

5 & 1 Meal Plans

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

Meatless Meal Option:

Breakfast	Medifast Swiss Mocha Shake mixed with ice and coffee for a “frappe”
Mid Morning	Medifast Blueberry Oatmeal with 1-2 drops of pure vanilla extract*
Lunch	Lean & Green Meal (1st half) (with Green portion divided between lunch and dinner meals, total of 3 servings) <ul style="list-style-type: none">• 3 Boca Cheeseburger Patties served on a wedge (1 cup) of iceberg lettuce• 1 tablespoon ketchup* and mustard*
Mid Afternoon	Medifast Oatmeal Raisin Bar
Dinner	Lean & Green Meal (2nd half) <ul style="list-style-type: none">• 1 cup salad greens topped with ½ cup mix of tomatoes, green peppers, and raw broccoli• Drizzle with 2 teaspoons olive oil** and 1 teaspoon balsamic vinegar*• Medifast Cream of Tomato Soup
Evening	Medifast Dutch Chocolate Shake

* optional condiment

** healthy fat serving