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The Medifast Achieve™ Plan

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Tips

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Medifast for Seniors

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Medifast for Nursing Mothers

Medifast and Exercise

The Thrive Healthy Living Plan

Congratulations!

You’ve taken an important first step in controlling your weight and improving your health, and Medifast is ready to help you, starting right now. This guide will help you use our products and plans to get healthier. Please read it carefully to learn what you need to get started.

With over 70 Medifast Meals to choose from, along with snacks, lean and green meals, flavor infusers, and more, the Medifast Achieve™ Plan is convenient and simple to follow, emphasizing portion-controlled eating at regular times throughout the day. Medifast Meals are individually portioned, calorie and carbohydrate controlled, low in fat, and contain 24+ vitamins and minerals. Every meal provides adequate protein and is fortified with vitamins and minerals to help you manage your weight while nourishing your body. Medifast was developed by a doctor and is clinically proven to be safe and effective for weight loss.

And once you’ve reached your goals, Medifast support continues with our Thrive Healthy Living Plan. You’ll learn how to transition and maintain your new, healthier weight for the long term.

Consult with Your Healthcare Provider

Aside from you, your healthcare provider knows your body better than anyone. That’s why we recommend that you discuss Medifast with him or her before beginning the Plan, and stay in touch throughout your weight-loss progress. You’ll want your healthcare provider’s supervision especially if you are:

- Older than 65
- Younger than 18

Medical Considerations

Do not use the Medifast Program if you are pregnant. If you have a serious acute or chronic illness (i.e., heart attack, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use Medifast until your healthcare provider says you have recovered or that your condition is stabilized.

Note: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk.

Special Medical or Dietary Needs

For more information about using Medifast with special medical or dietary needs, please visit the Tools & Guides section of our website.

This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.

Plans

Medifast’s weight-loss plans have some variation of the following components: Medifast Meals, lean and green meals, Healthy Fats, Healthy Snacks, and Extras. On the pages that follow, you’ll find Medifast plans, a description of each plan component, and lists of on-plan foods.
The Medifast ACHIEVE™ PLAN

This plan is designed for healthy nutrition and fast, safe, weight loss while preserving muscle mass. And it’s simple! Eat six times daily, once every two or three hours.

What You’ll Eat Each Day:
- 4 Medifast Meals
- 2 lean and green meals
- 1 Healthy Snack

Find great recipes for lean and green meals on our blog at medifastblog.com
**Medifast Meals**

Each day, you’ll choose from more than 70 Medifast Meals. All Medifast Meals are fortified with 24+ vitamins and minerals, calorie and carbohydrate controlled, and low in fat. Each meal provides adequate protein and the right balance of macro- and micro-nutrients to help you manage your weight while nourishing your body. Because Medifast Meals all have similar nutritional profiles, they are interchangeable so you can choose based on your favorite flavors.

**Lean and Green Meals**

Each day, you’ll eat two lean and green meals. Every lean and green meal includes five to seven ounces of cooked lean protein, three servings of vegetables, and up to two servings of healthy fats, depending on your lean protein choices. You may have your lean and green meal for breakfast, lunch, dinner, or in between — whatever works best for your schedule. If you prefer, you can divide the meal into two portions and eat half at a time. You’ll find a list of choices for your lean protein and non-starchy vegetables on the pages that follow.

**The “Lean”**

Choose the appropriate portion size of any protein from the Lean Options list. We’ve divided protein options into Leanest, Leaner, and Lean to help you make informed choices easily. While all options are appropriate for Medifast’s weight-loss plans, the Leanest choices allow the largest serving sizes and more Healthy Fats.

**Lean Tips:**
- Choose meats that are grilled, baked, broiled, or poached — not fried.
- Strive to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring) each week.
- Choose meatless options made with soybeans or textured vegetable protein.

Note: All portion sizes are for cooked weight.

**The “Green”**

Choose three servings of vegetables from the Green Options list on the right. We’ve divided them into Lower, Moderate, and Higher Carbohydrate options to help you make informed choices easily. All are appropriate for Medifast’s weight-loss plans.

Note: 1 serving = ½ cup (unless otherwise specified)

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, high-calorie and high-carbohydrate vegetables (such as Brussels sprouts, carrots, corn, edamame, peas, potatoes, and onions) can be eaten as your Healthy Snack only in order to enhance your weight-loss results.

**LOWER CARBOHYDRATE**

1 cup
collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

½ cup
celery, cucumbers, white mushrooms, radishes, sprouts (alalfa, mung bean), turnip greens, angula, nopales, escarole, jalepeno (raw), Swiss chard (raw), bok choy (cooked)

**MODERATE CARBOHYDRATE**

½ cup
asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portobello mushrooms, cooked spinach, summer squash (scallop or zucchini)

**HIGHER CARBOHYDRATE**

½ cup
broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crenshaw or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama

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**LEANEST**

Choose a 7-oz portion plus 2 Healthy Fat servings

<table>
<thead>
<tr>
<th>FISH</th>
<th>cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, wild catfish, tuna (yellowfin steak or canned in water)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHELLFISH</td>
<td>crab, scallop, shrimp, lobster</td>
</tr>
<tr>
<td>GAME MEAT</td>
<td>deer, buffalo, elk</td>
</tr>
<tr>
<td>GROUND TURKEY</td>
<td>(or other meat)</td>
</tr>
<tr>
<td></td>
<td>a 98% lean</td>
</tr>
<tr>
<td>MEATLESS OPTIONS</td>
<td>14 egg whites, 2 cups of Egg Beaters®, 2 Boca Burgers (fewer than 6g of carbs each)</td>
</tr>
</tbody>
</table>

**LEANER**

Choose a 6-oz portion plus 1 Healthy Fat serving

<table>
<thead>
<tr>
<th>FISH</th>
<th>swordfish, trout, halibut</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN</td>
<td>breast or white meat, without skin</td>
</tr>
<tr>
<td>GROUND TURKEY</td>
<td>(or other meat)</td>
</tr>
<tr>
<td></td>
<td>95 - 97% lean</td>
</tr>
<tr>
<td>TURKEY</td>
<td>light meat</td>
</tr>
<tr>
<td>MEATLESS OPTIONS</td>
<td>15 oz Mori-nu® extra-firm tofu (bean curd)</td>
</tr>
<tr>
<td></td>
<td>2 whole eggs plus 4 egg whites</td>
</tr>
</tbody>
</table>

**LEAN**

Choose a 5-oz portion no Healthy Fat servings needed

<table>
<thead>
<tr>
<th>FISH</th>
<th>salmon, tuna (bluefin steak), battered catfish, mackerel, herring</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEAN BEEF</td>
<td>steak, roast, ground</td>
</tr>
<tr>
<td>LAMB</td>
<td></td>
</tr>
<tr>
<td>PORK</td>
<td></td>
</tr>
<tr>
<td>CHICKEN OR TURKEY</td>
<td>dark meat</td>
</tr>
<tr>
<td>GROUND TURKEY</td>
<td>(or other meat)</td>
</tr>
<tr>
<td></td>
<td>85 – 94% lean</td>
</tr>
<tr>
<td>MEATLESS OPTIONS</td>
<td>15 oz Mori-nu® firm or soft tofu (bean curd), 3 whole eggs (limit to once a week)</td>
</tr>
</tbody>
</table>
Healthy Fats
With each lean and green meal, you’ll incorporate up to two servings of Healthy Fats. These are important because they help you absorb vitamins A, D, E, and K. They also help your gallbladder to work properly, so don’t skip them.

Healthy Fat Servings
Add 0 – 2 Healthy Fat servings to your lean and green meal based on your protein choices. One serving is:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low carbohydrate salad dressing — 5g of fat and fewer than 5g of carbs
- 5 – 10 black or green olives
- 1½ oz avocado

Too busy to cook?
Try our Flavors of Home™ line. It’s the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home™ option is a complete lean and green meal on the Medifast Achieve™ Plan — with the right portions of lean protein, vegetables, and fat. Store Flavors of Home™ meals in your cupboard, and pull them out whenever you find yourself with a calendar that’s too full for cooking. Each meal is made with nutritious, delicious ingredients that taste like homemade but take only minutes to microwave.

Healthy Snacks
On the Medifast Achieve™ Plan, you will incorporate a starch, fruit, dairy choice, or Medifast Snack into one of your meal times. Remember to keep your meals at six per day, spaced two or three hours apart, for optimal blood sugar and hunger control.

Starch
A Healthy Snack serving of starch is:

- 1 slice of whole-grain bread (3g or more fiber/slice)
- 2 slices of low-calorie, light, whole-grain bread (about 40 calories/slice)
- ⅛ cup cold whole-grain cereal, such as bran flakes (5g or more fiber/serving)
- ½ cup cooked cereal
- ½ cup peas or corn
- 1 cup winter squash
- ¼ large (3 oz) baked potato
- ½ cup cooked brown rice
- ½ cup cooked whole-wheat pasta
- ½ cup cooked beans or lentils

Note: Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye, and whole oats.

Fruit
A Healthy Snack serving of fruit is:

- 1 small (4 oz) piece of fresh fruit such as a pear, apple, orange, etc.
- ½ cup fresh or frozen fruit
- 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
- ¾ cup fresh berries
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose fruit packed in water or natural juices, not syrup)
- 17 fresh grapes
- ½ large grapefruit
- ½ large or 1 extra-small banana

Dairy
A Healthy Snack serving of dairy is:

- ¾ cup (6 oz) low-fat yogurt (fewer than 120 calories, low in fat, and plain unflavored or, if flavored, artificially sweetened)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or buttermilk)
- ½ cup fat-free evaporated milk

Note: Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be considered a dairy option and therefore cannot be counted as a Healthy Snack. See the Vegetarian Information Sheet for information about including cheese as a lean protein choice in your weight-loss plan.

Medifast Snacks
- Sea Salt Popcorn
- Cheddar & Sour Cream Popcorn
- Spicy Black Bean Veggie Chips
- Sea Salt & Olive Oil Veggie Chips
- Apple Cinnamon Soy Crisps
- Ranch Soy Crisps
- White Cheddar Soy Crisps
- Rosemary Sea Salt Crackers
- Multigrain Crackers

We recommend choosing a variety of foods from the above categories throughout each week. Variety is an integral part of healthy eating.

Extras
Optional Condiments
To flavor your meals and make your Medifast Achieve™ Plan more enjoyable, you have the option of adding condiments to your food selections. Enjoy up to three condiment servings per lean and green meal. (For a comprehensive list of condiment portion recommendations, visit MedifastNow.com.)

A condiment serving is:

- Garlic (1 tsp)
- Salt (¼ tsp)
- Pepper (½ tsp)
- BBQ Sauce (½ tsp)
- Salsa (1 Tbsp)
- Reduced Sugar Catsup (1 Tbsp)

Flavor Infusers®
Enjoy your daily water intake — infuse it with flavor!

- Essential 1®: Calorie Burn (Limit to three per day on a reduced-calorie meal plan.)
- Essential 1®: Antioxidants
- Energy Drops
- Energy Infusers
Supplements

Essential1®: Heart Health: Super Omega-3 Daily Supplement
This omega-3 supplement adds a powerful boost to the Medifast Achieve™ Plan. This dietary supplement is a concentrated source of EPA and DHA providing 720 mg EPA and 480 mg DHA in one serving (two soft-gels). Omega-3 fatty acids are a great option for individuals concerned with cardiovascular and/or inflammatory issues, especially for those working toward a healthy weight.**

*If you have a fish allergy or are pregnant, nursing, taking medications, or planning any medical procedures, consult your healthcare provider before use. Discontinue use and consult your healthcare provider if any adverse reactions occur.

**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. If you are nursing, taking medications, or planning any medical procedures, consult your healthcare provider before use.

Essential1®: Digestive Health: Probiotics & Natural Digestive Enzyme Daily Supplement Pack
This dietary supplement combines a custom probiotic capsule and a natural enzyme blend tablet in one convenient, daily pack. Helps to provide the right mix of ingredients for greater levels of digestion and absorption of nutrients from food and to keep your digestive system and immunity in balance during weight loss and beyond.**

**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. If you are nursing, taking medications, or planning any medical procedures, consult your healthcare provider before use.

The Medifast Achieve™ Plan

SAMPLE MEAL PLANS
Every Day: 4 Medifast Meals | 2 lean and green meals | 1 Healthy Snack

**Key**
- Medifast Meals
- Lean
- Green
- Healthy Fats
- Healthy Snack

**DAY 1**

**BREAKFAST**
Medifast Oatmeal

**MID-MORNING**
Medifast Hot Drink

**LUNCH**
7 oz grilled shrimp
1½ cup steamed broccoli and cauliflower
2 tsp olive oil

**MID-AFTERNOON**
Medifast Puffs

**DINNER**
6 oz grilled chicken breast
2 cups fresh baby spinach
½ cup fresh mushrooms and tomatoes
2 Tbsp reduced-calorie salad dressing

**EVENING**
Medifast Pudding made with 8 oz skim milk (instead of water)

**DAY 2**

**BREAKFAST**
Medifast Cereal Crunch

**MID-MORNING**
Medifast Crunch Bar

**LUNCH**
5 oz grilled salmon (provides healthy fat servings)
1½ cup steamed asparagus

**MID-AFTERNOON**
Medifast Puffs

**DINNER**
Spinach, Tomato, Turkey Pizza* (provides healthy fat servings)

**EVENING**
Medifast Shake blended with one small banana

*Serving suggestions shown for all product images

*Visit medifastblog.com for lean and green recipes and Medifast Meal makeovers.
**DAY 3**

**BREAKFAST**
2 cups Egg Beaters® (scrambled)
1½ cups mixed sautéed mushrooms, green peppers, and tomatoes
2 tsp olive oil

**MID-MORNING**
Medifast Hot Drink

**LUNCH**
Medifast Soup and Medifast Crackers

**MID-AFTERNOON**
Medifast Shake

**DINNER**
5 oz pork loin
(provides healthy fat servings)
1½ cups steamed cauliflower

**EVENING**
Medifast Soft Bake

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**DAY 4**

**BREAKFAST**
Medifast Eggs

**MID-MORNING**
Medifast Crunch Bar

**LUNCH**
6 oz grilled chicken breast
2 cups romaine lettuce
½ cup mixed diced tomatoes, cucumbers, and celery
2 Tbsp reduced-calorie salad dressing

**MID-AFTERNOON**
Medifast Chewy Bar

**DINNER**
Spiced Crockpot Roast Beef*
(provides healthy fat servings)
1½ cups cooked whole-grain brown rice

**EVENING**
Medifast Pudding

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**DAY 5**

**BREAKFAST**
Medifast Eggs

**MID-MORNING**
Medifast Crunch Bar

**LUNCH**
6 oz roasted turkey
1 slice whole-grain bread
½ oz avocado
1 cup raw spinach leaves
1 cup cooked broccoli

**MID-AFTERNOON**
Medifast Hearty Meal

**DINNER**
7 oz baked flounder
1½ cups steamed asparagus
2 tsp olive oil

**EVENING**
Medifast Pretzel Sticks

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**DAY 6**

**BREAKFAST**
Medifast Cereal Crunch

**MID-MORNING**
Medifast Crunch Bar

**LUNCH**
7 oz tuna, canned in water
3 cups raw spinach
2 tsp walnut oil
Medifast Veggie Chips

**MID-AFTERNOON**
Medifast Pudding

**DINNER**
5 oz grilled flank steak
(provides healthy fat servings)
1½ cups grilled eggplant

**EVENING**
Medifast Shake

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*Visit medifastblog.com for lean and green recipes and Medifast Meal makeovers.
Tips for SUCCESS on the Medifast Achieve™ Plan

The first few days

As you begin the Medifast Achieve™ Plan, you may feel hungry, tired, or irritable as your body adjusts to the reduction in calories. This is temporary, but make sure you keep close watch on your hunger during this time. If you’re excessively hungry or tired in the first few days, have an extra Medifast Meal or a couple additional ounces of lean protein (egg whites, etc.). It’s better to have an extra Medifast Meal than to go off your Plan entirely.

You can make this adjustment period easier by doing the following:

• Drink plenty of water – at least eight glasses (64 oz) a day.
• Choose a start date when you don’t expect any special food-centered events.
• Stay busy.
• Remind yourself that you are on a journey to improve your health, and take it one day at a time.
• Avoid the sights and smells of food, and stay focused on your health goals.

Tips for SUCCESS

DAY 7

BREAKFAST
Medifast Hot Drink
6 oz (½ cup) low-fat yogurt

MID-MORNING
Medifast Soup

LUNCH
7 oz sautéed shrimp
2 cups fresh baby spinach leaves
½ cup diced tomatoes and mushrooms
1 Tbsp sunflower seeds
2 Tbsp reduced-calorie salad dressing

MID-AFTERNOON
Medifast Pretzels

DINNER
5 oz roast beef (provides healthy fat servings)
½ cups cooked seasoned cabbage

EVENING
Ice-cream cookie sandwich Meal Makeover with Medifast Chocolate Chip Soft Bake*
Seeing Results
Some people lose weight quickly in the first few weeks and then experience slightly slower (yet steady) results as they go along. It’s important to weigh yourself regularly at the same time of day, using the same scale, and wearing the same clothes each time. Weight fluctuates, even in the same day, due to differences in fluids, hormones, and other factors. So notice changes beyond pounds, like how your clothes fit as you lose body fat and inches. Stay aware of how you feel — physically, mentally, and emotionally.

Hitting a Plateau
At some point, you may find that your weight loss slows down or seems to stop. If you notice you haven’t lost any additional weight within a two-week period:
• Make sure you’re following your plan exactly, not skipping meals, and sticking to your lean and green meal guidelines, which include weighing and measuring your portions carefully.
• Make sure you’re drinking plenty of water — at least eight glasses (64 oz) a day.
• Pick the lowest carbohydrate vegetables from your Green Options list (p. 5).
• Try a new form of exercise, or add extra time or intensity to your current routine.

Going Forward
Here are some ways to make your Medifast Achieve™ Plan easier and more effective:
• Keep a food journal to track your successes, challenges, feelings, and observations, or track online with MyWellness Dashboard.
• Space your meals carefully. Eat every two to three hours to help control your blood sugar and maximize steady weight loss.
• Don’t skip meals, which can decrease your nutrient balance and slow down your metabolism — and your weight-loss results.
• Eat slowly and mindfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one little bite at a time.
• Drink lots of fluids. Make sure you get at least eight glasses (64 oz) of water each day. In addition, you can have calorie-free beverages like unsweetened tea or coffee, sparkling water, or diet soda.
• Limit caffeine to 300 mg a day. Following a reduced-calorie meal plan might make you more sensitive to caffeine.
• Avoid alcohol, even low-carb versions, since alcohol adds non-nutritious calories, stimulates your appetite, and can deplete your body of water. Even one drink can slow your weight loss.

Medifast for Diabetes
If you have diabetes, the following section will help you use our products and meal plans to get healthier safely.

The two main forms of diabetes are type 1 (insulin dependent) and type 2. Pre-diabetes occurs when your blood sugar is higher than normal but not high enough to be diagnosed as diabetes. Untreated, diabetes can have serious consequences. But through lifestyle changes such as regular exercise, a good diet, and weight loss, many people can improve their health.

While the Medifast Achieve™ Plan is appropriate for people with diabetes, it is essential that you consult with your healthcare provider. It is especially important that your blood sugar be monitored carefully throughout the weight-loss process, as your medications may need to be adjusted — sometimes even before you begin.

Meal planning for people with diabetes is geared toward limiting calories while maintaining consistent, healthy blood sugar levels. Our plan is a good fit because it incorporates small meals every two to three hours, so carbohydrates and protein are spaced throughout the day. And all of the Medifast Meals are low in fat and carbohydrate controlled; they are good choices for people with diabetes.

Diabetes and Exercise
Your healthcare provider or a personal trainer can help you find an exercise plan that is right for you. Refer to the Exercise section (p. 25) for tips and guidance, especially if you are starting an exercise plan for the first time or after a long period of sedentary living. If you have problems with the nerves in your feet or legs, your healthcare provider may suggest lower impact activities such as swimming, bicycling, rowing, or chair exercises.

Discuss appropriate pre-exercise meal planning with your healthcare provider, registered dietitian nutritionist, or certified diabetes educator.

Before Exercising:
• Check blood glucose/sugar, and do not exercise if blood glucose is less than 100 mg/dL or greater than 300 mg/dL. (Check again after exercise, too).
• Drink plenty of fluids (water, sugar-free beverages).
• Wear your medical alert identification while exercising.
• Wear appropriate clothing and shoes.
• Check your feet daily for any sores, blisters, or abnormalities.
• Have a plan in place to handle low blood sugar.
Medifast for Seniors

For older adults, healthy weight loss and good nutrition are great ways to improve quality of life and independence. If you are 65 years or older, the Medifast Achieve™ Plan will help you enjoy life to the fullest by eating well and maintaining a healthy weight.

Medifast recommends spending an average of 30 minutes a day doing exercise such as walking, strength training, swimming, jogging, etc. Being active helps promote the maintenance of lean muscle mass as you lose weight and is an important component of the plan.

Seniors and Exercise

If your healthcare provider says you are fit enough to exercise, try it! You’ll soon see how it can restore some of the vigor of youth. You’ll find fitness programs for older adults offered by community or senior centers, recreation departments, hospitals, fitness centers, churches, and schools.

Daily exercise is essential to a healthy lifestyle and can help you to continue living independently. Strengthening your heart, lungs, and muscles, exercise also increases your flexibility and contributes to your overall physical fitness.

Set a goal to be physically active for at least 30 minutes every day. If you are new to exercise, have certain chronic diseases, or are taking medications, you should consult with your healthcare provider to determine the best level of activity for you. Refer to the Exercise section (p. 25) for additional tips and guidance.

The Medifast Achieve™ Plan is designed to give you the following important nutrients:

• Calcium for strong bones
• Vitamin D for calcium absorption
• Folic acid and vitamins B6 and B12 to support memory and brain function
• Fiber for regularity and satiety
• Zinc for wound healing and healthy vision
• Potassium and sodium for blood pressure regulation
• Healthy fats for gallbladder function
• Protein for lean muscle mass protection
• Plenty of fluids for proper hydration

Medifast for TEENS

If you’re 13 to 17 and want to get your weight under control, you’re in the right place. We’ll teach you how to get healthy — and stay that way — with two plans that are easy to follow, whether you’re already at your full height or still getting taller. Check in with your healthcare provider to see if you need monitoring while you’re working on your weight and getting healthier and more active.

What to Know

Here are some definitions to learn before we get started.

Body Mass Index (BMI) Percentile:
A calculation based on your weight, height, and age. This is how your healthcare provider helps you determine your healthy weight range.

The Lose Weight Now Plan:
This plan helps you gradually lose weight by making healthy food choices.

The Steady As You Grow Plan:
This plan helps you maintain your current weight as you grow taller — which means you’re lowering your body mass index (BMI) over time.

What to Eat

Medifast offers two plans for teens. Your healthcare provider can help you pick which plan is better for you based on your BMI percentile.

Lose Weight Now Plan
Teens with a BMI percentile higher than 95% and who may benefit from losing weight should use this plan. You’ll consume about 1,600 (girls) or 1,800 (boys) calories each day to lose weight safely and gradually.

Steady As You Grow Plan
Teens with BMI percentiles between 85% and 95% should use this plan to maintain their current weight as they grow taller so they can be healthier and more active. The daily calorie limit is about 1,800 (girls) and about 2,000 (boys).
Food Group Chart for Teens

All serving sizes are the same for each plan listed unless noted otherwise.

<table>
<thead>
<tr>
<th>FOOD GROUP (# of servings)</th>
<th>WHAT COUNTS AS 1 SERVING?</th>
<th>TIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Meals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lose Weight Now Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Choose three meals daily)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steady As You Grow Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Choose two meals daily)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys’ Steady As You Grow Plan</td>
<td>(Choose four servings daily.)</td>
<td></td>
</tr>
<tr>
<td>Girls’ Lose Weight Now Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Choose two servings daily)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls’ Steady As You Grow Plan</td>
<td>(Choose four servings daily.)</td>
<td></td>
</tr>
<tr>
<td>Boys’ Lose Weight Now Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Choose four servings daily)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys’ Steady As You Grow Plan</td>
<td>(Choose six servings daily.)</td>
<td></td>
</tr>
</tbody>
</table>

Fruits & Vegetables
(Choose at least five servings daily for all plans.)

- 1 small (4 oz) piece of fruit such as pear, apple, etc.
- 1 cup fresh cubed melon such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, blackberries, etc.
- ½ cup canned fruit in 100% juice
- 17 fresh grapes
- ½ banana
- ½ large banana or one extra small banana
- ¼ cup cooked or raw vegetables
- 1 cup salad greens

Acceptable substitution:
- 4 oz (5 ½ cup) 100% fruit juice for 1 serving of fruit

Choose canned fruits packed in water or natural juices only (rather than packed in syrup).

Low-Fat or Fat-Free Dairy
Lose Weight Now Plan
(Choose two servings daily)
Girls’ Lose Weight Now Plan
(Choose four servings daily)
Boys’ Lose Weight Now Plan
(Choose four servings daily)

- 8 oz (1 cup) fat-free or low-fat milk (including cows, soy, unsweetened almond or buttermilk)
- 6 oz (½ cup) low-fat yogurt (fewer than 120 calories)
- ½ cup fat-free evaporated milk

Choose milk as an alternative to ice cream.

Whole Grains
Girls’ Lose Weight Now Plan
(Choose two servings daily)
Girls’ Steady As You Grow Plan
(Choose four servings daily)
Boys’ Lose Weight Now Plan
(Choose four servings daily)
Boys’ Steady As You Grow Plan
(Choose six servings daily)

- 1 slice whole-grain bread OR 2 slices reduced-calorie whole-grain bread (fewer than 45 calories/slice)
- ½ cup cold cereal
- ½ cup cooked cereal
- ½ cup cooked brown or wild rice
- ½ cup cooked whole wheat pasta

Choose whole-grain varieties that have 3 or more grams of fiber per serving.

Lean meats and meat substitutes
(Choose two servings daily for all plans)

- 4 oz. lean meat
- 1 cup dry beans or peas
- 1 cup 1% cottage cheese
- 4 oz. low-fat cheese

Combine Medifast Meals with your favorite foods.

Lean meat: lean beef or pork, chicken, turkey, fish, or shellfish.

Choose meats that are baked, grilled, broiled, or poached–not fried.

Remove skin from poultry.

Fats
Girls’ Lose Weight Now & Steady As You Grow Plans
(Choose two servings daily)
Boys’ Lose Weight Now & Steady As You Grow Plans
(Choose three servings daily)

- 1 Tbsp regular cream cheese
- 1 Tbsp butter, margarine, or oil
- 1 Tbsp regular salad dressing
- 1 Tbsp nut butter

Choose reduced-fat options when available.

Choose trans-fat-free margarine.

Beverages
(Must drink 0 – 8 cups of water a day for all plans)

Choose beverages such as water, hot or cold unsweetened tea or coffee, calorie-free drink mixes such as Crystal Light® or Sugar-Free Kool-Aid®, or diet soda.

Avoid sugary drinks.

Limit caffeine-containing beverages to 1 cup per day (caffeine will affect you more while on a lower-calorie diet).

“Sometimes Foods” (Limit to one small serving, three times per week maximum for all plans)

- 1 chocolate chip cookie (2½ inches across)
- 1 cup low-fat ice cream

Use these calories for an occasional treat.

Sample Meal Plans for Teen Girls

Girls’ Lose Weight Now Sample Menu

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>MID-AFTERNOON SNACK</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>EVENING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Oatmeal mixed with ½ cup fresh blueberries</td>
<td>Medifast Crunch Bar</td>
<td>Sandwich – 1 whole wheat bun, 4 oz chicken breast, lettuce, tomato, and mustard</td>
<td>1 small whole wheat dinner roll</td>
<td>Medifast Pudding mixed with ½ cup strawberries</td>
</tr>
<tr>
<td>1 slice whole-wheat toast with ½ Tbsp peanut butter</td>
<td>6 oz low-fat yogurt</td>
<td>1 cup cooked mixed broccoli and cauliflower</td>
<td>1 cup canned pears</td>
<td>1 cup pasta with reduced-fat options</td>
</tr>
<tr>
<td>8 oz skim milk</td>
<td></td>
<td>1 small apricot</td>
<td></td>
<td>Medifast Crunch Bar</td>
</tr>
</tbody>
</table>

Girls’ Steady As You Grow Sample Menu

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>MID-AFTERNOON SNACK</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>EVENING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Oatmeal mixed with ½ cup fresh peaches</td>
<td>Medifast Crunch Bar</td>
<td>Sandwich – 1 whole wheat bun, 4 oz chicken breast, lettuce, tomato, and mustard</td>
<td>1 small whole wheat dinner roll</td>
<td>Medifast Pudding mixed with ½ cup strawberries</td>
</tr>
<tr>
<td>1 slice whole-wheat toast with ½ Tbsp peanut butter</td>
<td>6 oz low-fat yogurt</td>
<td>1 cup cooked mixed broccoli and cauliflower</td>
<td>1 cup canned pears</td>
<td>1 cup pasta with reduced-fat options</td>
</tr>
<tr>
<td>8 oz skim milk</td>
<td></td>
<td>1 small apricot</td>
<td></td>
<td>Medifast Crunch Bar</td>
</tr>
</tbody>
</table>

Serving suggestions shown for all product images.
Sample Meal Plans for Teen Boys

Boys’ Steady As You Grow Sample Menu

**BREAKFAST**
- Medifast Crunch Bar
- 1 slice melon
- 8 oz 1% low-fat milk

**LUNCH**
- Medifast Soup
- 2 oz grilled shrimp
- 2 cups salad greens with 1 Tbsp salad dressing
- 1 small whole-wheat dinner roll with 1 tsp margarine
- 1 small orange
- 8 oz 1% low-fat milk

**MID-AFTERNOON SNACK**
- ½ cup cottage cheese with ½ cup canned sliced peaches

**DINNER**
- 3 oz taco seasoned ground turkey
- 1 oz shredded cheese
- ½ cup diced tomatoes and onions
- ½ cup Mexican seasoned brown rice with 5 – 10 black olives (sliced)
- 2 six-inch whole-wheat tortillas

**EVENING**
- Medifast Crunch Bar

Boys’ Lose Weight Now Sample Menu

**BREAKFAST**
- Medifast Oatmeal mixed with ½ cup canned sliced peaches with ½ Tbsp peanut butter
- 8 oz 1% low-fat milk

**LUNCH**
- Sandwich – 1 whole-wheat bun, 4 oz roast beef, lettuce, tomato, and mustard
- 1 small plum
- 6 oz low-fat yogurt

**MID-AFTERNOON SNACK**
- Medifast Pudding mixed with ½ cup pitted cherries

**DINNER**
- 4 oz orange roughly filet
- 1 cup cooked green beans with 1 tsp margarine
- 1 small whole wheat dinner roll with 1 tsp margarine
- ½ cup whole-grain pasta
- 1 cup canned pears

**EVENING**
- Medifast Crunch Bar

Medifast for GOUT

If you suffer with gout, losing weight can help. Excess weight puts more stress on your joints and can increase your risk of hyperuricemia. Medifast products are appropriate to use even if you have a history of gout; however, Medifast does recommend certain modifications to your meal plan.

Those with gout should lose weight gradually and steadily, using a meal plan that is slightly more liberal in calories and carbohydrates, yet more restricted in protein than the Medifast Achieve™ Plan, to lessen the risk of increased uric acid levels. Medifast’s modified plan for gout does not induce a fat-burning state, which can increase uric acid levels in the blood. Its higher calorie level promotes a more gradual weight loss than the Medifast Achieve™ Plan, and it encourages food choices with only low or moderate amounts of purines.

Gout Sample Menu

**BREAKFAST**
- 8 oz 1% low-fat milk
- ½ cup cooked cereal topped with 1 extra small, sliced banana

**MID-MORNING**
- Medifast Crunch Bar

**LUNCH**
- 3 oz grilled chicken breast
- 1 cup mixed salad greens
- ½ cup diced tomatoes
- 1 Tbsp salad dressing

**MID-AFTERNOON**
- ½ Tbsp nut butter
- 1 small apple

**DINNER**
- 3 oz broiled tilapia
- ½ cup cooked brown rice
- ½ cup steamed broccoli

**EVENING**
- Medifast Shake mixed with 8 oz 1% low-fat milk

Plan Modifications:
- Limit animal protein in your diet. Choose no more than six ounces of low- or moderate-purine choices of lean meat, poultry, or fish per day.
- Incorporate two servings of low-fat or fat-free dairy products daily. Dairy products may help to prevent or decrease the risk of gout.
- Increase total calories and carbohydrates to allow for a more gradual weight loss and to decrease the potential of developing elevated uric acid levels.
- Choose foods that are low and/or moderate in purines, and avoid moderate-purine choices during a gout flare-up.
- Avoid alcohol during the weight-loss phase and during flare-ups.
- Drink plenty of calorie-free fluids; plain water can help remove uric acid from the body.
- Limit higher-purine vegetables such as asparagus, cauliflower, mushrooms, peas, and spinach, and avoid them completely during a flare-up.

Remember: These are general recommendations. Because every individual is different, it’s important to discuss any weight-loss plan with your healthcare provider to determine whether it’s right for you.

FOOD GROUP CHART

| FOOD GROUP-CHART | NUMBER OF Servings
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(1,200 calories per day)</td>
<td>(per day)</td>
</tr>
<tr>
<td>Medifast Meals</td>
<td>2</td>
</tr>
<tr>
<td>Grains</td>
<td>2</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3</td>
</tr>
<tr>
<td>Fruits</td>
<td>2</td>
</tr>
<tr>
<td>Lean meats and meat substitutes</td>
<td>Two 3 oz servings</td>
</tr>
<tr>
<td>Milk or dairy</td>
<td>2</td>
</tr>
<tr>
<td>Fats</td>
<td>2</td>
</tr>
</tbody>
</table>

Serving suggestions shown for all product images.
Medifast for Nursing Mothers

Medifast for Nursing Mothers is designed for the nursing mother whose baby is at least two months old. It’s a nutritionally balanced plan that encourages gradual weight loss while supporting your body’s nutritional needs and encouraging the optimal growth of your nursing baby. Once your baby’s diet is less than 30% breast milk, you may choose to continue with this plan or move to the Medifast Achieve™ Plan, which has greater calorie reduction for faster weight loss.

Before starting this or any weight-loss plan, we recommend you consult with your healthcare provider to be sure it’s right for you.

Healthy Eating Strategies For Nursing Mothers

- Drink fluids. While excess fluid intake won’t increase breast milk production, inadequate amounts can decrease it. Strive for 64 – 96 oz (8 – 12 glasses) each day, most of it as water.
- Eat at least 1,500 – 1,800 calories per day. While you’re nursing, you should not consume fewer than 1,500 calories per day (see sample meal plans on the next page). Medifast recommends that nursing mothers start with the 1,500-calorie plan. If you lose more than one to two pounds per week, switch to the 1,800-calorie plan. Some women may need even more than 1,800 calories each day.
- Decrease your calories gradually. Rapid weight loss or a drastic drop in calories can affect milk supply. To initiate weight loss without compromising your milk supply, gradually cut back your calories.
- Eat every two to three hours throughout the day. Instead of three larger meals, eat six smaller ones to keep your metabolism stoked, prevent hunger and overeating, and establish new healthy eating patterns for you.
- Incorporate moderate amounts of exercise and physical activity. Exercise can help you stay healthy, strengthen your body, and nourish your spirit. Whether you choose aerobic exercise or strength training, start your plan slowly, increasing intensity and duration as your body allows.
- Take a daily vitamin. As during your pregnancy, your healthcare provider may recommend a daily multi-vitamin during lactation, so you can be sure your nutritional needs are met.
- Avoid alcohol and limit caffeine. Both of these can appear in breast milk and, sometimes, decrease milk supply. Limit caffeine intake to fewer than 300 mg per day, which is the equivalent of about three eight-ounce cups of coffee.

Food Guide for Nursing Mothers

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>1500 CALORIE MEAL PLAN</th>
<th>1800 CALORIE MEAL PLAN</th>
<th>WHAT COUNTS AS 1 SERVING?</th>
<th>TIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starches: Whole Grains &amp; starchy vegetables</td>
<td>2</td>
<td>4</td>
<td>1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤40 calories/slice)</td>
<td>Choose whole-grains (whole-wheat, rye, oat) and fortified cereals and breads.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup unenriched cereal (e.g. bran flakes)</td>
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<td></td>
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<td></td>
<td>½ cup cooked cereal or bulgur</td>
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<td></td>
<td></td>
<td></td>
<td>½ cup cooked whole-wheat pasta or rice</td>
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<td></td>
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<td></td>
<td>3 cups plain popped popcorn</td>
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<td></td>
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<td>½ cup starchy vegetables like: pea, corn, or sweet potato</td>
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<td></td>
<td></td>
<td></td>
<td>3 oz baked potato (any kind)</td>
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<td></td>
<td></td>
<td></td>
<td>1 cup winter squash</td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td>3</td>
<td>3</td>
<td>8 oz (1 cup) fat-free, low-fat or unenriched milk, Lactaid®, or soy milk</td>
<td>Choose low-fat or fat-free dairy foods (skim or 1% milk and yogurt)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>6 oz (2/3 cup) low-fat or fat-free yogurt</td>
<td>Cheese should be considered a protein, not a dairy food.</td>
</tr>
<tr>
<td>Medifast Meals</td>
<td>3</td>
<td>3</td>
<td>1 Medifast Meal (choose from 70+ meal replacements, including soups and stews, puddings, oatmeal, and cereal flavors, pancakes, mashed potatoes, etc.)</td>
<td>Limit the Caramel Nut Maintenance Bar to one daily.</td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
<td></td>
<td>Choose at least five servings daily</td>
<td>The following are rich sources of nutrients needed by nursing mothers: cantaloupe, honeydew melon, mangoes, oranges, apricots, grapefruit, peaches, pineapple, papaya, kiwi, guava, strawberries, blackberries, raspberries, apples, pears, and bananas.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>1 small (6oz piece of fruit)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup fresh cubed fruit</td>
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<td></td>
<td></td>
<td></td>
<td>½ cup berries</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>½ cup canned fruit in 100% fruit juice or water</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td>½ cup cooked or raw vegetables</td>
<td>The following are rich sources of nutrients needed by nursing mothers: spinach, greens (kale, collard, turnip, etc.), and red or yellow bell peppers.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>1 cup salad greens</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup cooked or raw vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Medifast Meal (choose from 70+ meal replacements, including soups and stews, puddings, oatmeal, and cereal flavors, pancakes, mashed potatoes, etc.)</td>
<td></td>
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<td></td>
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<td></td>
<td>½ cup cooked or raw vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup salad greens</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4 oz (½ cup) 100% vegetable juice</td>
<td></td>
</tr>
<tr>
<td>Lean meats and meat substitutes</td>
<td>2</td>
<td>2</td>
<td>4 oz lean meat</td>
<td>Choose lean beef or pork, chicken, turkey, fish, or shellfish that is grilled, baked, broiled, or poached, not fried.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup cooked dry beans, lentils, etc.</td>
<td>Remove skin from poultry.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup low-fat cottage cheese</td>
<td>Aim for at least 1 oz of fish rich in omega-3s each week (salmon, haddock, yellow-fin tuna, cod, etc.).</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Acceptable substitutions for 1 oz meat: 1 oz low-fat cheese</td>
<td>Due to mercury levels, avoid shark, swordfish, king mackerel, or tilefish; limit canned Albacore tuna to 6 oz or fewer per week.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 whole egg or 2 egg whites</td>
<td></td>
</tr>
<tr>
<td>Fats</td>
<td>2</td>
<td>3</td>
<td>1 tsp mayonnaise</td>
<td>Choose healthy monounsaturated and polyunsaturated fat, and avoid high amounts of saturated and trans fats.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Tbsp regular salad dressing</td>
<td></td>
</tr>
<tr>
<td>Discretionary calories</td>
<td>&lt;100</td>
<td>&lt;150</td>
<td>1 chocolate chip cookie (2½ inches across)</td>
<td>Use these calories for an occasional treat, like a small cookie or piece of chocolate.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup low-fat ice cream</td>
<td></td>
</tr>
</tbody>
</table>
Regular exercise helps you lose weight and is particularly important in helping you maintain your weight loss for the long term. And that’s just the beginning of what getting active can do for you! Increase time and intensity as your body allows.

Medifast recommends that you consult with your healthcare provider before beginning any exercise plan. The instructions and advice in this guide do not substitute for medical consultation. As with any exercise plan, if at any point during your workout you begin to feel faint or dizzy or have physical discomfort, stop immediately and consult a physician.

Exercise Trackers

The American Heart Association confirms it: taking just 10,000 steps a day can lead to a healthier you. And counting those steps just got easy — and fun — with MyWellness Dashboard at MedifastNow.com. Log in from your desktop, tablet, or smart phone, and track meals and nutrition, water, weight and measurements, sleep patterns, and exercise. And you can get even more out of your dashboard by syncing it with a Fitbit® — whether you have one already or purchase ours. Take steps toward good health. Every one counts!

Exercise and EXERCISE

Even if you've never been one before, you can become an active person. The trick is not pushing for too much too soon. So if you're considering the healthy habit of exercise, good for you — because it's good for you!

Congratulations on taking a step toward a healthier, happier life.
Basic Exercise Know-How

For Any Activity:

- Stay hydrated. Drink plenty of water before, during, and after exercise. A well-hydrated body can work longer and harder, burning more calories with less discomfort.
- Wear the best shoes you can afford. If you’re going to invest in any fitness gear, there’s only one must: well-made, supportive shoes that are right for the activity you’ve chosen.
- Warm up, and cool down. Warm up your muscles with some walking, running, or bicycling. When you get near the end of your activity, slow down and ease up so that your heart rate comes down gradually.
- Stretch before and after. For your pre-workout stretch, work all your muscle groups and hold each stretch for two or three seconds. End with a relaxing stretch. Hold each stretch for 15 to 30 seconds.
- Start your exercise slowly, and gradually pick up speed and intensity.

Lifestyle Exercise

You can up your activity level by shopping, cleaning, going to work, or taking care of your home and yard. Set a goal of 30 to 45 minutes of lifestyle exercise each day of the week.

- Use your feet. Whenever you can walk or ride your bicycle instead of driving, do it — and always take the stairs instead of the escalator or elevator.
- Park farther away. Rather than spending extra time circling the parking lot waiting for a parking spot near the door, give yourself some walking room for an easy way to add extra steps.
- Take bathroom breaks. Instead of using the one closest to your desk or office, walk to one that’s farther away.
- Have a walking lunch. Even if you only get a half hour for lunch, you can enjoy a quick walk around your office building to feel more alert and focused in the afternoon.

Strength Training

Strength training involves lifting or pushing a weight or load. The idea is to gradually increase the weight as you get stronger. Muscles adapt quickly and develop best when they’re continually challenged. You should strength-train all of your major muscle groups two to three times a week.

How Strength Training Helps You:

- A pound of muscle burns between 7 and 10 calories a day, while a pound of fat only burns two to three calories a day.
- A pound of muscle takes up much less space in your body than a pound of fat because muscle is denser than fat.
- Muscle improves your appearance. Sculpting your body is simply developing muscle in particular areas to modify your body shape.

Aerobic Exercise

Aerobic means “with oxygen.” Aerobic exercise such as walking, running, and bicycling, among other activities, burns calories and helps strengthen your lungs and heart.

You can improve your health with regular aerobic workouts performed at the correct frequency (how often), duration (how long), and intensity (how challenging).

Light-Intensity Aerobic Exercise

If you’ve never exercised, have a heart condition, or weigh more than 250 pounds, light intensity is the place to start. Set a goal of at least 30 minutes of light-intensity exercise a day, five to seven days a week. You don’t have to do all 30 minutes at once; you can exercise throughout the day in 10-minute sessions that add up to your daily 30 minutes.

Some examples of light-intensity exercise include:

- Gardening (raking leaves, pulling weeds, light shoveling)
- Housework (vacuuming, sweeping, mopping, washing windows)
- Walking at a slow to medium pace (including golf)
- T’ai Chi, Yoga
- Washing the car

Medium-Intensity Aerobic Exercise

Medium-intensity exercises are beneficial for your heart and lungs and can help prevent heart disease, lower your blood pressure, reduce the risk of developing diabetes, and improve your mood. Try some of these activities:

- Brisk walking
- Bicycling
- Tennis
- Basketball
- Swimming
- Dancing
- Hiking
- Group aerobics exercise classes

High-Intensity Aerobic Exercise

You can further condition your heart and lungs and burn additional calories with these choices:

- Running
- Brisk stair climbing
- High-level group aerobics exercise classes
- Cycling classes
- Jumping rope

For healthy adults, the American College of Sports Medicine (ACSM) recommends at least 30 minutes of medium- to high-intensity exercise at least five days a week, or at least 20 minutes of hard exercise at least three days a week. You can also mix up your aerobic workouts, doing two hard workouts and three medium workouts in a one-week period, to reach your exercise goal.
The THRIVE HEALTHY LIVING Plan

Congratulations! You have now reached the next stage of your weight-loss journey with Medifast: lifelong health and weight maintenance. We hope you feel proud of what you have been able to accomplish and confident about maintaining your new weight, appearance, energy, feelings of well-being, and overall health.

The Thrive Healthy Living Plan takes a commonsense approach to healthy weight maintenance based on the idea of balancing your food intake with the calories you burn.

Again, congratulations from Medifast on reaching your weight-loss goal. We are here to support you as you embark on this wonderful new journey.

For more information, visit MedifastNow.com, keyword “Thrive.”

Tips for Success on the Healthy Living Plan

- Learn how to use the Thrive Healthy Living Plan by visiting MedifastNow.com, keyword “Thrive.”
- Monitor your weight regularly (at least once a week).
- Exercise 250 minutes per week (about 35 – 40 minutes per day) to prevent weight regain.
- Limit sedentary activity (like television viewing) to fewer than 10 hours per week.
- Follow a reduced-fat diet (30% calories or fewer from fat) and control overall calories.
- Eat small, frequent meals five or six times each day, beginning with breakfast!
- Keep a food journal to track your successes, challenges, feelings, and observations, or track online with the MyWellness Dashboard.
- Eat out fewer than three times each week, and limit yourself to one (or zero!) fast-food meal each week.
- Include calorie-controlled meal replacements, like Thrive by Medifast™ Healthy Fuelings, in your daily meal plan.
- Incorporate protein and fiber into your meals to help keep you feeling full and satisfied throughout the day.

What Do I Do if the Weight Starts to Come Back?

First, don’t panic! Know that you’re still in charge of your body and your choices. By choosing to confront weight gain while it’s still manageable and taking appropriate action, you’re expressing your commitment to lifelong better health.

Review your diet and exercise with the MyWellness Dashboard or a food journal.

- Are you basing your calories on your correct Total Energy Expenditure (TEE)?
- Are you eating proper portions?
- Are you concentrating on the most nutrient-dense/calorie-sparse choices in each food group (skim milk instead of 2% or whole, broiled meat instead of fried, etc.)?
- What about condiments? Did you switch to a higher fat salad dressing, drink a bit more alcohol than usual, or start adding milk or creamer to your coffee? Little changes over time can make a difference; your choices determine whether the changes are positive or negative.

Additional Resources and Support available at MedifastNow.com

- Food Journal
- Digital Tools
- Dining Out Guide