



Take Shape  
For Life®

featuring  **Medifast**  
Meals

# PRODUCT MENU



## VARIETY PACKAGES

Medifast Variety Packages are an easy, economical way for you to order our most popular Medifast Meals. They contain the exact number of Medifast Meals for you to use in your 5 & 1 Plan.

### 2-Week Variety Packages (70 Medifast Meals)

10 boxes of Medifast Meals in each package

Medifast for Women (74300).....	\$154.50
Medifast for Men (74400).....	\$154.50
Medifast for Diabetes (74500).....	\$154.50
Medifast: Gluten-Free (74860).....	\$154.50

### 4-Week Enhanced Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals + 1 bottle of Essential1: Heart Health Super Omega-3 in each package

Medifast for Women (74008).....	\$327.50
Medifast for Men (74108).....	\$327.50
Medifast for Diabetes (74208).....	\$327.50

### 4-Week Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

Medifast for Women (74000).....	\$299.50
Medifast for Men (74100).....	\$299.50
Medifast for Diabetes (74200).....	\$299.50
Medifast: Gluten-Free (74850).....	\$299.50

## MEDIFAST SHAKES

### Ready-to-Drink Shakes

Medifast's Ready-to-Drink Shakes are nutritious and fit into today's busy, on-the-go lifestyle. These shakes are sold by the box (1 serving) or by the case (24 servings).



Dutch Chocolate (68700).....	\$3.25/box
Calories 90/ Fat 1.5/ Carbs 12/ Protein 11.....	\$64.95/case

French Vanilla (68800).....	\$3.25/box
Calories 90/ Fat 1/ Carbs 12/ Protein 11.....	\$64.95/case

### Medifast 55 Shakes

Medifast 55 Shakes are specially formulated for women.

Dutch Chocolate 55 (51710).....	\$15.50/box
Calories 90/ Fat 1/ Carbs 13/ Protein 11	
French Vanilla 55 (51810).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
Strawberry Crème 55 (51910).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	

Orange Crème 55 (52010).....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	
Banana Crème 55 (52060).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
Swiss Mocha 55 (60300).....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	

### Medifast 70 Shakes

Medifast 70 Shakes are specially formulated for men, or women who prefer more protein.

Dutch Chocolate 70 (52110).....	\$15.50/box
Calories 100/ Fat 1/ Carbs 13/ Protein 14	
French Vanilla 70 (52210).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Strawberry Crème 70 (52310).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	

Orange Crème 70 (52410).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Banana Crème 70 (52460).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Swiss Mocha 70 (60400).....	\$15.50/box
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14	

## MEDIFAST SHAKES (cont.)



### Health Management Shakes

Medifast Health Management Shakes offer innovative weight-control and nutrition options for people dealing with specific health concerns.

#### Medifast Plus for Women's Health

- Chocolate (71100).....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 15
- Vanilla (71200).....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 15

#### Medifast Plus for Joint Health

- Chocolate (70700).....\$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 15
- Vanilla (70800).....\$15.50/box  
Calories 100/ Fat 0.5/ Carbs 11/ Protein 15

#### Medifast Plus for Coronary Health

- Chocolate (72200).....\$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 14
- Strawberry (72300).....\$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 14

#### Medifast Plus for Appetite Suppression

- Chocolate (70900).....\$15.50/box  
Calories 100/ Fat 1/ Carbs 12/ Protein 15
- Vanilla (71000).....\$15.50/box  
Calories 100/ Fat .5/ Carbs 12/ Protein 15

#### Medifast Plus for Diabetics

- Chocolate (69800).....\$15.50/box  
Calories 90/ Fat 1/ Carbs 10/ Protein 14
- Vanilla (69900).....\$15.50/box  
Calories 90/ Fat 0.5/ Carbs 9/ Protein 14
- Strawberry (70000).....\$15.50/box  
Calories 90/ Fat 0.5/ Carbs 9/ Protein 14

## MEDIFAST DRINKS



### Cold Drinks

Medifast cold drinks are crisp, refreshing, and fully fortified Medifast Meals.

- Peach Iced Tea (66500).....\$15.50/box  
Calories 90/ Fat 0/ Carbs 12/ Protein 14
- Raspberry Iced Tea (66550).....\$15.50/box  
Calories 90/ Fat 0/ Carbs 12/ Protein 14

- Tropical Punch Fruit Drink (66560).....\$15.50/box  
Calories 90/ Fat 0/ Carbs 10/ Protein 15
- Cranberry Mango Fruit Drink (66570).....\$15.50/box  
Calories 90/ Fat 0/ Carbs 10/ Protein 15

### Hot Drinks

Medifast hot drinks are soothing and delicious Medifast Meals you can enjoy throughout the day.

- Hot Cocoa (57300).....\$15.50/box  
Calories 110/ Fat 1/ Carbs 14/ Protein 14
- Cappuccino (57350).....\$15.50/box  
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

- Chai Lattè (57360).....\$15.50/box  
Calories 100/ Fat 0.5/ Carbs 14/ Protein 14

## Essential 1 ANTIOXIDANTS

Essential1: Antioxidant products offer the essential goodness of fruit and chocolate without the calories or carbs.

### Essential1: Antioxidant Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

- White Grape Peach (72640) .....\$18.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Raspberry Açai (72650) .....\$18.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0



### Essential1: Antioxidant Shakes

These shakes are made with whey protein instead of soy.

- Cherry Pomegranate (72410) .....\$15.95/box  
Calories 90/ Fat 0/ Carbs 13/ Protein 14
- Dark Chocolate (72420) .....\$15.95/box  
Calories 90/ Fat 0/ Carbs 13/ Protein 14

## Essential 1 CALORIE BURN

Essential1: CalorieBurn products are metabolism boosters with 100 mg of caffeine and 90 mg of EGCG.

### Essential1: CalorieBurn Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

- Green Tea Lemon (72600) .....\$15.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Mixed Berry (72610) .....\$15.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Strawberry Lemonade (72620) .....\$15.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0



### Essential1: CalorieBurn Cappuccino

- Cappuccino (72630) .....\$15.95/box  
Calories 100/ Fat 0/ Carbs 13/ Protein 14

## MEDIFAST SCRAMBLED EGGS

Medifast Scrambled Eggs are a great way to add variety at breakfast or any time throughout the day.

- Scrambled Eggs (72860) .....\$15.50/box  
Calories 100/ Fat 2/ Carbs 10/ Protein 12



## MEDIFAST OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy.

- Apple Cinnamon Oatmeal (58000) .....\$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Blueberry Oatmeal (58010) .....\$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Maple & Brown Sugar Oatmeal (58020) .....\$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Peach Oatmeal (58030) .....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 16/ Protein 11



## MEDIFAST PANCAKES



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

**Medifast Original Pancakes (57700)**.....\$15.50/box  
Calories 90/ Fat .5/ Carbs 15/ Protein 11

**Medifast Chocolate Chip Pancakes (57710)**.....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 14/ Protein 11

## MEDIFAST BARS



Medifast Bars give you the variety and convenience that your lifestyle demands, with the nutritional excellence your body needs.

### Maintenance Bars

Limit these bars to one per day on the 5 & 1 Plan.

**Chocolate Mint Bar (64900)** .....\$16.25/box  
Calories 160/ Fat 5/ Carbs 20/ Protein 11

**Caramel Nut Bar (65440)**.....\$16.25/box  
Calories 170/ Fat 5/ Carbs 22/ Protein 10

**Oatmeal Raisin Bar (65400)**.....\$16.25/box  
Calories 150/ Fat 3.5/ Carbs 22/ Protein 11

### Crunch Bars

These Bars feature a great crunchy taste and a new formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars. That means you can enjoy more than one per day as part of your 5 & 1 Plan.

**Chocolate Mint Crunch Bar (64905)**.....\$16.25/box  
Calories 110/ Fat 3/ Carbs 13/ Protein 11

**Caramel Crunch Bar (65445)**.....\$16.25/box  
Calories 110/ Fat 3/ Carbs 12/ Protein 11

**Peanut Butter Crunch Bar (65005)** .....\$16.25/box  
Calories 110/ Fat 3.5/ Carbs 13/ Protein 11

**Chocolate Crunch Bar (64805)**.....\$16.25/box  
Calories 110/ Fat 3/ Carbs 13/ Protein 11

**Oatmeal Raisin Crunch Bar (65405)**.....\$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**S'more Crunch Bar (65455)**.....\$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Strawberry Crunch Bar (65520)**.....\$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Cinnamon Roll Crunch Bar (65510)** .....\$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Fruit & Nut Crunch Bar (65505)**.....\$16.25/box  
Calories 110/ Fat 3/ Carbs 12/ Protein 11

**Lemon Meringue Crunch Bar (65205)**.....\$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

## MEDIFAST SOUPS & CHILI



Medifast Soups & Chili are great additions to your Medifast Meal choices.

**Maryland Crab Soup (69670)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 13

**Beef Vegetable Stew (69660)**.....\$15.50/box  
Calories 100/ Fat 1/ Carbs 14/ Protein 11

**Chicken & Wild Rice Soup (69650)** .....\$15.50/box  
Calories 100/ Fat 1/ Carbs 13/ Protein 10

**Chicken Noodle Soup (69600)**.....\$15.50/box  
Calories 90/ Fat 1/ Carbs 13/ Protein 9

**Cream of Broccoli Soup (57000)** .....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 10/ Protein 15

**Cream of Chicken Soup (54300)**.....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 9/ Protein 14

**Cream of Tomato Soup (60600)** .....\$15.50/box  
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14

**Homestyle Chili (69700)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 14

## MEDIFAST PUDDING

Medifast Puddings are vitamin-rich Meals that taste like dessert.

**Vanilla Pudding (57410)**.....\$15.50/box

Calories 110/ Fat 0/ Carbs 15/ Protein 13

**Chocolate Pudding (57400)**.....\$15.50/box

Calories 110/ Fat 1/ Carbs 15/ Protein 14



**Banana Pudding (72850)** .....\$15.50/box

Calories 110/ Fat 0.5/ Carbs 15/ Protein 14

## MEDIFAST BROWNIE

If you like the taste of freshly baked brownies, still warm from the oven, you'll love this Medifast Meal.

**Brownie with real chocolate chips (57500)**.....\$15.50/box

Calories 110/ Fat 2/ Carbs 15/ Protein 11



## MEDIFAST SOFT SERVE

Chill out with awesome flavor! What a treat: yummy soft serve without the sugar or fat, and four ice-cream-parlor flavors you can enjoy for any of your five daily Medifast Meals when you're on the Medifast 5 & 1 Plan.

**Coffee Soft Serve (57600)**.....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 15/ Protein 11

**Peanut Butter Soft Serve (57610)** .....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Chocolate Mint Soft Serve (57620)** .....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

**Mango Soft Serve (57630)**.....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



## MEDIFAST PRETZELS & PUFFS

Though these sweet and savory Medifast Meals will tempt your taste buds, they are NOT snacks: Each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are! Our new Pretzel Sticks and Cheese Puffs provide just the right balance of fiber and high-quality protein to keep you feeling full and satisfied, plus your daily requirement of 24 vitamins and minerals!

### Pretzel Sticks

**Honey Mustard Pretzel Sticks (67260)**.....\$15.50/box

Calories 110/ Fat 3/ Carbs 15/ Protein 11

**Cinnamon Pretzel Sticks (67250)**.....\$15.50/box

Calories 110/ Fat 3/ Carbs 15/ Protein 11

### Cheese Puffs

**Chili Nacho Cheese Puffs (67240)**.....\$15.50/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

**Parmesan Cheese Puffs (67230)**.....\$15.50/box

Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



## MEDIFAST SNACKS

Medifast Snacks are the perfect addition to your 5 & 1 Plan when you need a little extra. Limit one per day. Snacks do not replace Meals.



### Soy Crisps

- Apple Cinnamon Soy Crisps (57270) ..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 8/ Protein 4
- Ranch Soy Crisps (57260) ..... \$6.75/box  
Calories 60/ Fat 2/ Carbs 7/ Protein 5
- White Cheddar Soy Crisps (57250) ..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 7/ Protein 5

### Crackers

- Multi-Grain Crackers (57230) ..... \$4.50/box  
Calories 50/ Fat 0/ Carbs 12/ Protein 1
- Garden Vegetable Crackers (57240) ..... \$4.50/box  
Calories 60/ Fat 0/ Carbs 12/ Protein 2

## DIETARY SUPPLEMENTS

Taking these supplements every day is a powerful habit of health that supports your vitality and well-being.



### Essential1: Digestive Health

This dietary supplement combines a custom probiotic capsule and a natural enzyme blend tablet in one convenient daily pack. Eat well, stay balanced, feel great!

- Essential1: Digestive Health (0165) ..... \$24.95/box  
Calories 0/ Fat 0/ Carbs 0/ Protein 0

### Essential1: Heart Health Super Omega-3

For optimal health and longevity, everyone can benefit from daily omega-3 fatty acid supplements.

- Essential1: Heart Health  
Super Omega-3 (0161) ..... \$24.95/btl of 60  
Calories 25/ Fat 2.5/ Carbs 0/ Protein 0



### Essential1: Sleep Health

Essential1®: Sleep Health is a new supplement that provides a unique dual-action delivery system for both immediate and gradual time release of melatonin, a safe, natural substance that can help support healthy sleep patterns.\*

- Essential1: Sleep Health (0167) ..... \$24.95/box  
Calories 0/ Fat 0/ Carbs 0/ Protein 0

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# ACCESSORIES

All accessories are sold individually.

- 1. Shaker Jar (50010)..... \$1.99
- 2. BlenderBottle® (50110)..... \$7.50
- 3. *The Secret Is Out: The Medifast Program*  
Paperback Book (41040)..... \$19.95
- 4. HealthMate Blender (50150)..... \$39.95
- 5. Recipe Book (41090) ..... \$6.95
- 6. Lean & Green™ Meal Cookbook (42331)..... \$12.95

# PROGRAM MATERIALS

FREE. Limit one per customer.

- a. Quick Start Guide (41031)
- b. Medifast for Teens Guide (41111)
- c. Medifast for Diabetes Guide (32241)
- d. Medifast for Seniors Guide (32251)
- e. Transition & Maintenance Guide (41061)
- f. Exercise Guide (41071)
- g. Ready, Set, Medifast (41811)



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