

5 & 1 Meal Plans

All meal plans should include at least **eight** 8-ounce glasses of water (64 ounces total) each day.

Meal Plan For People with Diabetes:

If you have diabetes, your physician may recommend a meal plan that is higher in calories than the typical meal plan below. The sample higher-calorie meal plan option (on the next page) may be more appropriate for you. Talk to your doctor about which meal plan is right for you.

Breakfast	Medifast Plus for Diabetics Vanilla Shake stirred into 1 cup of coffee
Mid Morning	Medifast Peach Oatmeal
Lunch	Medifast Cream of Broccoli Soup
Mid Afternoon	Medifast Plus for Diabetics Chocolate Shake
Dinner	Lean & Green Meal <ul style="list-style-type: none">• 7 ounces broiled tilapia• Drizzle with mixture of 2 teaspoons olive oil**, ½ tablespoon lemon juice*, and a dash of parsley*• ½ cup boiled asparagus and 1 cup steamed zucchini with a dash of oregano* and salt* to taste
Evening	Medifast Cappuccino

* optional condiment

** healthy fat serving

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Meal Plan For People with Diabetes (higher-calorie):

If you have diabetes, your physician may recommend a meal plan that is higher in calories. Here is a sample of our 4 & 2 & 1 Plan, which you can learn more about in the **Medifast for Diabetes Program Manual**. This meal plan includes 4 Medifast Meals, 2 Lean & Green Meals, and 1 Healthy Snack. Talk to your doctor about which meal plan is right for you.

Breakfast	Medifast Plus for Diabetics Strawberry Shake
Mid Morning	Medifast Blueberry Oatmeal with ½ cup fresh blueberries (this is your Healthy Snack)
Lunch	1st Lean & Green Meal <ul style="list-style-type: none">• 1-½ cups 2% cottage cheese• ½ cup celery sticks• ½ cup cucumber slices• ½ cup bell pepper slices• Dip veggies in 1-2 tablespoons ranch dressing**
Mid Afternoon	Medifast for Diabetics Peanut Butter Bar
Dinner	2nd Lean & Green Meal <ul style="list-style-type: none">• 5 ounces salmon marinated in 1-2 tablespoons lemon juice* and sprinkled with dillweed*• 1-½ cups steamed cauliflower
Evening	Medifast Chocolate Pudding

* optional condiment

** healthy fat serving