

12.28.2011	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin K (mcg)	Vitamin A (%)
#	grams	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	mg	mg	IU	mg	%
<b>Antioxidant Shakes</b>																	
Cherry Pomegranate	90	0	0	0	5	170	280	14	4	4	13	12	200	3.6	80	16	20
Dark Chocolate	90	0.5	0	0	0	160	340	15	5	2	13	12	200	3.6	80	16	20
<b>Brownie</b>																	
Brownie	110	2	1	0	5	170	340	15	4	8	11	12	200	3.6	80	16	20
<b>Calorie Burn Meals</b>																	
Cappuccino	100	0	0	0	10	110	330	13	4	8	14	18	250	3.6	80	16	20
<b>Cheese Puffs</b>																	
Chili Nacho	110	2.5	1	0	5	360	100	14	4	3	11	12	300	3.6	80	16	20
Parmesan	110	2.5	1	0	5	360	190	14	4	3	11	12	300	3.6	80	16	20
<b>Cold Drinks</b>																	
Orange Blend	90	0	0	0	0	135	400	12	4	6	12	15	200	3.6	80	16	20
<b>Crunch Bars</b>																	
Caramel Crunch	110	3	1.5	0	0	230	290	12	4	2	11	12	200	3.6	80	16	20
Chocolate Crunch	110	3	2	0	0	180	290	13	4	4	11	12	200	3.6	80	16	20
Chocolate Mint Crunch	110	3	2	0	0	170	290	13	4	3	11	12	200	3.6	80	16	20
Cinnamon Roll Crunch	110	2.5	1.5	0	0	170	290	13	4	6	11	12	200	3.6	80	16	20
Fruit & Nut Crunch	110	3	0	0	0	180	290	12	4	3	11	12	200	3.6	80	16	20
Lemon Meringue Crunch	110	2.5	1.5	0	0	160	290	13	4	5	11	12	200	3.6	80	16	20
Oatmeal Raisin Crunch	110	2.5	1.5	0	0	160	290	13	4	5	11	12	200	3.6	80	16	20
Peanut Butter Crunch	110	3.5	1.5	0	0	220	290	13	4	3	11	12	200	3.6	80	16	20
S'more Crunch	110	2.5	2	0	0	170	290	13	4	6	11	12	200	3.6	80	16	20
Strawberry Crunch	110	2.5	1.5	0	0	160	290	13	4	5	11	12	200	3.6	80	16	20
<b>Eggs</b>																	
Original Style	90	0.5	0	0	5	300	340	8	4	2	14	15	200	3.6	80	16	20
Southwest Style	100	0.5	0	0	5	370	400	11	5	2	14	60	200	3.6	80	16	20

12.28.2011	Vitamin E (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Antioxidant Shakes</b>																		
Cherry Pomegranate	20	20	20	15	20	20	20	20	20	30	20	20	20	20	20	20	20	20
Dark Chocolate	20	20	20	15	20	20	20	20	20	25	20	15	20	20	20	20	20	20
<b>Brownie</b>																		
Brownie	20	25	25	20	20	20	20	20	20	20	20	20	20	20	25	30	20	40
<b>Calorie Burn Meals</b>																		
Cappuccino	20	30	30	20	30	20	25	20	20	15	20	15	20	20	20	40	25	50
<b>Cheese Puffs</b>																		
Chili Nacho	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Parmesan	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
<b>Cold Drinks</b>																		
Orange Blend	20	25	35	20	25	20	20	20	20	20	20	20	20	20	20	35	25	40
<b>Crunch Bars</b>																		
Caramel Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Chocolate Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Chocolate Mint Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Cinnamon Roll Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Fruit & Nut Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Lemon Meringue Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Oatmeal Raisin Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Peanut Butter Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
S'more Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
Strawberry Crunch	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
<b>Eggs</b>																		
Original Style	20	30	50	20	30	20	20	20	20	10	20	15	20	20	20	40	25	50
Southwest Style	20	35	60	20	35	20	25	20	20	10	20	15	20	20	20	40	25	60

<b>Fruit Drinks</b>																	
Cranberry Mango	90	0	0	0	0	90	500	10	4	5	15	60	250	3.6	80	16	20
Tropical Punch	100	0	0	0	5	100	540	11	4	6	15	60	250	3.6	80	16	20
<b>Hearty Meals</b>																	
Vegetarian Sloppy Joe	110	1.5	0	0	0	310	410	15	4	3	11	15	200	5.4	80	24	25
<b>Hot Drinks</b>																	
Cappuccino	100	0	0	0	10	110	330	13	4	8	14	21	250	3.6	120	16	25
Chai Latte	100	0.5	0	0	10	110	340	13	4	8	14	18	250	3.6	80	16	20
Hot Cocoa	110	0.5	0	0	10	110	400	14	4	10	14	18	250	3.6	80	16	20
<b>Iced Tea</b>																	
Peach	90	0	0	0	0	120	500	12	4	8	14	60	300	3.6	80	16	20
Raspberry	100	0	0	0	5	90	530	13	4	8	14	60	250	3.6	80	16	20
<b>Medibites</b>																	
BBQ	110	3	0	0	0	390	630	12	4	2	11	12	250	3.6	80	16	20
Cheese Pizza	110	3	0.5	0	0	390	630	11	4	1	11	12	250	3.6	80	16	20
<b>Oatmeal</b>																	
Apple Cinnamon	100	1.5	0	0	0	140	280	15	5	1	11	21	300	5.4	100	20	25
Blueberry	100	1.5	0	0	0	140	280	15	5	1	11	18	300	5.4	120	20	25
Maple & Brown Sugar	100	1.5	0	0	0	135	280	15	5	1	11	21	300	5.4	120	20	25
Peach	110	1.5	0	0	0	180	280	16	5	2	11	21	300	5.4	120	20	25

<b>Fruit Drinks</b>																		
Cranberry Mango	100	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20
Tropical Punch	100	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20
<b>Hearty Meals</b>																		
Vegetarian Sloppy Joe	25	30	35	20	30	20	20	20	20	15	25	20	20	20	25	20	20	30
<b>Hot Drinks</b>																		
Cappuccino	20	35	35	20	35	30	25	20	25	15	30	15	20	20	25	40	30	50
Chai Latte	20	30	30	20	30	20	25	20	20	15	20	15	20	20	20	40	25	50
Hot Cocoa	20	30	30	20	30	20	25	20	20	15	20	20	20	20	25	40	20	50
<b>Iced Tea</b>																		
Peach	100	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20
Raspberry	100	30	30	30	30	25	30	20	20	20	20	20	20	20	20	20	20	20
<b>Medibites</b>																		
BBQ	20	20	20	20	20	20	20	20	20	25	20	20	20	20	20	30	20	40
Cheese Pizza	20	20	20	20	20	20	20	20	20	25	20	20	20	20	20	30	20	40
<b>Oatmeal</b>																		
Apple Cinnamon	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60
Blueberry	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60
Maple & Brown Sugar	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60
Peach	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60

12.28.2011	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin K (mcg)	Vitamin A (%)
#	grams	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	mg	mg	IU	mg	%
<b>Pancakes</b>																	
Chocolate Chip	110	1.5	1	0	5	240	410	14	4	4	11	18	200	3.6	80	16	20
Original	90	0.5	0	0	5	230	410	15	4	3	11	18	200	3.6	80	16	20
Spiced	100	0.5	0	0	10	240	400	15	4	6	11	18	200	3.6	80	16	20
<b>Pretzel Sticks</b>																	
Cinnamon	110	2	0.5	0	0	220	290	14	5	1	11	12	250	3.6	80	16	20
Honey Mustard	110	2	0.5	0	0	220	290	14	5	1	11	12	250	3.6	80	16	20
<b>Pudding</b>																	
Banana	110	0.5	0	0	0	170	380	15	4	9	14	18	350	3.6	80	16	20
Chocolate	110	1	0	0	0	170	490	15	4	9	14	18	350	3.6	80	16	20
Vanilla	100	0	0	0	0	170	370	15	5	8	13	18	350	3.6	80	16	20
<b>Medifast 55 Shakes</b>																	
Banana Crème	90	0.5	0	0	0	230	430	13	4	9	11	18	300	3.6	80	16	20
Dutch Chocolate	90	1	0	0	0	230	440	13	4	8	11	18	300	4.5	80	16	20
French Vanilla	90	0.5	0	0	0	230	430	13	4	9	11	18	300	3.6	80	16	20
Orange Crème	90	0.5	0	0	0	230	440	13	4	9	11	18	300	3.6	80	16	20
Strawberry Crème	90	0.5	0	0	0	230	430	13	4	9	11	18	300	3.6	80	16	20
Swiss Mocha	90	0.5	0	0	0	230	460	14	4	8	11	15	300	3.6	80	16	20
<b>Medifast 70 Shakes</b>																	
Banana Crème	100	0.5	0	0	0	220	420	13	4	9	14	18	400	4.5	80	16	20
Dutch Chocolate	110	1	0	0	0	220	470	13	4	9	14	18	400	4.5	80	16	20
French Vanilla	100	0.5	0	0	0	220	420	13	4	9	14	18	400	4.5	80	20	20
Orange Crème	100	0.5	0	0	0	230	420	13	4	9	14	18	400	4.5	80	16	20
Strawberry Crème	100	0.5	0	0	0	220	420	13	4	9	14	18	400	4.5	80	16	20
Swiss Mocha	100	0.5	0	0	0	230	440	14	4	8	14	18	400	4.5	80	16	20
<b>Medifast Ready-to-Drink Shakes</b>																	
Dutch Chocolate	90	1.5	0	0	0	190	480	13	4	6	11	18	400	5.4	80	20	20
French Vanilla	90	1.5	0	0	0	200	370	12	4	6	11	18	450	4.5	80	20	20
<b>Soft Bakes</b>																	
Chocolate Chip	110	2	1	0	0	210	310	15	4	7	11	12	200	4.5	80	16	20
<b>Soft Serve</b>																	
Chocolate Mint	110	2.5	0	0	5	105	400	14	4	8	11	12	200	3.6	80	16	20
Coffee	110	2.5	0	0	5	65	380	15	4	7	11	15	200	3.6	80	16	20
Mango	110	2.5	0	0	5	65	330	14	4	8	11	12	200	3.6	80	16	20
Peanut Butter	110	2.5	0.5	0	5	100	380	13	4	8	11	12	200	3.6	80	16	20

12.28.2011	Vitamin E (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Pancakes</b>																		
Chocolate Chip	20	30	35	20	30	20	25	20	20	20	20	20	20	20	20	40	25	50
Original	20	30	35	20	30	20	25	20	20	20	20	20	20	20	20	40	25	50
Spiced	20	30	35	20	30	20	25	20	20	20	20	20	20	20	20	45	25	50
<b>Pretzel Sticks</b>																		
Cinnamon	20	20	20	20	20	20	20	20	20	10	20	20	20	20	20	20	20	20
Honey Mustard	20	20	20	20	20	20	20	20	20	10	20	20	20	20	20	20	20	20
<b>Pudding</b>																		
Banana	20	30	30	20	30	20	20	20	20	25	20	15	20	30	20	40	25	50
Chocolate	20	30	30	20	30	20	20	20	20	25	20	20	20	30	20	40	25	50
Vanilla	20	30	30	20	30	20	20	20	20	25	20	15	20	20	20	40	25	50
<b>Medifast 55</b>																		
Banana Crème	20	25	25	20	25	20	20	20	20	20	20	15	20	20	20	40	20	50
Dutch Chocolate	20	30	30	20	30	20	20	20	20	20	20	15	20	20	20	40	25	50
French Vanilla	20	30	30	20	30	20	20	20	20	20	20	15	20	20	20	40	25	50
Orange Crème	20	30	30	20	30	20	20	20	20	20	20	15	20	20	20	40	25	50
Strawberry Crème	20	30	30	20	30	20	20	20	20	20	20	15	20	20	20	40	25	50
Swiss Mocha	20	25	25	20	25	20	20	20	20	20	20	15	20	20	20	35	20	50
<b>Medifast 70</b>																		
Banana Crème	20	30	30	20	30	20	20	20	20	25	20	15	20	20	20	40	25	50
Dutch Chocolate	20	30	30	20	30	20	20	20	25	25	20	15	20	20	25	40	25	50
French Vanilla	25	30	30	20	30	20	20	20	25	25	20	15	20	20	20	40	25	60
Orange Crème	20	30	30	20	30	20	20	20	20	25	20	15	20	20	20	40	25	50
Strawberry Crème	20	30	30	20	30	20	20	20	20	25	20	15	20	20	20	40	25	50
Swiss Mocha	20	30	30	20	30	20	20	20	20	25	20	15	20	20	20	40	25	50
<b>Medifast Ready-to-Drink</b>																		
Dutch Chocolate	20	30	30	20	30	25	20	20	20	35	20	15	25	20	30	40	25	50
French Vanilla	25	30	30	20	30	25	20	20	20	35	20	10	25	20	25	40	35	50
<b>Soft Bakes</b>																		
Chocolate Chip	20	20	20	20	20	20	20	20	20	20	20	20	20	20	25	35	20	40
<b>Soft Serve</b>																		
Chocolate Mint	20	25	30	20	25	20	20	20	20	20	20	15	20	20	20	35	20	50
Coffee	20	25	30	20	25	20	20	20	20	20	20	15	20	20	20	35	20	50
Mango	20	25	30	20	25	20	20	20	20	20	20	15	20	20	20	35	20	50
Peanut Butter	20	25	30	20	25	20	20	20	20	20	20	20	20	20	20	35	20	50

12.28.2011	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin K (mcg)	Vitamin A (%)
#	grams	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	mg	mg	IU	mg	%
<b>Soups</b>																	
Beef Vegetable Stew	100	1	0	0	10	390	290	14	4	2	11	36	250	5.4	120	20	50
Chicken Noodle	100	1.5	0	0	5	360	580	11	4	1	12	21	400	6.3	120	20	50
Chicken & Wild Rice	100	1	0	0	15	200	460	13	4	2	12	18	350	3.6	80	16	60
Cream of Broccoli	100	1	0.5	0	15	330	340	10	4	4	14	21	200	4.5	100	16	20
Cream of Chicken	100	1.5	0.5	0	15	350	350	10	4	5	14	18	250	4.5	80	16	20
Cream of Tomato	110	1	0	0	15	220	340	13	4	8	14	24	200	4.5	25	20	40
Homestyle Chili	110	1	0	0	0	260	400	15	5	1	14	24	350	6.3	120	20	60
Maryland Crab	110	1	0	0	5	430	460	14	4	4	13	24	450	5.4	80	16	40
<b>Maintenance Bars</b>																	
Caramel Nut	170	5	2.5	0	0	160	290	22	4	11	11	18	300	4.5	80	16	20
Chocolate Mint	160	5	3	0	0	160	270	20	4	11	11	21	350	6.3	100	20	25
Oatmeal Raisin	150	3.5	2	0	0	170	290	22	4	12	11	21	400	6.3	100	20	25
<b>Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success</b>																	
<b>Condiments</b>																	
Sugar-free Syrup	5	0	0	0	0	50	15	2	0	0	0	0	0	0.0	0	0	0
<b>Essential1: Antioxidant Infusers</b>																	
Raspberry Acai Flavor Infuser™*	5	0	0	0	0	0	0	2	1	0	0	0	0	0.0	0	0	0
White Grape Peach Flavor Infusers™*	5	0	0	0	0	0	0	2	1	0	0	0	0	0.0	0	0	0
<b>Essential1: Calorie Burn Infusers</b>																	
Green Tea Lemon Flavor Infuser™*	5	0	0	0	0	0	0	2	1	0	0	0	0	0.0	0	0	0
Mixed Berry Flavor Infuser™*	5	0	0	0	0	0	0	2	1	0	0	0	0	0.0	0	0	0
Strawberry Lemonade Flavor Infuser™*	5	0	0	0	0	0	0	2	1	0	0	1.2	0	0.0	0	0	0
<b>Essential1: Dietary Supplements</b>																	
Essential1: Digestive Health	25	2.5	0	0		0		0			0						
Essential1: Heart Health	0	0	0	0		0		0			0						
Essential1: Sleep Health	0	0	0	0		0		0			0						
<b>Medifast Plus for Appetite Suppression</b>																	
Chocolate	100	1	0	0	0	210	400	12	4	6	15	21	300	5.4	120	16	25
Vanilla	100	0.5	0	0	0	210	490	12	4	6	15	18	350	4.5	80	16	25

12.28.2011	Vitamin E (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Soups</b>																		
Beef Vegetable Stew	25	40	35	30	40	35	20	20	25	15	30	15	25	20	30	50	30	60
Chicken Noodle	25	45	35	30	40	35	20	25	25	20	30	10	30	30	35	45	30	60
Chicken & Wild Rice	20	30	30	20	30	20	20	20	20	10	20	2	20	20	20	40	25	50
Cream of Broccoli	20	35	30	30	35	25	35	25	20	10	25	20	35	20	20	35	15	70
Cream of Chicken	20	35	30	20	35	25	35	25	20	10	20	20	35	20	20	35	15	70
Cream of Tomato	25	45	35	25	35	25	35	30	20	10	25	20	35	30	25	35	20	80
Homestyle Chili	25	40	35	20	40	40	20	25	25	25	30	25	30	20	40	50	30	60
Maryland Crab	20	35	35	30	30	25	20	20	20	25	20	20	25	20	25	60	20	80
<b>Maintenance Bars</b>																		
Caramel Nut	30	25	25	20	25	25	20	20	20	30	15	20	15	15	15	45	20	60
Chocolate Mint	35	30	35	25	30	30	25	25	25	35	20	25	20	20	20	50	25	60
Oatmeal Raisin	35	35	30	25	30	35	25	25	25	45	20	25	20	25	25	50	25	60
<b>Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success</b>																		
<b>Condiments</b>																		
Sugar-free Syrup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Essential1: Antioxidants</b>																		
Raspberry Acai Flavor Infuser™*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Grape Peach Flavor Infusers™*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Essential1: Calorie Burn</b>																		
Green Tea Lemon Flavor Infuser™*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed Berry Flavor Infuser™*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberry Lemonade Flavor Infuser™*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Essential1: Dietary Supplements</b>																		
Essential1: Digestive Health																		
Essential1: Heart Health																		
Essential1: Sleep Health																		
<b>Medifast Plus for Appetite Suppression</b>																		
Chocolate	20	35	30	20	35	25	20	20	20	25	30	20	20	20	30	45	30	60
Vanilla	20	30	30	20	30	20	20	20	20	20	20	20	20	20	20	40	25	50



