

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 Men:

Breakfast	Medifast Blueberry Oatmeal
Mid Morning	Medifast Banana Crème 70 Shake
Lunch	Medifast Cream of Chicken Soup
Mid Afternoon	Medifast Chocolate Bar
Dinner	Lean & Green Meal <ul style="list-style-type: none">• 5 ounces slow cooked roast beef with 1 clove garlic*, minced for taste• 1-½ cups cooked mixed vegetables including: tomatoes, green peppers, mushrooms, turnips, and/or zucchini
Evening	Medifast French Vanilla 70 Shake

* optional condiment

** healthy fat serving