



**Take Shape
For Life®**

DOs & DON'Ts

The Medifast 5 & 1 Plan is a flexible weight-loss program where you can “mix & match” any of our Medifast Meals five times per day. (Medifast Maintenance Bars, in the green wrapper, should be limited to one per day while on the 5 & 1 Plan, due to their higher caloric and carbohydrate content.)

Don't

- ▶ Eat extra carbohydrates. Just one slice of bread or a single piece of fruit can take you out of the fat-burning state, risking hunger, loss of energy, stronger cravings, and slower weight loss.

Do

- ▶ Be sure to enjoy a Medifast Meal every two to three hours.
- ▶ Eat slowly! Spend at least 15 minutes eating each Medifast Meal.
Helpful Hint: Cut bars into small pieces to help you slow down while eating.
- ▶ Drink lots of water! Drink a minimum of 64 ounces of water a day.
- ▶ Use an optional snack if you need to (3 stalks of celery, 1 Medifast Soy Crisps, 1 Medifast Crackers, 2 dill pickle spears, ½ cup sugar-free Jello®, 1 sugar-free fruit-flavored Popsicle®, ½ ounce nuts (10 almonds, 3 whole or 7 half walnuts, or 20 pistachio kernels)).
- ▶ Start your transition once you reach your goal weight. Refer to the Maintenance Guide.
- ▶ Exercise at least three times per week. Limit your exercise to 45 minutes of vigorous activity each day while on the 5 & 1 Plan. Refer to the Exercise Guide.
Helpful Hint: Walking is a great way to start your exercise program and keep stress levels low.
- ▶ Achieve Optimal Health by following our BeSlim® lifestyle.

Refer to the Quick Start Guide for more information.