

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 the Daily Exerciser:

Breakfast

Medifast Scrambled Eggs with a splash of Tabasco® sauce*

Mid Morning

Medifast Maple & Brown Sugar Oatmeal and 1 cup unsweetened brewed tea with a splash of lemon*

Lunch

Lean & Green Meal (1st half)
(divided into two portions: ½ with the lunch meal; ½ with the dinner meal)

- 3 ounces baked chicken breast brushed with 1 teaspoon teriyaki sauce*
- 1 cup steamed green beans

Mid Afternoon

Medifast Lemon Yogurt Bar

Dinner

Lean & Green Meal (2nd half)

- 3 ounces grilled swordfish
- ½ cup steamed broccoli topped with 1 teaspoon trans fat-free margarine**
- Medifast Chocolate Pudding

Evening

Medifast Orange Crème 70 Shake stirred into diet lemon-lime or cream soda (do not use shaker jar)

* optional condiment

** healthy fat serving