Welcome to Take Shape For Life®

At Take Shape For Life®, we’re committed to helping you reach Optimal Health. We help you achieve an optimal weight and then teach you how to maintain a healthy weight for life, with caring support and simple strategies that work! Your qualified Health Coach—supported by Take Shape For Life’s dedicated Client Care, Nutrition Support, and Virtual Support teams—will provide you with the finest weight-loss and maintenance products and programs available today.

At the core of our clinically proven program is top-quality Medifast food. Each nutritionally balanced Medifast Meal is formulated with a proven combination of carbohydrates and protein, allowing you to optimize your health faster and easier than ever! With over 70 Medifast Meals, your Take Shape For Life® weight-loss and weight-maintenance programs can easily be customized to suit your lifestyle and taste.

Take Shape For Life® will start you on an exciting journey to Optimal Health. Your Health Coach is your personal mentor, committed to helping you live a healthier life. He or she is ready to assist you with any questions and to provide the support you need to achieve success.

Better together,

Dr. Wayne Scott Andersen
Medical Director & Co-founder, Take Shape For Life

The Medifast 5 & 1 Plan®

Take Shape For Life® makes losing weight and maintaining weight-loss results easier than ever. The clinically proven Medifast 5 & 1 Plan® is designed to promote quick, healthy weight loss through a combination of five Medifast Meals and one Lean & Green™ Meal (lean meat and salad/vegetables). With the Medifast 5 & 1 Plan®, there are no calorie counting, no points system, no diet pills, and—best of all—no confusion!

MEDIFAST MEALS—FOR FAST RESULTS

The Medifast 5 & 1 Plan® was medically designed to create a calorie deficit, allowing your body to burn fat for energy. By offering a delicious, satisfying, and nutritious menu of 800 to 1,200 calories per day, the Medifast 5 & 1 Plan® promotes steady weight loss.

Clinically proven weight loss

Medifast Products and Programs have been recommended by over 20,000 doctors since 1980.

As with all weight-loss programs, we recommend that you consult with a physician before beginning the Medifast 5 & 1 Plan®, especially if you have any medical concerns, are on medication, or are planning to lose more than 50 pounds. Also, if you are over the age of 65 or have diabetes, you should consult with your physician, who may recommend a higher caloric intake.
All Medifast Meals are nutritionally balanced and may be used on your Medifast 5 & 1 Plan®, including shakes, soups, chili, oatmeal, eggs, pretzel sticks, cheese puffs, fruit drinks, iced teas, hot beverages, bars, puddings, soft bakes, soft serve, cereals, pancakes, and more.

You will never get bored or feel hungry with our wide variety of over 70 Medifast Meals. After you reach your goal weight, continue following the BeSlim® lifestyle!* After you reach your goal weight, continue following the BeSlim® lifestyle!

All Medifast Products are suitable for people with diabetes.

*Ask your Health Coach for more information on the Take Shape For Life BeSlim® lifestyle.

**Many Medifast Meals meet the requirements to carry the FDA’s soy heart health claim: 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Medifast Meals Key

- Heart-Healthy**
- Kosher certified by the Orthodox Union
- Certified Gluten Free

Not sure what to order?
Simply contact your Health Coach, who will help create a customized plan for you. All you do is pick your favorite flavors and foods.
Medifast Variety Packages

TAKE SHAPE FOR LIFE FULL INTEGRATION PACKAGE
Get our most-loved meals, and learn the Habits of Health that last a lifetime.
Variety Package - 74868
$399.50 each

MEDIFAST FAVORITES
Let us make it easy for you! Here’s the best variety of our most-loved meals.
Variety Package - 74051
$339.00 each

ON-THE-GO FAVORITES
Too busy to choose? Here are four weeks of Medifast’s most portable favorites.
Variety Package - 74351
$339.00 each

CHOCOLATE LOVERS
The best plan? The one with chocolate—four week’s worth in a single variety package!
Variety Package - 74059
$339.00 each

GLUTEN-FREE FAVORITES
Let us make gluten-free ordering easy for you!
Variety Package - 74856
$339.00 each

Medifast Shakes

Medifast Shakes are soy-based, heart-healthy, and low-lactose, and they taste great. They contain 14 grams of protein per serving, come in six delicious flavors, and mix easily with water.

DUTCH CHOCOLATE
Calories 100 | Fat 1 | Carbs 13 | Protein 14
52550 | $16.95 | 7 servings per box

STRAWBERRY
Calories 110 | Fat 0.5 | Carbs 13 | Protein 14
52510 | $16.95 | 7 servings per box

BANANA
Calories 110 | Fat 0.5 | Carbs 13 | Protein 14
52530 | $16.95 | 7 servings per box

FRENCH VANILLA
Calories 110 | Fat 0.5 | Carbs 13 | Protein 14
52520 | $16.95 | 7 servings per box

ORANGE CREAM
Calories 110 | Fat 0.5 | Carbs 13 | Protein 14
52540 | $16.95 | 7 servings per box

MOCHA
Calories 110 | Fat 0.5 | Carbs 14 | Protein 14
52540 | $16.95 | 7 servings per box

Medifast Shakes

- Orange Cream
- Strawberry
- Dutch Chocolate
- French Vanilla
Ready-To-Drink Shakes

Medifast Ready-to-Drink Shakes are nutritious and fit into today’s busy, on-the-go lifestyle. These shakes travel with you anywhere. They are sold by the carton (1 serving) or by the case (24 servings).

**DUTCH CHOCOLATE**
Calories 90 | Fat 1.5 | Carbs 12 | Protein 11
68700 | $3.35 | 1 serving per box, 8.25 oz
Order by the case: $66.75 | 24 boxes per case, 8.25 oz boxes

**FRENCH VANILLA**
Calories 90 | Fat 1 | Carbs 12 | Protein 11
68800 | $3.35 | 1 serving per box, 8.25 oz
Order by the case: $66.75 | 24 boxes per case, 8.25 oz boxes

**MOCHA**
Calories 110 | Fat 1.5 | Carbs 13 | Protein 11
68900 | $3.35 | 1 serving per box, 8.25 oz
Order by the case: $66.75 | 24 boxes per case, 8.25 oz boxes

**Antioxidant Shakes**

Antioxidant Shakes are made with whey protein and are a great choice for those who cannot eat soy. They offer the essential goodness of fruit and chocolate without the calories or carbs.

**CHERRY POMEGRANATE**
Calories 90 | Fat 0 | Carbs 14 | Protein 14
72660 | $16.95 | 7 servings per box

**DARK CHOCOLATE**
Calories 90 | Fat 0.5 | Carbs 15 | Protein 14
72670 | $16.95 | 7 servings per box
Medifast Quenchers

Medifast Quenchers are crisp, refreshing, fully fortified Medifast Meals. With 14-15 grams of protein, 10-12 grams of carbohydrates, and only 90 calories, Medifast Quenchers provide great nutrition as another option in your Medifast 5 & 1 Plan®.

**PEACH ICED TEA**
Calories 90 | Fat 0 | Carbs 12 | Protein 14
66500 | $16.95 | 7 servings per box

**RASPBERRY ICED TEA**
Calories 90 | Fat 0 | Carbs 12 | Protein 14
66550 | $16.95 | 7 servings per box

**TROPICAL PUNCH FRUIT DRINK**
Calories 90 | Fat 0 | Carbs 11 | Protein 15
66560 | $16.95 | 7 servings per box

**CRANBERRY MANGO FRUIT DRINK**
Calories 90 | Fat 0 | Carbs 10 | Protein 15
66570 | $16.95 | 7 servings per box

**ORANGE BLEND**
Calories 90 | Fat 0 | Carbs 12 | Protein 12
66580 | $16.95 | 7 servings per box

Medifast Smoothies

**TRIPLE BERRY SMOOTHIE**
No matter what the season, everyone needs a sweet, frosty, berry-licious smoothie, whether to beat summer’s heat or conjure its memory.
Calories 100 | Fat 0 | Carbs 12 | Protein 11
72870 | $16.95 | 7 servings per box

**PINEAPPLE MANGO SMOOTHIE**
Our Pineapple Mango Smoothie puts the tropics in a glass. Close your eyes, and let the flavor carry you away!
Calories 90 | Fat 0 | Carbs 14 | Protein 12
72880 | $16.95 | 7 servings per box

*For proper preparation, a small personal blender like the Medifast Blender is required. Buy yours today! (see page 35)
Medifast Oatmeal is a delicious way to begin your day. A piping hot bowl of Apple Cinnamon, Blueberry, Maple & Brown Sugar, or Peach Oatmeal warms you up and gives you plenty of energy to face the day.

**APPLE CINNAMON OATMEAL**
Calories 100 | Fat 1.5 | Carbs 15 | Protein 11
58000 | $16.95 | 7 servings per box

**BLUEBERRY OATMEAL**
Calories 100 | Fat 1.5 | Carbs 15 | Protein 11
58010 | $16.95 | 7 servings per box

**MAPLE & BROWN SUGAR OATMEAL**
Calories 100 | Fat 1.5 | Carbs 15 | Protein 11
58020 | $16.95 | 7 servings per box

**PEACH OATMEAL**
Calories 110 | Fat 1.5 | Carbs 16 | Protein 11
58030 | $16.95 | 7 servings per box

**HOT COCOA**
Calories 100 | Fat 1 | Carbs 14 | Protein 14
57300 | $16.95 | 7 servings per box

**CHAI LATTE**
Calories 100 | Fat 0 | Carbs 13 | Protein 14
57350 | $16.95 | 7 servings per box

**CALORIE BURN CAPPUCINO**
Calories 100 | Fat 0 | Carbs 13 | Protein 14
72470 | $16.95 | 7 servings per box

Sit back and relax with Medifast Hot Drinks—soothing, delicious, fully-fortified Medifast Meals. With 14 grams of protein, 13-14 grams of carbohydrates, and around 100 calories, Medifast Hot Drinks also provide great nutrition as another option in your Medifast 5 & 1 Plan®.

Medifast Oatmeal
Rise and shine—anytime! Hot off the griddle: delicious Pancakes to enjoy for breakfast or for any of your five daily Medifast Meals when you’re on the Medifast 5 & 1 Plan®.

Medifast Pancakes mix with water and cook up fresh and hot on your skillet. And each serving of three four-inch pancakes provides you with a low-fat, satisfying, and fully fortified Medifast Meal.

Try Original Flavor, Chocolate Chip, and Spiced, and discover a great way to start your day with Medifast.

### Medifast Pancakes

**Original Pancakes with Medifast Sugar-Free Syrup, pg. 29**

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
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<tr>
<td>Original</td>
<td>90</td>
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<td>15</td>
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<td>7</td>
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<td>Chocolate Chip</td>
<td>110</td>
<td>1.5</td>
<td>14</td>
<td>11</td>
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<tr>
<td>Spiced</td>
<td>100</td>
<td>0.5</td>
<td>15</td>
<td>11</td>
<td>7</td>
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**57700** | **$16.95** | **7 servings per box**

### Medifast Soups

Medifast Soups, Stew, and Chili are fortified with 24 essential vitamins and minerals and contain all of the protein and nutrients found in other Medifast Meals. The variety is a great addition to your Medifast Meal choices.

#### Chicken & Wild Rice Soup
- Calories: 100
- Fat: 1
- Carbs: 13
- Protein: 12
- Servings per box: 7

**69650** | **$16.95**

#### Beef Vegetable Soup
- Calories: 100
- Fat: 1.5
- Carbs: 15
- Protein: 11
- Servings per box: 7

**69660** | **$16.95**

#### Maryland Style Crab Soup
- Calories: 110
- Fat: 1
- Carbs: 14
- Protein: 13
- Servings per box: 7

**69670** | **$16.95**

#### Tomato Basil Bisque
- Calories: 110
- Fat: 1
- Carbs: 15
- Protein: 11
- Servings per box: 7

**52700** | **$16.95**

#### Chicken Flavored Noodle Soup
- Calories: 100
- Fat: 1.5
- Carbs: 11
- Protein: 12
- Servings per box: 7

**69600** | **$16.95**
Medifast Hearty Choices

Fill your belly and satisfy your need for satisfying hot meals with our Hearty Choices line. Enjoy rich, creamy Macaroni & Cheese and zesty Ziti Marinara any time of day, whenever you need a little warmth. As always, our Hearty Choices meals contain the right balance of protein, fat, and carbohydrates, as well as a blend of vitamins and minerals that will keep you at the top of your day, even when you’re at the end of it!

<table>
<thead>
<tr>
<th>Meal</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
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<th>Cost per serving</th>
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<tbody>
<tr>
<td>Hearty Vegetarian Sloppy Joe</td>
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<td>11</td>
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<td>$16.95</td>
<td>$16.95</td>
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<tr>
<td>Vegetable Chili</td>
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<td>1</td>
<td>15</td>
<td>14</td>
<td>7 servings per box</td>
<td>$16.95</td>
<td>$16.95</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>110</td>
<td>1.5</td>
<td>15</td>
<td>11</td>
<td>7 servings per box</td>
<td>$16.95</td>
<td>$16.95</td>
</tr>
<tr>
<td>Ziti Marinara</td>
<td>100</td>
<td>1.5</td>
<td>14</td>
<td>11</td>
<td>7 servings per box</td>
<td>$16.95</td>
<td>$16.95</td>
</tr>
<tr>
<td>Garlic Mashed Potatoes</td>
<td>100</td>
<td>0.5</td>
<td>15</td>
<td>11</td>
<td>7 servings per box</td>
<td>$16.95</td>
<td>$16.95</td>
</tr>
<tr>
<td>Sour Cream &amp; Chive Mashed Potatoes</td>
<td>100</td>
<td>0.5</td>
<td>15</td>
<td>11</td>
<td>7 servings per box</td>
<td>$16.95</td>
<td>$16.95</td>
</tr>
</tbody>
</table>

Meet our Mashed Potatoes, in Garlic and Sour Cream & Chive. Choose just one? Forget about it! And you’ll forget about hunger, too. Try our rich, creamy Mashed Potatoes in two flavors you’ll savor.
It’s the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home™ counts as the “1” on the 5 & 1 Plan® and is a Lean & Green™ Meal on the Medifast Program—with the right portions of lean protein, vegetables, and fat. Store them in your cupboard, and pull them out whenever you find yourself with a calendar that’s too full for cooking! Flavors of Home™ are made with nutritious, delicious ingredients that taste like homemade but cook up perfect in the microwave. Use them daily or a few times a week or on occasion—whatever works for the way you live. We do recommend that you continue practicing how to prepare Lean & Green Meals on your own. Weighing and measuring foods yourself helps you judge and manage portions and lets you transition to whole foods more easily when you reach your goal.

**TURKEY MEATBALL MARINARA**
Calories 390 | Fat 17 | Carbs 8 | Protein 26
66605 | $29.70 | 6 meals per case

**CHICKEN WITH RICE & VEGETABLES**
Calories 300 | Fat 15 | Carbs 15 | Protein 26
66630 | $29.70 | 6 meals per case

**CHICKEN CACCIATORE**
Calories 300 | Fat 15 | Carbs 15 | Protein 26
66625 | $29.70 | 6 meals per case

*Each Flavors of Home™ meal counts as one Lean & Green™ Meal on the Medifast Program. Not a Lean food as per 9 CFR 317.362 for fat content.
Medifast Eggs

Medifast Eggs are a great option to add variety at breakfast or any meal throughout the day. These fully fortified Medifast Meals taste great and can be enjoyed as often as you like as part of your five Medifast Meals per day. Whether you are on a weight-loss or maintenance plan, Medifast Eggs are a delicious way to get the nutrition you need.

**ORIGINAL STYLE EGGS**
**WITH EGG WHITEs**
Calories 90 | Fat 0.5 | Carbs 8 | Protein 14  57800 | $16.95 | 7 servings per box

**SOUTHWEST STYLE EGGS**
**WITH EGG WHITEs**
Calories 100 | Fat 0.5 | Carbs 11 | Protein 14  57810 | $16.95 | 7 servings per box

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**Medifast Lean & Green Meal Helpers™**

Now your Lean & Green™ Meals are almost as easy as your Medifast Meals. Our new spice-mix packets are specially formulated to help our clients stay on plan without sacrificing flavor. Each flavor comes with three Lean & Green™ recipes for lots of variety and zero guesswork.

**Fajita Seasoning Mix**

Ole! You’ll cheer for our new Fajita Mix and for the fajita soup, hamburger, and lettuce wraps you can make in a snap. It’s just right on spice, which makes it one of our coolest taste sensations yet!

**FAJITA SEASONING MIX**
Calories 15 | Fat 0 | Carbs 3 | Protein 1  52600 | $5.65 | 4 individual packets

**Brown Gravy Mix**

Why wait for a holiday to splurge on a traditional favorite, when you can add our new Brown Gravy Mix to stir frys, sautés, and even shepherd’s pie—without sacrificing your plan? You’ll love the easy preparation almost as much as you love the gravy.

**BROWN GRAVY MIX**
Calories 15 | Fat 0 | Carbs 3 | Protein 1  52610 | $5.65 | 4 individual packets

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Fajita Soup prepared with Fajita Seasoning Mix

Brown Gravy Mix prepared with Brown Gravy Mix

Beef & Broccoli Stir-Fry prepared with Brown Gravy Mix
Maintenance Bars

This pleasing combination of chocolate, caramel, and nuts hits all the right spots. Enjoy delicious, filling nutrition once a day as part of the 5 & 1 Plan or anytime during the Maintenance Phase. It’s perfect for after exercise or as a reward at the end of the day.

CARAMEL NUT BAR
Calories 110 | Fat 3 | Carbs 13 | Protein 11
64905 | $16.95 | 7 servings per box

PEANUT BUTTER CRUNCH BAR
Calories 110 | Fat 3 | Carbs 13 | Protein 11
65005 | $16.95 | 7 servings per box

CHOCOLATE CRUNCH BAR
Calories 110 | Fat 3 | Carbs 1 | Protein 11
64805 | $16.95 | 7 servings per box

STRAWBERRY CRUNCH BAR
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11
65520 | $16.95 | 7 servings per box

CINNAMON ROLL CRUNCH BAR
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11
65510 | $16.95 | 7 servings per box

S’MORE CRUNCH BAR
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11
65455 | $16.95 | 7 servings per box

FRUIT & NUT CRUNCH BAR
Calories 110 | Fat 3 | Carbs 12 | Protein 11
65505 | $16.95 | 7 servings per box

CHOCOLATE MINT CRUNCH BAR
Calories 110 | Fat 3 | Carbs 13 | Protein 11
64945 | $16.95 | 7 servings per box

LEMON MERINGUE CRUNCH BAR
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11
65205 | $16.95 | 7 servings per box

FRUIT & NUT CRUNCH BAR
Calories 110 | Fat 3 | Carbs 12 | Protein 11
65405 | $16.95 | 7 servings per box

OATMEAL RAISIN CRUNCH BAR
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11
65405 | $16.95 | 7 servings per box

The combination of chocolate, caramel, and nuts hits all the right spots. Enjoy delicious, filling nutrition once a day as part of the 5 & 1 Plan or any time during the Maintenance Phase. It’s perfect for after exercise or as a reward at the end of the day.
Chew on this: at just 110 calories, Medifast’s new Chewy Bars have the full spectrum of vitamins and minerals. And they have a full spectrum of flavor, too!

**COOKIE DOUGH CHEWY BAR**
Calories 110 | Fat 3 | Carbs 15 | Protein 11  
$16.95 | 7 servings per box

**PEANUT BUTTER CHOCOLATE CHIP CHEWY BAR**
Calories 110 | Fat 3 | Carbs 15 | Protein 11  
$16.95 | 7 servings per box

Medifast Puddings are smooth, creamy, and delicious. They taste like dessert but are actually fully fortified Medifast Meals. They contain 13 to 14 grams of protein and only one gram of fat or less. Medifast Puddings are a good source of vitamins A, C, E, and K and are rich in calcium and vitamin D.

**CHOCOLATE PUDDING**
Calories 110 | Fat 1 | Carbs 15 | Protein 14  
$16.95 | 7 servings per box

**BANANA PUDDING**
Calories 110 | Fat 0.5 | Carbs 15 | Protein 14  
$16.95 | 7 servings per box

**VANILLA PUDDING**
Calories 100 | Fat 0 | Carbs 15 | Protein 13  
$16.95 | 7 servings per box
Medifast Cereal Crunch

Enjoy the satisfying crunch of cereal for breakfast or any time! Eat Medifast Cereal Crunch straight out of the bag, or enjoy it in a bowl.

**MIXED BERRY CEREAL CRUNCH**
Calories 100 | Fat 0.5 | Carbs 15 | Protein 11
68300 | $16.95 | 7 servings per box

**CINNAMON & BROWN SUGAR CEREAL CRUNCH**
Calories 100 | Fat 0.5 | Carbs 15 | Protein 11
68400 | $16.95 | 7 servings per box

Medifast Soft Bakes

If you like the taste of fresh-baked treats warm from the oven, you’ll love Medifast Soft Bakes. Pop them in the microwave or conventional oven, and you have a rich, satisfying meal that’s full of protein and fiber and fortified with vitamins and minerals. Medifast Soft Bakes—in Brownie, Chocolate Chip, and Blueberry Muffin—are a delightful way to help you reach a healthier weight! At 110 calories, they only taste like an indulgence.

**BROWNIE SOFT BAKE**
Calories 110 | Fat 2 | Carbs 15 | Protein 11
57500 | $16.95 | 7 servings per box

**CHOCOLATE CHIP SOFT BAKE**
Calories 110 | Fat 2 | Carbs 15 | Protein 11
57510 | $16.95 | 7 servings per box

**BLUEBERRY MUFFIN SOFT BAKE**
Calories 110 | Fat 1.5 | Carbs 15 | Protein 11
57520 | $16.95 | 7 servings per box
Chill out with cool flavors! Try a yummy Soft Serve without the sugar or fat in four flavors you can enjoy for any of your five daily Medifast Meals.

**CHOCOLATE MINT SOFT SERVE**
Calories 110 | Fat 2.5 | Carbs 14 | Protein 11  
57620 | $16.95 | 7 servings per box

**COFFEE SOFT SERVE**
Calories 110 | Fat 2.5 | Carbs 15 | Protein 11  
57600 | $16.95 | 7 servings per box

**MANGO SOFT SERVE**
Calories 110 | Fat 2.5 | Carbs 14 | Protein 11  
57630 | $16.95 | 7 servings per box

**PEANUT BUTTER SOFT SERVE**
Calories 110 | Fat 2.5 | Carbs 13 | Protein 11  
57610 | $16.95 | 7 servings per box

Chill out with cool flavors! Try a yummy Soft Serve without the sugar or fat in four flavors you can enjoy for any of your five daily Medifast Meals.

**CHILLI NACHO CHEESE PUFFS**
Calories 110 | Fat 3 | Carbs 14 | Protein 11  
67245 | $16.95 | 7 servings per box

**CHEESE PIZZA BITES**
Calories 110 | Fat 3 | Carbs 14 | Protein 11  
67230 | $16.95 | 7 servings per box

**PARMESAN CHEESE PUFFS**
Calories 110 | Fat 3 | Carbs 14 | Protein 11  
67235 | $16.95 | 7 servings per box

**HONEY MUSTARD PRETZEL STICKS**
Calories 110 | Fat 3 | Carbs 15 | Protein 11  
68262 | $16.95 | 7 servings per box

**CHEESE PIZZA BITES**
Calories 110 | Fat 3 | Carbs 14 | Protein 11  
67230 | $16.95 | 7 servings per box

**BBQ BITES**
Calories 110 | Fat 3 | Carbs 12 | Protein 11  
68230 | $16.95 | 7 servings per box

These sweet and savory Medifast Crunchers will tempt your taste buds. Each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are!
Snacks

Medifast snacks are the perfect addition to your Medifast 5 & 1 Plan® when you need something extra during the day. They are designed to keep you satisfied without adding a lot of calories. These do not count as one of your five Medifast Meals.

APPLE CINNAMON SOY CRISPS
Calories 70 | Fat 2 | Carbs 7 | Protein 4
57270 | $6.95 | 7 servings per box

RANCH SOY CRISPS
Calories 60 | Fat 2 | Carbs 7 | Protein 5
57260 | $6.95 | 7 servings per box

WHITE CHEDDAR SOY CRISPS
Calories 70 | Fat 2 | Carbs 7 | Protein 5
57250 | $6.95 | 7 servings per box

MULTI-GRAIN CRACKERS
Calories 50 | Fat 0 | Carbs 12 | Protein 1
57230 | $4.65 | 7 servings per box

GARDEN VEGETABLE CRACKERS
Calories 60 | Fat 0 | Carbs 12 | Protein 2
57240 | $4.65 | 7 servings per box

SUGAR-FREE SYRUP
Calories 5 | Fat 0 | Carbs 2 | Protein 0
57750 | $4.65 | 7 servings per box

Medifast Sugar-Free Syrup

A TOUCH OF MAPLE-Y SWEETNESS FOR YOUR MEDIFAST PANCAKES AND OATMEAL!

Medifast Sugar-Free Syrup is the perfect addition to many Medifast Meals! Enhance your Medifast Pancakes and Oatmeal and enjoy a touch of maple-y sweetness for yourself! Plus, Medifast Sugar-Free Syrup has a low-glycemic index and is fat-free and gluten-free.

At only five calories per packet, mouth watering Medifast Sugar-Free Syrup is rich, sweet, and delicious, AND only counts as two condiments. It’s a perfect fit for your Medifast Program!
Essential1®: Calorie Burn Flavor Infusers™

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*Flavor Infusers™ are not to be used as Medifast Meals.

Disclaimer: 100 mg of caffeine is equivalent to one cup of coffee. Consult with your physician before using this product. This product may not be appropriate if you are sensitive to caffeine, advised by your doctor to limit caffeine, under the age of 18, or pregnant or nursing. Recommended usage: Up to three Calorie Burn products daily, any combination of Flavors. Davis, et al. “The effect of metabolism-boosting beverages on 24-hour energy expenditure.” The Open Nutrition Journal. 2: 37-41; 2008.

These Flavor Infusers™ contain a powerful antioxidant blend of whole fruit powders and extracts to protect your cells against free radical damage and environmental stress. In addition, they contain resveratrol, an ingredient found in red wine that has been shown to have a broad range of health properties.*

Essential1®: Antioxidant Flavor Infusers™

<table>
<thead>
<tr>
<th>Flavor Infusers™</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
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<tbody>
<tr>
<td>RASPBERRY ACAI</td>
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<tr>
<td>WHITE GRAPE PEACH</td>
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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Medifast’s Essential1®: Heart Health is a nutritional supplement that adds a powerful boost to your weight-loss program.

According to The American Heart Association, omega-3 fatty acids benefit the hearts of healthy people and those at risk for—or who have—cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmia, or abnormal heartbeats, which can lead to sudden death.* Omega-3 fatty acids also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque, and lower blood pressure slightly.*

That’s why Take Shape For Life® recommends Essential1®: Heart Health as part of your Medifast 5 & 1 Plan® and Maintenance plan. Just two daily capsules provide 1,200 mg of EPA & DHA.

Medifast’s Essential1®: Heart Health will deliver:

• A high concentration—and the optimal balance—of ingredients EPA and DHA for the most omega-3 benefit.
• Purified deep sea fish oil from clean seas.

Serving size = 2 soft gels

Calories 25
Fat 2.5
Carbs 0
Protein 0

$25.65
30 servings per bottle

If you are pregnant, nursing, taking medications, or planning any medical procedures, consult your physician before using Essential1®: Heart Health. Those with a fish allergy should discuss the use of this supplement with their physician. Discontinue use and consult your physician if any adverse reactions occur.

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Program Materials

**MEDIFAST FOR TEENS GUIDE**
The Medifast for Teens guide is designed to help teenage Clients learn how to safely and successfully lose weight with Medifast or maintain their current weight as they grow.

**MAINTENANCE GUIDE**
This guide will further explain and emphasize the importance of Maintenance as it relates to long-term weight maintenance.

**DIETING OUT GUIDE**
This guide features the basics of the Lean & Green Meal™, tips for making good food and behavior choices, and counts for popular restaurant meals, so you can fit dining out in your life.

**EXERCISE GUIDE**
This guide will help you with tips on exercising while on the Medifast 5 & 1 Plan.

**HABITS OF HEALTH LIFESTYLE BROCHURE**
The Habits of Health Lifestyle brochure outlines the six simple steps that will help your Client reach a healthy weight and create the foundation for Optimal Health.

**QUICK START GUIDE**
The Quick Start Guide is your primary reference while on the Program and is included at no cost with your first order.

**MEDIFAST FOR DIABETES GUIDE**
The Medifast for Diabetes guide is designed with special care to help direct individuals with diabetes on the Medifast Program.

**MAINTENANCE GUIDE**
This guide will further explain and emphasize the importance of Maintenance as it relates to long-term weight maintenance.

**MEDIFAST FOR SENIORS GUIDE**
The Medifast for Seniors guide includes sample meal plans and instructions for seniors 65 or older.

**HABITS OF HEALTH LIFESTYLE BROCHURE**
The Habits of Health Lifestyle brochure outlines the six simple steps that will help your Client reach a healthy weight and create the foundation for Optimal Health.

**MEDIFAST BLENDER**
This compact, stainless steel timesaver mixes and blends your favorite Medifast Meals in a flash.

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This compact, stainless steel timesaver mixes and blends your favorite Medifast Meals in a flash.

**TAKE SHAPE FOR LIFE BLENDERS**
This BlenderBottle® features a rust-proof, stainless-steel blender ball and a handy flip top for easy sipping.

**TAKE SHAPE FOR LIFE SHAKER JAR**
Included at no cost with your first order, our Shaker Jar has a secure, snap-on lid and is labeled like a measuring cup for easy mixing.

**LEAN & GREEN™ MEAL COOKBOOK**
This handy, East-West-backed cookbook is packed with photos and step-by-step preparation instructions for delicious, healthy Lean & Green™ Meals—and every recipe has been tested for both nutrition and taste!

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FIRST-TIME CLIENTS
Every first-time Client will receive a complimentary Welcome Kit containing a Take Shape For Life® Shaker Jar, a Quick Start Guide, and other valuable information.

ORDERING SUGGESTION
In order to supply you with enough food on the Medifast 5 & 1 Plan®, Take Shape For Life® recommends that you order a four-week supply of at least 20 boxes of Medifast Meals and allow five to seven business days for processing and shipping.

Order Today

Client Contact Information

PLACING AN ORDER
You can:
• Order directly from your Health Coach.
• Order online at TSFL.com or through your Health Coach’s website.
• Call our Client Contact Center at (800) 572-4417.
• Fax your order to (443) 471-3319.
Be sure to use your Client ID# whenever you order.

PAYMENT
Have your Visa, MasterCard, Discover, or American Express card ready when you call (no checks or C.O.D.s).

SHIPPING
All orders are processed within 24 hours and shipped the next business day. Allow five to seven business days for standard shipping, three to four business days for expedited shipping (additional charge).

RETURNS AND EXCHANGES
Contact your Health Coach, refer to the policy printed on the back of your packing slip, or visit TSFL.com for more information.

NUTRITION SUPPORT
NutritionSupport@TSFL.com
• Contact a Registered, Licensed Dietitian, or a Certified Personal Trainer.
• Get help with your program, nutrition information, and exercise guidelines.
• Ask questions about products information.
Blaine lost 43 lbs*

My motivation for losing weight was to stop being the “fat friend.” I tried every diet known to man beginning when I was 12. Nothing worked long term for me because it wasn’t easy or convenient like the Medifast Meals are.

I learned about Medifast through my in-laws. My husband and I decided to lose weight for our family. A few weeks after we started the program, I decided to become a Health Coach. We’ve lost a combined 98 pounds and we’re never looking back!

I can walk around at the pool in a bathing suit without hiding or feeling uncomfortable. I can move around more freely and not feel tired all the time. I just feel great! My relationships have all changed so much—for the better.

*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.