improve your test results for blood sugar, blood pressure, and cholesterol, plus other indicators such as hemoglobin A1c. Losing weight may even reduce your need for medication.

Medifast Meals are *low-glycemic*. That means the Medifast products do not cause sudden increases (or “spikes”) in blood sugar. That is how they help support consistent blood sugar levels, and why Medifast Meals are great for people with diabetes. Eating consistent carbohydrates throughout your day on the Medifast Program also helps to control blood sugar levels.

Medifast: Clinically Proven in People with Type 2 Diabetes

Medifast has been proven to help people lose weight in multiple clinical

studies. It's been recommended by over 20,000 doctors since 1980.

A recent study affirms that people with type 2 diabetes are more likely to stick with the Medifast Program, lose more weight, and improve their health.

Researchers from a major medical center conducted an 86-week diabetic weight-loss study comparing the Medifast weight-loss program (using Medifast Plus for Diabetics Shakes) with the diet recommended by the American Diabetes Association (ADA).

Participants randomly selected to use the Medifast plan lost twice as much weight as those on the ADA diet, and were twice as likely to follow the plan and stick with it. About 40% of the Medifast users lost at least 5% of their body weight compared with just 12% on the standard ADA diet.

Also, 24% of the Medifast users cut down or eliminated their need for diabetes medication—none of the participants in the standard ADA diet group were able to do so. Those in the Medifast group achieved significantly lower levels of fasting glucose, insulin and HgA1c, lipids, and blood pressure after losing weight.

About Medifast Products for People with Diabetes

Medifast Meals are meal replacements formulated with a low glycemic index. That means they don't cause an upsurge in blood sugar, so they can help people with diabetes lose weight safely and effectively.

Medifast Meals give you over 80 different choices, including shakes, soups, stew, sloppy joes, chili, oatmeal, eggs, fruit drinks, iced teas, hot beverages, bars, pretzel sticks,



cheese puffs, brownies and soft bakes, puddings, soft serve, bites, pancakes, and more.

All Medifast Meals are safe for people with diabetes, and can be used in certain Medifast plans with your primary care provider or diabetes specialist's permission if you have type 1 diabetes.

Medifast Plus for Diabetics

Medifast Plus for Diabetics Shakes were the Medifast Meals used in the study on page 4. They feature less than 6g of sugar, and 10g or fewer carbohydrates per serving.

These special Medifast Meals are designed to work together with a well-balanced meal plan. People with diabetes can use them as meal replacements in a weight-loss program, or as a healthy addition to a diabetes meal plan.

FIRST THINGS FIRST: See your doctor

When you have diabetes, the most important thing is controlling your blood sugar levels, which are affected by what you eat. That's why your primary care provider (PCP) or diabetes specialist needs to know before you start the Medifast for Diabetes Program.

It's important that he or she monitors your blood sugar and medication dosages. Because the programs are low in calories and the products have a low glycemic index, your medications may need to be adjusted before you begin.

Medifast recommends careful blood sugar monitoring throughout your weight-loss program. Work with your doctor to decide if you need to change any of your diabetes medications (pills, insulin, or both).

Using Medifast with Type 1 Diabetes

If you have type 2 diabetes, any plan on the Medifast Program is safe for you to use. However, if you have type 1 diabetes, there are certain guidelines you

must follow to safely lose weight with Medifast.

Low blood sugar (hypoglycemia) can be very dangerous, which is why it's so important to work with your doctor when you choose Medifast or any weight-loss plan that limits carbohydrates.

If you have type 1 diabetes, it is essential to discuss Medifast with your primary care provider (PCP) or diabetes specialist before you start any of our plans for weight loss.

Once your provider reviews your situation and gives you the go-ahead, you may start on Option 3: The Medifast 5 & 2 & 2 Plan. Your PCP may decide it's safe for you to begin with one of our lower carbohydrate options, as long as he or she is closely monitoring your blood sugar levels and insulin needs. (See pages 7 - 8 for details on the different options.)

Be sure to follow your PCP's advice *exactly* to ensure you're getting enough carbohydrates to avoid a low blood sugar.

Let's Get Started

Healthy weight-loss meal planning for people with diabetes is geared toward limiting calories while maintaining consistent healthy blood sugar levels.

The Medifast Program is a good fit, since it's based on eating every two to three hours—small meals that space carbohydrates and protein throughout the day, and reduce fat (especially saturated fat).

Choosing a Meal Plan

There are three different meal plans for people with diabetes. **You and your doctor should determine which one is best for you.** Your doctor may

choose to let you start with one option, then after you lose some weight, move you to another lower calorie plan later on. He or she will need to review your medications as you lose weight.

The Meal Plans consist of...



Medifast Meals: Choose from over 80 different foods and flavors. All the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars in the green wrapper; limit yourself to one per day if you are on the Medifast 5 & 1 Plan).



Lean & Green Meals: a measured portion of lean protein (fish, chicken, lean beef, etc.) and non-starchy vegetables (salad greens, etc.). Lean & Green Meal guidelines are found on pages 9 - 11.



Healthy Snacks: (Options 2 & 3 only) a serving of fruit, dairy, or grain. For examples, see pages 12 - 14.

OPTION 1: The Medifast 5 & 1 Plan

For sample meal plans, see page 19.

- What you eat: 5 Medifast Meals + 1 Lean & Green Meal daily. NO Healthy Snacks
- Best suited for people with type 2 diabetes and less than 100 lbs to lose
- Daily calories: 800 - 1,000
- Daily carbohydrates: Less than 100g
- Fat-burning / fast weight loss



OPTION 2: The Medifast 4 & 2 & 1 Plan

For sample meal plans, see page 22.

- What you eat: 4 Medifast Meals + 2 Lean & Green Meals + 1 Healthy Snack daily
- An option for people with type 1 or type 2 diabetes who are carefully monitored by their primary care physician (PCP) or diabetes specialist
- Daily calories: 1,100 - 1,300
- Daily carbohydrates: 100g or more
- Not fat-burning / gradual weight loss

OPTION 3: The Medifast 5 & 2 & 2 Plan

For sample meal plans, see page 26.

- What you eat: 5 Medifast Meals + 2 Lean & Green Meals + 2 Healthy Snacks daily
- Best suited for people with type 2 diabetes and more than 100 lbs to lose or people with type 1 diabetes who are carefully monitored by their primary care physician (PCP) or diabetes specialist
- Daily calories: 1,400 - 1,600
- Daily carbohydrates: more than 130g
- Not fat-burning / slower, steady weight loss

Lean & Green Meals

Lean = lean protein

Green = non-starchy vegetables

Every Lean & Green Meal includes 5 to 7 oz 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(s) 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(s). 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 at the end of the Lean Options list on page 10.

NOTE: If your plan allows for two Lean & Green Meals, you only get Healthy Fat servings for one of them, not both. This ensures your plan stays within calorie limits to help you lose weight.



Lean & Green Meal: The "Lean"

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.

Lean

Choose the appropriate serving size of any protein from this list. We've broken down protein options into Lean, Leaner, and Leanest. All options are appropriate for the Medifast for Diabetes Program—it's just divided this way to help you make informed food choices.

The “Lean” (cont.)

▶ **LEANEST:** Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **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®

▶ **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) with no Healthy Fat serving added.

- **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)

Healthy Fat Servings

Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 teaspoon of trans fat-free margarine

For those requiring additional meatless choices, please refer to our Meatless Options list† or contact Medifast Nutrition Support at NutritionSupport@ChooseMedifast.com.



Lean & Green Meal: The “Green”

Choose three servings from our Green Options list for each of your Lean & Green Meals.

We’ve broken down vegetable options into Lower, Moderate, and Higher Carbohydrate levels. All options are appropriate on the Medifast for Diabetes Program—the list is divided this way to help you make informed food choices.

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.

1 serving = ½ cup vegetables
(unless otherwise specified on the Green Options list)

▶ 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)

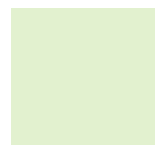
½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

▶ 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)



Healthy Snacks for Option 2 or Option 3

Your Healthy Snack(s) should be incorporated into one of your six mealtimes throughout the day, so you're eating your Healthy Snack(s) at the same time as a Medifast Meal or Lean & Green Meal. You should maintain eating six meals each day (spaced two to three hours apart) for optimal blood sugar control.

- If you choose Option 1 (Medifast 5 & 1 Plan), you should **not** add any Health Snacks to your daily meal plan.
- If you choose the Option 2 (Medifast 4 & 2 & 1 Plan), you may choose **one** Healthy Snack from the snack category of your choice (fruit, dairy, or grains). Remember to limit yourself to only one Healthy Snack each day.
- If you choose the Option 3 (Medifast 5 & 2 & 2 Plan), you may choose **two** Healthy Snacks from the snack categories of your choice (fruit, dairy, or grains). Remember to limit yourself to only two Healthy Snacks each day.



FRUITS

A Healthy Snack serving of fruit is:

- 1 medium-sized piece of fresh fruit such as pears, apples, oranges, etc.
- ½ cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, boysenberries, etc.
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose canned fruit packed in water or natural juices—not syrup)
- 17 fresh grapes
- ½ grapefruit
- ½ large banana or 1 small banana



DAIRY

A Healthy Snack serving of dairy is:

- ½ -1 cup (4 - 8 oz) low-fat yogurt—yogurt serving should be less than 120 calories, low-fat, and either plain (unflavored) or artificially sweetened (flavored)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or buttermilk)
- ½ cup fat-free evaporated milk

NOTE: Always choose low-fat or fat-free dairy foods. Cheese (of any kind) should not be considered a dairy option, and therefore should not be counted as a healthy snack. See the Meatless Options list for information about including cheese in your weight-loss plan as a lean protein.

Healthy Snacks (cont.)



GRAINS

A Healthy Snack serving of grain is:

Bread: Choose whole-grain varieties that have two or more grams of fiber per slice.

- 1 slice whole-grain bread
- 2 slices low-calorie, “light” whole-grain bread (less than 40 calories/slice)

Cereal: Choose a whole-grain option that has five or more grams of fiber per serving.

- ½-1 cup cold cereal such as bran flakes, etc.
- ½ cup cooked cereal

Additional whole-grain options:

- ⅓ cup cooked brown or wild rice
- ½ cup whole-wheat pasta

Check the food-label ingredient list to ensure the starch or grain products you choose are made from “whole-grain” sources, which should appear first in the ingredient list—examples include whole wheat, whole rye, and whole oats.

Extras for Option 1

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.



Optional Condiments

To flavor your meals and make your Medifast Program more enjoyable, you have the option of adding condiments to your food selections. Although condiments add flavor and zest to your meals, they can also contribute to your overall carbohydrate intake. Therefore, Medifast recommends reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results.

Examples of condiments include:

- ½ teaspoon most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar or soy sauce
- 1 tablespoon minced onion, yellow mustard, salsa, low-fat or fat-free milk/soy milk
- 2 teaspoon lemon/lime juice
- 1 - 2 tablespoon sugar-free flavored syrup (Medifast Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet of artificial sweetener (Splenda®, Equal®, etc.)

Refer to our Condiment List† for a complete listing.

5 & 1 Plan

Daily Success Tracker

Date: _____

Beginning-of-Week Weight: _____

End-of-Week Weight: _____

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Medifast Meals

(write time of meal in each box)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5

Optional Condiments

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Optional Snack

<input type="text"/>
1

Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	

Exercise/Activity

How I felt today:



good



okay



bad

4 & 2 & 1 Plan

Daily Success Tracker

Date: _____

Beginning-of-Week Weight: _____

End-of-Week Weight: _____

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Medifast Meals

(write time of meal in each box)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4

Healthy Snack

<input type="text"/>
1

Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	

Exercise/Activity

How I felt today:



good



okay



bad

5 & 2 & 2 Plan

Daily Success Tracker

Date: _____

Beginning-of-Week Weight: _____

End-of-Week Weight: _____

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Medifast Meals

(write time of meal in each box)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5

Healthy Snack

<input type="text"/>	<input type="text"/>
1	2

Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Lean & Green Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	

Exercise/Activity

How I felt today:



good



okay



bad

Option 1: The Medifast 5 & 1 Plan

Every day, it's as simple as: any 5 Medifast Meals + 1 Lean & Green Meal

Day 1

Breakfast – 1st Medifast Meal

- Medifast Original Style Eggs with egg whites

Mid-Morning – 2nd Medifast Meal

- Medifast Plus for Diabetics Chocolate Shake

Lunch – 3rd Medifast Meal

- Medifast Cream of Chicken Soup

Mid-Afternoon – 4th Medifast Meal

- Medifast Plus for Diabetics Strawberry Shake

Dinner – Lean & Green Meal

- 6 oz grilled chicken breast
- 1-½ cups zucchini cooked in 1 tsp olive oil

Evening – 5th Medifast Meal

- Medifast Vanilla Pudding

You can use these sample meal plans as a guide to help you plan your six mealtimes each day.

Day 2

Breakfast – 1st Medifast Meal

- Medifast Blueberry Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Hot Cocoa

Lunch – Lean & Green Meal

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carbohydrate salad dressing

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Dinner – 4th Medifast Meal

- Medifast Chicken Noodle Soup

Evening – 5th Medifast Meal

- Medifast Tropical Punch Fruit Drink

KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats ■ Optional Condiments

5 & 1 Plan (cont.)

Day 3

Breakfast – Lean & Green Meal

- 2 cups EggBeaters® scrambled with 2 tsp trans fat-free margarine
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

Mid-Morning – 1st Medifast Meal

- Medifast Chai Latte

Lunch – 2nd Medifast Meal

- Medifast Maryland Crab Soup

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Dinner – 4th Medifast Meal

- Medifast Beef Vegetable Stew

Evening – 5th Medifast Meal

- Medifast Banana Pudding

Day 5

Breakfast – 1st Medifast Meal

- Medifast Original Pancakes

Mid-Morning – 2nd Medifast Meal

- Medifast Chicken Noodle Soup

Lunch – 3rd Medifast Meal

- Medifast Maryland Crab Soup

Mid-Afternoon – 4th Medifast Meal

- Medifast Beef Vegetable Stew

Dinner – Lean & Green Meal

- 5 oz lean beef
- 1 cup sautéed spinach
- ½ cup portabella mushroom caps
- 1 tsp canola oil to sauté vegetables

Evening – 5th Medifast Meal

- Medifast Plus for Diabetics Strawberry Shake

Day 4

Breakfast – 1st Medifast Meal

- Medifast Peach Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Lunch – Lean & Green Meal

- 6 oz grilled chicken breast
- 1 cup baby spinach salad greens
- 1 cup mixed diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carbohydrate salad dressing

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Chocolate Shake

Dinner – 4th Medifast Meal

- Medifast Homestyle Chili

Evening – 5th Medifast Meal

- Medifast Cream of Broccoli Soup

Day 6

Breakfast – 1st Medifast Meal

- Medifast Cappuccino

Mid-Morning – 2nd Medifast Meal

- Medifast Peanut Butter Crunch Bar

Lunch – 3rd Medifast Meal

- Medifast Plus for Diabetics Chocolate Shake

Mid-Afternoon – 4th Medifast Meal

- Medifast Vanilla Pudding

Dinner – Lean & Green Meal

- 7 oz baked orange roughly
- 1-½ cups eggplant sautéed in 2 tsp canola oil

Evening – 5th Medifast Meal

- Medifast Peach Iced Tea

Day 7

Breakfast – 1st Medifast Meal

- Medifast Southwest Style Eggs with egg whites

Mid-Morning – 2nd Medifast Meal

- Medifast Apple Cinnamon Oatmeal

Lunch – Lean & Green Meal

- 7 oz sautéed shrimp with 1 tsp canola oil
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 2 Tbsp low-carbohydrate salad dressing

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Dinner – 4th Medifast Meal

- Medifast Chicken & Wild Rice Soup

Evening – 5th Medifast Meal

- Medifast Brownie

KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats ■ Optional Condiments

Option 2: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: any 4 Medifast Meals +
2 Lean & Green Meals + 1 Healthy Snack

Day 1

Breakfast – 1st Medifast Meal

- Medifast Apple Cinnamon Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Cappuccino

Lunch – 1st Lean & Green Meal

- 7 oz grilled shrimp sprayed with 1 tsp olive oil
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-carbohydrate salad dressing

Mid-Afternoon – 3rd Medifast Meal

- Medifast Cranberry Mango Fruit Drink

Dinner – 2nd Lean & Green Meal

- 6 oz grilled chicken breast
- 2 cups fresh baby spinach
- ½ cup fresh mushrooms and tomatoes

Evening – 4th Medifast Meal + Healthy Snack

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water)

KEY

■ Lean ■ Green ■ Medifast Meals ■ Healthy Snack ■ Healthy Fats

Day 2

Breakfast – 1st Medifast Meal

- Medifast Blueberry Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Hot Cocoa

Lunch – 1st Lean & Green Meal

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers, and celery

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Dinner – 2nd Lean & Green Meal

- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans with 1 tsp trans fat-free margarine

Evening – 4th Medifast Meal + Healthy Snack

- Medifast Plus for Diabetics Strawberry Shake blended with 1 small banana

Day 3

Breakfast – 1st Lean & Green Meal

- 2 cups EggBeaters® scrambled with 2 tsp margarine
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

Mid-Morning – 1st Medifast Meal

- Medifast Chai Latte

Lunch – 2nd Medifast Meal

- Medifast Maryland Crab Soup

Mid-Afternoon – 3rd Medifast Meal + Healthy Snack

- Medifast Plus for Diabetics Vanilla Shake blended with ½ cup raspberries

Dinner – 2nd Lean & Green Meal

- 5 oz pork loin
- 1-½ cups cauliflower

Evening – 4th Medifast Meal

- Medifast Banana Pudding

4 & 2 & 1 Plan (cont.)

Day 4

Breakfast – 1st Medifast Meal

- Medifast Peach Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Lunch – 1st Lean & Green Meal

- 6 oz grilled chicken breast
- 2 cups romaine lettuce
- ½ cup mixed diced tomatoes, cucumbers, and celery

Mid-Afternoon – 3rd Medifast Meal

- Medifast Plus for Diabetics Chocolate Shake

Dinner – 2nd Lean & Green Meal + Healthy Snack

- 5 oz beef tenderloin tips
- 1-½ cups mushrooms
- ½ cup whole-grain beef-flavored rice

Evening – 4th Medifast Meal

- Medifast Cream of Broccoli Soup

Day 5

Breakfast – 1st Medifast Meal

- Medifast Original Style Eggs with egg whites

Mid-Morning – 2nd Medifast Meal

- Medifast Fruit & Nut Crunch Bar

Lunch – 1st Lean & Green Meal

- 7 oz fresh flounder
- 1-½ cups steamed asparagus

Mid-Afternoon – 3rd Medifast Meal

- Medifast Beef Vegetable Stew

Dinner – 2nd Lean & Green Meal + Healthy Snack

- 6 oz deli turkey
- 1 cup raw spinach leaves
- 1 cup cooked broccoli
- 1 slice whole-grain bread

Evening – 4th Medifast Meal

- Medifast Plus for Diabetics Strawberry Shake

Day 6

Breakfast – 1st Medifast Meal

- Medifast Cappuccino

Mid-Morning – 2nd Medifast Meal

- Medifast Oatmeal Raisin Crunch Bar

Lunch – 1st Lean & Green Meal

- 7 oz tuna fish
- 3 cups raw spinach with 2 tsp walnut oil

Mid-Afternoon – 3rd Medifast Meal + Healthy Snack

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries

Dinner – 2nd Lean & Green Meal

- 7 oz baked orange roughy
- 1-½ cups sautéed eggplant

Evening – 4th Medifast Meal

- Medifast French Vanilla Ready-to-Drink Shake

Day 7

Breakfast – 1st Medifast Meal + Healthy Snack

- Medifast Hot Cocoa
- 8 oz (1 cup) low-fat, sugar-free yogurt

Mid-Morning – 2nd Medifast Meal

- Medifast Cream of Broccoli Soup

Lunch – 1st Lean & Green Meal

- 7 oz sautéed shrimp with 1 tsp canola oil
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms

Mid-Afternoon – 3rd Medifast Meal

- Medifast Chai Latte

Dinner – 2nd Lean & Green Meal

- 5 oz roast beef
- 1-½ cups cooked seasoned cabbage

Evening – 4th Medifast Meal

- Medifast Cream of Chicken Soup

KEY

Lean Green Medifast Meals Healthy Snack Healthy Fats

Option 3: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: 5 Medifast Meals +
2 Lean & Green Meals + 2 Healthy Snacks

On Option 3, you'll eat six times each day. Since you need to eat a total of seven meals (including all of your Medifast Meals and Lean & Green Meals), you'll either have two Medifast Meals at the same time or you'll have a Medifast Meal and a Lean & Green Meal at the same time. Refer to the following Sample Meal Plans for examples.

Day 1

Breakfast – 1st Medifast Meal

- Medifast Apple Cinnamon Oatmeal

Mid-Morning – 2nd Medifast Meal

- Medifast Cappuccino

Lunch – 1st Lean & Green Meal + 3rd Medifast Meal

- 7 oz grilled shrimp
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-carbohydrate salad dressing
- Medifast Plus for Diabetics Strawberry Shake

Mid-Afternoon – 4th Medifast Meal

- Medifast Cranberry Mango Fruit Drink

Dinner – 2nd Lean & Green Meal + 1st Healthy Snack

- 6 oz grilled chicken breast
- 1 cup cooked baby spinach
- ½ cup cooked mushrooms and tomatoes
- ½ cup brown rice

Evening – 5th Medifast Meal + 2nd Healthy Snack

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water)

KEY

Lean Green Medifast Meals Healthy Snack Healthy Fats

Day 2

Breakfast – 1st Medifast Meal + 1st Healthy Snack

- Medifast Blueberry Oatmeal
- 8 oz (1 cup) low-fat, sugar-free yogurt

Mid-Morning – 2nd Medifast Meal

- Medifast Hot Cocoa

Lunch – 1st Lean & Green Meal + 3rd Medifast Meal

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed cucumbers, peppers, radishes, and celery
- Medifast Banana Pudding

Mid-Afternoon – 4th Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Dinner – 2nd Lean & Green Meal

- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans

Evening – 5th Medifast Meal + 2nd Healthy Snack

- Medifast Plus for Diabetics Strawberry Shake blended with 1 small banana

Day 3

Breakfast – 1st Lean & Green Meal

- 2 cups EggBeaters® scrambled with 2 tsp canola oil
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

Mid-Morning – 1st Medifast Meal

- Medifast Chai Latte

Lunch – 2nd Medifast Meal

- Medifast Maryland Crab Soup

Mid-Afternoon – 3rd Medifast Meal + 1st Healthy Snack

- Medifast Plus for Diabetics Vanilla Shake blended with ½ cup raspberries

Dinner – 2nd Lean & Green Meal + 4th Medifast Meal

- 6 oz pork loin
- 1-½ cups cauliflower
- Medifast Plus for Diabetics Chocolate Shake

Evening – 5th Medifast Meal + 2nd Healthy Snack

- Medifast Cream of Chicken Soup mixed with ½ cup whole-grain noodles

5 & 2 & 2 Plan (cont.)

Day 4

Breakfast – 1st Medifast Meal

- Medifast Peach Oatmeal

Mid-Morning – 2nd Medifast Meal + 1st Healthy Snack

- Medifast Plus for Diabetics Vanilla Shake blended with $\frac{1}{2}$ cup blueberries

Lunch – 1st Lean & Green Meal + 3rd Medifast Meal

- 6 oz grilled chicken breast
- 2 cups baby spinach
- $\frac{1}{2}$ cup mixed diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carbohydrate salad dressing
- Medifast Tropical Punch Fruit Drink

Mid-Afternoon – 4th Medifast Meal

- Medifast Plus for Diabetics Chocolate Shake

Dinner – 2nd Lean & Green Meal + 2nd Healthy Snack

- 5 oz beef tenderloin tips
- 1- $\frac{1}{2}$ cups mushrooms
- 1 small whole-grain roll

Evening – 5th Medifast Meal

- Medifast Cream of Broccoli Soup

Day 5

Breakfast – 1st Medifast Meal

- Medifast Southwest Style Eggs with egg whites

Mid-Morning – 2nd Medifast Meal

- Medifast Plus for Diabetics Vanilla Shake

Lunch – 1st Lean & Green Meal + 3rd Medifast Meal

- 7 oz fresh flounder
- 1- $\frac{1}{2}$ cups asparagus
- 2 tsp trans fat-free margarine
- Medifast Cream of Broccoli Soup

Mid-Afternoon – 4th Medifast Meal + 1st Healthy Snack

- Medifast Beef Vegetable Stew
- 1 fresh apple

Dinner – 2nd Lean & Green Meal + 2nd Healthy Snack

- 6 oz turkey (white meat)
- $\frac{1}{2}$ cup mixed lettuce, tomatoes, and sprouts
- 1 cup cooked broccoli
- 1 slice whole-grain bread

Evening – 5th Medifast Meal

- Medifast Plus for Diabetics Strawberry Shake

Day 6

Breakfast – 1st Medifast Meal

- Medifast Chocolate Chip Pancakes

Mid-Morning – 2nd Medifast Meal

- Medifast Caramel Crunch Bar

Lunch – 1st Lean & Green Meal + 3rd Medifast Meal

- 15 oz extra firm Mori-Nu tofu
- 1-½ cups sautéed spinach
- Medifast Cream of Tomato Soup

Mid-Afternoon – 4th Medifast Meal+ 1st Healthy Snack

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries

Dinner – 2nd Lean & Green Meal

- 7 oz baked orange roughly coated with 2 tsp walnut oil
- 1-½ cups sautéed eggplant

Evening – 5th Medifast Meal + 2nd Healthy Snack

- Medifast Plus for Diabetics Strawberry Shake made with 8 oz (1 cup) skim milk (instead of water)

Day 7

Breakfast – 1st Medifast Meal + 1st Healthy Snack

- Medifast Hot Cocoa
- 8 oz (1 cup) low-fat, sugar-free yogurt

Mid-Morning – 2nd Medifast Meal

- Medifast Cream of Broccoli Soup

Lunch – 1st Lean & Green Meal

- 7 oz sautéed shrimp with 1 tsp canola oil
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 1 Tbsp low-carbohydrate salad dressing

Mid-Afternoon – 3rd Medifast Meal

- Medifast Chai Latte

Dinner – 2nd Lean & Green Meal + 4th Medifast Meal

- 6 oz sliced turkey breast
- 1-½ cups cooked seasoned cabbage
- Medifast Plus for Diabetics Strawberry Shake

Evening – 5th Medifast Meal + 2nd Healthy Snack

- Medifast Tropical Punch Fruit Drink
- 17 fresh grapes

Tips for Success

The First Few Days

As you begin the Medifast for Diabetes 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 blood sugar during this time.

If you're excessively hungry or tired in the first few days, have an extra Medifast Shake or a couple additional ounces of lean protein (egg whites, etc.). It's better to have an extra Medifast Shake 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—or one hour—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 for Diabetes 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 increase 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 oz 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, since being “on 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.

Don't “cheat.” If your weight loss slows down, make sure you're staying on your plan exactly as directed. Even one piece of bread or fruit can affect your results.

Keep a journal to track your successes, challenges, feelings, and observations.



Seeing Results

Some people lose weight quickly in the first few weeks of being on Option 1, and then 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 fluid, hormones, and other factors.

Tips for Success (cont.)

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).
- Pick the lowest carbohydrate vegetables from your Green Options list (page 11).
- 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.

Recipe Suggestions

Here's a Mocha Freeze recipe:

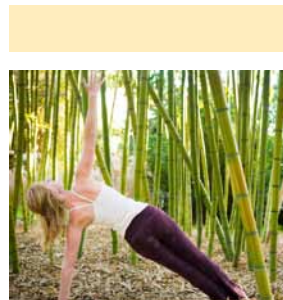
Mix 1 packet of Medifast Dutch Chocolate Shake with 1 tablespoon instant coffee, $\frac{1}{2}$ cup cold water and $\frac{1}{2}$ cup ice. Blend in a blender until smooth.

You can mix your Medifast Shakes with diet soda to create different flavors. Try this recipe:

Carefully stir 1 packet Medifast Vanilla Shake into 6 - 8 ounces diet cream soda (be sure not to use a shaker jar).

You can use sugar-free syrups to change the flavor of your Medifast Meals. Try this recipe:

Mix 1 packet Medifast Hot Cocoa with 1 - 2 tablespoons sugar-free hazelnut syrup and 1 cup water. Microwave until warm (1 - 2 minutes).



Exercise

Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not currently exercise and are starting Option 1 (Medifast 5 & 1 Plan), we recommend waiting two to three weeks before you begin an exercise program. However, if you are following Option 2 (Medifast 4 & 2 & 1 Plan) or Option 3 (Medifast 5 & 2 & 2 Plan), you can begin your exercise program today. 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 Medifast Exercise Guide† for more tips.

If you currently exercise and are following Option 1, 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 doctor or a personal trainer to find an exercise program that is right for you. Most doctors recommend aerobic exercise, which makes you breathe more deeply and makes your heart work harder. Examples of aerobic exercise include walking, jogging, aerobic dance, and bicycling.

If you have problems with the nerves in your feet or legs, your doctor 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.

Exercise checklist for individuals with diabetes:

- Always check with your doctor before starting any exercise program.
- Check blood glucose/sugar before exercise—do NOT exercise if blood glucose is less than 100mg/dL or greater than 300mg/dL.
- Begin your exercise program slowly—gradually increase duration (minutes per exercise session), intensity (difficulty level), and frequency (times per week).

- ❑ Try to work up to 30 - 45 minutes of moderate-intensity exercise at least three to six times per week. Warm up before exercising and cool down afterward by doing five minutes of a slower-paced activity.
- ❑ Carry glucose tablets with you in case of low blood sugar.
- ❑ Discuss appropriate pre-exercise meal planning with your doctor, registered dietitian, or certified diabetes educator.
- ❑ Drink plenty of fluids (water and sugar-free beverages).
- ❑ Wear your medic alert identification while exercising.
- ❑ Wear appropriate clothing and shoes.
- ❑ Check your feet daily for any sores, blisters, or abnormalities.
- ❑ Check blood glucose again after exercise.
- ❑ Have a plan in place so you know how to handle a low blood sugar.



Transition

Begin the Transition Plan after you have reached your goal weight.

Transition is the next phase of the Medifast for Diabetes Program. Transition is required **only if you followed Option 1 (Medifast 5 & 1 Plan)**. If you are

following Option 2 (Medifast 4 & 2 & 1) or Option 3 (Medifast 5 & 2 & 2) you can skip Transition and begin your Maintenance Plan.

During Transition, you will be reintroduced to fruits, low-fat dairy products, whole grains, and higher-carbohydrate vegetables. You'll begin Transition once you've reached your goal weight. Transition gradually adds calories back into your regimen, while giving your body the appropriate time it needs to adjust to its new level of calories and carbohydrates. Transition also helps you to control portion sizes while reintroducing you to a variety of foods that you prepare yourself. It is best not to stop Option 1 suddenly, but rather to go through Transition carefully. So, stick with the Plan for one additional week after reaching your goal prior to beginning Transition.

A careful Transition will protect you from “rebound” weight gain—as well as give your digestive system a chance to get used to handling other types of food again.

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.

Follow this 6-week transition to an ultimate goal of less than 1,550 calories a day for weight maintenance.

Sample Transition Chart

Week	Target # of calories	Medifast Meals	Lean & Green Meals	Additions
1	850 – 1,050	5	1	1 cup (2 servings) of your favorite vegetables (any kind)
2	900 – 1,150	4	1	In addition to your <i>• 1 cup of your favorite vegetables</i> ADD • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*

3	1,000 – 1,300	4	1	<p>In addition to your</p> <ul style="list-style-type: none"> • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* <p>ADD</p> <ul style="list-style-type: none"> • 1 cup of low-fat or fat-free dairy (1 serving)
4-6	1,100 – 1,550	3	1	<p>In addition to your</p> <ul style="list-style-type: none"> • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* AND • 1 cup of low-fat or fat-free dairy <p>ADD</p> <ul style="list-style-type: none"> • 4- to 6-oz serving of lean meat (1 serving)** AND • 1 serving of whole grain (1 serving)***

*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.

The Maintenance Guide† helps you create an individualized approach to staying at your new, healthier weight.



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