



Ready, Set, Medifast

- ▶ Important instructions to read before you start the Program and your first step on the journey to Optimal Health



MEDIFAST IS:

- **FAST:** Average weight loss of up to 2 – 5 pounds a week
- **SAFE:** A plan that has been recommended by over 20,000 doctors since 1980; low-glycemic foods that can work for everyone, including people with diabetes
- **SIMPLE:** Nutritious, pre-portioned, easy-to-prepare meals that are delivered to your door
- **SATISFYING:** Formulated to be filling and satisfying
- **SUPPORTED:** Answers and inspiration whenever you need them; whether they come from your Health Coach, our online community, or the Home Office, you're never alone

One simple plan, every day

5

MEDIFAST MEALS

Choose five Meals from over 70 different, delicious Medifast choices, including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars, puddings, pretzel sticks, and cheese puffs.

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LEAN & GREEN MEAL

Choose lean protein and vegetables once a day, at any time that works best with your schedule. You can prepare the Lean & Green Meal yourself, grab it on the go, or enjoy it in a restaurant—as long as you follow the Lean & Green Meal guidelines.

THE “LEAN”

Choose options that are grilled, baked, broiled, or poached—not fried.

▶ **LEANEST:** Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallop, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
 - 14 egg whites
 - 2 cups of EggBeaters®
 - 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty

▶ **LEANER:** Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 – 97% lean
- **Turkey:** light meat
- **Meatless options:**
 - 15 oz extra-firm tofu
 - 2 whole eggs plus 4 egg whites

▶ **LEAN:** Choose a 5-oz portion (cooked weight) – no Healthy Fat added.

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85 – 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
 - 15 oz firm or soft tofu
 - 3 whole eggs (limit to once a week)

For additional meat and meatless options, talk to your Health Coach.

THE “GREEN”

Select any three servings from the list below. Servings are ½ cup unless otherwise noted.

▶ **LOWER CARBOHYDRATE**

1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress
½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw)

▶ **MODERATE CARBOHYDRATE**

Asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

▶ **HIGHER CARBOHYDRATE**

Broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

CONDIMENTS AND SEASONINGS

For a complete list of recommendations, talk to your Health Coach.

HEALTHY FAT SERVINGS

One serving equals 1 teaspoon of canola, flaxseed, walnut, or olive oil; 5 black olives; 2 tablespoons of low-carbohydrate salad dressing; or 1 teaspoon of trans fat-free margarine.



SAMPLE 5 & 1 PLAN DAYS

You'll find more meal-planning tools on TSFL.com.

DAY 1

- ▶ **Meal #1: Breakfast**
Medifast Southwest Style Eggs
- ▶ **Meal #2: Mid-Morning**
Medifast Dutch Chocolate Shake
- ▶ **Meal #3: Lunch**
Medifast Cream of Tomato Soup sprinkled with parsley flakes
- ▶ **Meal #4: Mid-Afternoon**
Medifast Beef Vegetable Stew
- ▶ **Lean & Green Meal: Dinner**
6 oz grilled chicken breast, 1-½ cups cooked asparagus, 1 tsp olive oil
- ▶ **Meal #5: Evening**
Medifast French Vanilla Shake

• Simply eat one meal every two to three hours and drink at least 64 ounces of water each day.

• Since Medifast Meals are interchangeable, you can substitute any Medifast Meal for the suggested Meals.

DAY 2

- ▶ **Meal #1: Breakfast**
Medifast Apple Cinnamon Oatmeal
- ▶ **Meal #2: Mid-Morning**
Medifast Hot Cocoa, mixed with 1 Tbsp sugar-free hazelnut syrup
- ▶ **Lean & Green Meal: Lunch**
7 oz grilled tilapia coated with canola oil, 2 cups mixed salad greens, ½ cup total diced tomatoes, cucumbers, and celery, 2 Tbsp low-carb salad dressing
- ▶ **Meal #3: Mid-Afternoon**
Medifast Caramel Crunch Bar
- ▶ **Meal #4: Dinner**
Medifast Chicken Noodle Soup
- ▶ **Meal #5: Evening**
Medifast Strawberry Crème Shake



SUPPORT FOR YOUR SUCCESS—WHENEVER YOU NEED IT!

Support In Motion is a vibrant online community of real people just like you who are losing weight and finding a healthier lifestyle with the Medifast 5 & 1 Plan.

You'll find tools to track your progress, online journaling, and discussion boards and chat rooms to give you the support and encouragement you need to succeed. Visit TSFLSupportInMotion.com and join today.

Maintaining Your Healthy Weight

After you reach your weight-loss goal, Medifast offers you a comprehensive, structured plan to help you maintain a healthy weight.

THE 3 & 3 PLAN

One “3” refers to your three daily meals, which feature lean protein and vegetables.

The other “3” is your three daily “fuelings.” Fuelings are low-calorie mini-meals incorporating a range of healthy foods and delicious flavors, including Medifast Meals and other combinations of healthy ingredients you can buy at your produce market or grocer. Your number of healthy fuelings may vary depending on how many calories you should consume in Maintenance.

You’ll also be able to enjoy measured servings of healthy fats, fruit, low-fat dairy products, and whole-grain starches.

KNOWING (AND USING) YOUR NUMBERS

It’s simple math: Eating more calories than your body needs will cause you to gain weight; eating fewer calories will cause you to lose weight. **Refer to our Maintenance Guide** to learn how many calories you should eat.

Here’s a sample meal plan for someone who needs 1,500 calories to maintain a healthy weight:

1,500 Calorie Meal Plan

- 3 Medifast Meals / healthy fuelings
- 2 grain servings
- 3 vegetable servings
- 2 fruit servings
- 2 4-oz protein servings
- 2 dairy servings
- 2 fat servings

▶ Breakfast

- 1 cup ready-to-eat unsweetened cereal
- 1 cup skim or low-fat milk
- ½ cup cubed cantaloupe

▶ Mid-Morning

- 1 Medifast Meal or 1 healthy fueling

▶ Lunch

- 1 slice whole-wheat bread
- 4 oz sliced chicken
- 1 cup lettuce and ½ cup tomato
- 2 Tbsp low-fat salad dressing
- 5 green olives

▶ Mid-Afternoon

- 1 Medifast Meal or 1 healthy fueling

▶ Dinner

- 1 medium apple
- ½ cup cooked broccoli
- 4 oz baked flounder filet
- 1 cup low-fat yogurt

▶ Evening

- 1 Medifast Meal or 1 healthy fueling

Refer to our **Maintenance Guide** for detailed sample meal plans.

Other essentials for successful weight maintenance

- Regular physical activity helps you burn calories, strengthens your body, and helps keep your metabolism active.
- Behavior techniques can help you pay attention to what you’re eating and—more important—how you’re feeling and what you’re thinking, to help you identify and cultivate the healthy habits you need for long-term success.



For more information, visit our Web site for details about our Maintenance Program and to download additional resources.

