

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 Women:

Breakfast

Medifast Ready-to-Drink Dutch
Chocolate Shake

Mid Morning

Medifast Scrambled Eggs with a dash
of parsley*

Lunch

Lean & Green Meal (1st half)
(with Green portion divided between lunch and dinner meals, total of 3 servings)

- 6 ounces roasted turkey
- 1 cup steamed mustard greens topped with 1
teaspoon olive oil** and salt* and pepper* to taste

Mid Afternoon

Medifast Strawberry Cremè 55 Shake
blended with ice and water

Dinner

Lean & Green Meal (2nd half)

- Medifast Cream of Broccoli Soup with ½
cup steamed broccoli for added texture

Evening

Medifast Plus for Women's Health Vanilla Shake

* optional condiment
** healthy fat serving