Your Guide to Simple & Flexible Weight Loss

WELCOME TO Medifast Flex™
Your Guide to Simple & Flexible Weight Loss
Welcome to MEDIFAST®

Congratulations!
You’ve taken the first step toward your weight-loss goals. Medifast is here to help you get started and be successful on the Medifast Flex™ Plan.

This short guide is full of information about how to lose weight with your plan:
• What is the Medifast Flex™ Plan?
• What to eat every day
• Helpful tips for reaching your weight-loss goals
• Sample daily meal plans
• What to expect in the first few weeks
• How to incorporate exercise

What is the Medifast Flex™ Plan?
• Delivers steady, gradual weight loss
• Flexible and convenient
• Easy to follow

What You’ll Eat Every Day
You’ll eat six times a day:
• 4 Medifast Meals
• 2 lean and green meals that you can prepare yourself
• 1 healthy snack with one of your meals

Every Medifast Meal:
• Is fortified with 24+ vitamins and minerals
• Provides adequate protein for your daily 1,100-1,300 calories

Tips for Weight-Loss Success on The Medifast Flex™ Plan
For the best and fastest results right from the start, remember to:
• Track all of your meals, water and exercise using your Medifast Food Journal
• Space your meals carefully, eating every two to three hours; never skip a meal
• Eat slowly and mindfully
• Drink plenty of water (at least 64 ounces a day)
• Limit caffeine and avoid alcohol
• Monitor your weight daily using your Medifast Food Journal
• Exercise at least 30 minutes daily

Medifast recommends you consult a physician before you start a weight-loss plan. 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 physician approves you have recovered or that your condition is stabilized. Note: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk.

Serving Suggestions for all product images shown here.
The Medifast Flex™ Plan is our most flexible meal plan that delivers steady, gradual weight loss.

Simply eat 6 times a day and add a healthy snack to one of your meals, space your meals 2-3 hours apart and start losing weight today.

What you’ll eat every day:

4 & 2 & 1
MEDIFAST MEALS LEAN AND GREENS HEALTHY SNACK

Healthy Snacks consist of:
- a Medifast snack
- a piece of fruit
- a serving of dairy, grains or a starch such as cooked cereal or a baked potato.
The Medifast Flex™ Plan
This plan is great for people who prefer a flexible meal plan that delivers steady, gradual weight loss.

Serving Suggestions

What You’ll Eat Every 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
4 Medifast Meals®
Each day, you’ll choose from more than 65 Medifast Meals. All Medifast Meals are fortified with 24 + vitamins and minerals, and each meal is calorie and carbohydrate controlled. 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 your meals based on personal preference.

2 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 protein, three servings of non-starchy vegetables, and up to two servings of healthy fats, depending on your 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 non-starchy 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
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 only be eaten as your Healthy Snack in order to enhance your weight-loss results.

WHAT TO EAT EVERY DAY
LEANEST
Choose a 7-oz portion (cooked weight)
plus 2 Healthy Fat servings
FISH
cod, flounder, haddock,
orange roughy, grouper,
tilapia, mahi mahi, wild
catfish, tuna (yellowfin steak
or canned in water)
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 Egg Beaters®
2 Boca Burgers
(fewer than 6g of carbs each)
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 Mori-nu® extra-firm
tofu (bean curd)
2 whole eggs plus 4 egg
whites
LEAN
Choose a 5-oz portion (cooked weight)
no Healthy Fat servings needed
FISH
salmon, tuna (bluefin steak),
farmed catfish, mackerel,
herring
LEAN BEEF
steak, roast, ground
LAMB
PORC
chop or tenderloin
CHICKEN OR TURKEY
dark meat
GROUND TURKEY
(or other meat)
85 – 94% lean
MEATLESS OPTIONS
15 oz Mori-nu® firm or soft
tofu (bean curd), 3 whole
eggs (limit to once a week)
LOWER CARBOHYDRATE
1 cup
collard greens (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 (alfalfa, mung bean),
turnip greens, arugula, napa
s, escarole, palermitano (raw), Swiss chard
(raw), bok choy (cooked)
MODERATE CARBOHYDRATE
½ cup
asparagus, cabbage, cauliflower,
eggplant, fennel bulbs, 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, kohlrabies, okra, peppers
(any color), scallions (raw), summer
squash (crookneck or straightneck),
tomatoes (red, ripe), turnips, spaghetti
squares, hearts of palm, jicama
Healthy Snack
On the Medifast Flex™ Plan, you will incorporate one Healthy Snack into one of your meal times. Plan-approved Healthy Snacks include:

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)
- ¼ cup cold whole-grain cereal, such as bran flakes (3g or more fiber/serving)
- ½ cup cooked cereal
- ½ cup peas or corn
- ½ cup cooked cereal
- ¼ large (3 oz) baked potato
- 1/3 cup cooked brown rice
- 1/3 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:
- 2/3 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.

Extras
Optional Condiments
To flavor your meals and make your Medifast Flex™ 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.

- 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
- 1 ½ oz avocado

For a comprehensive list of condiment portion recommendations, visit MedifastNow.com.

Flavor Infusers®
Enjoy your daily water intake — infuse it with flavor! Add up to 5 Flavor Infusers® each day.

- Essential1®: Antioxidants Raspberry Acai Flavor Infuser
- Essential1®: Antioxidants White Grape Peach Flavor Infuser
- Essential1®: Calorie Burn Green Tea Lemon Flavor Infuser
- Essential1®: Calorie Burn Mixed Berry Flavor Infuser
- Essential1®: Calorie Burn Strawberry Lemonade Flavor Infuser
- Mandarin Orange Energy Infuser
- Unsweetened Lemon Energy Infuser

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 Flex™ 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 homemade but take only minutes to prepare.
The Medifast Flex™ Plan
SAMPLE MEAL PLANS
Every Day: 4 Medifast Meals | 2 lean and green meals | 1 Healthy Snack

KEY

<table>
<thead>
<tr>
<th>Meals</th>
<th>Lean</th>
<th>Green</th>
<th>Healthy Fats</th>
<th>Healthy Snack</th>
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SAMPLE DAY 1 MEAL PLAN

**BREAKFAST**
Medifast Mixed Berry Cereal Crunch

**MID-MORNING**
Medifast Chocolate Mint Crunch Bar

**LUNCH**
7 oz tuna, canned in water
3 cups raw spinach
2 tsp walnut oil
Medifast Sea Salt Popcorn

**MID-AFTERNOON**
Medifast Vanilla Pudding

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

**EVENING**
Medifast Dutch Chocolate Shake

SAMPLE DAY 2 MEAL PLAN

**BREAKFAST**
Medifast Chocolate Chip Pancakes
6 oz (½ cup) low-fat yogurt

**MID-MORNING**
Medifast Wild Rice and Chicken Flavored 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 Honey Mustard Pretzels

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

**EVENING**
Medifast Dutch Chocolate Shake

SAMPLE DAY 3 MEAL PLAN

**BREAKFAST**
Medifast Maple and Brown Sugar Oatmeal

**MID-MORNING**
Medifast Cheese Pizza Bites

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

**MID-AFTERNOON**
Medifast Cinnamon Pretzel Sticks

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

SAMPLE DAY 4 MEAL PLAN

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

**MID-MORNING**
Medifast Triple Berry Smoothie

**LUNCH**
Medifast Tomato Basil Bisque and Medifast Rosemary Sea Salt Crackers

**MID-AFTERNOON**
Medifast Dutch Chocolate Shake

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

**EVENING**
Medifast Brownie Soft Bake
Now that I’ve emptied my closet of clothes that no longer fit me, I’m happily filling it up with clothes that do. Suffice it to say, I love clothes. And now I love seeing myself in them!

— STEPHANIE, MEDIFAST CUSTOMER

Stephanie used a different Medifast plan.

Exercise on the Medifast Flex™ Plan

Regular exercise helps you lose weight and is particularly important in helping you maintain your weight loss for the long term. If you’ve never exercised, have a light heart condition, or weigh more than 250 pounds, start out with 30 minutes of light exercise a day and work your way up to medium- or high-intensity exercises.

For the best results, make sure you …

• exercise at least 30 minutes each day.
• mix up your routine; make sure you’re getting a good mix of aerobic exercise (e.g., walking, cycling, running) and strength training (e.g., lifting or pulling a weight or load).
• incorporate movement into your everyday life; take the stairs, park farther away, etc.
• stay hydrated to burn more calories with less discomfort.
• wear the best shoes you can afford for the right support.
• warm up, cool down and stretch before and after your workout.
• always listen to your body. Only do what it allows.

The First Few Days

As you begin the Medifast Flex™ Plan, your body will need time to adjust to the reduction in calories. Don’t worry — this is temporary! Just be sure to keep close watch on your hunger during this time. If you’re excessively hungry or tired, have an extra Medifast Meal or a couple additional ounces of lean protein (e.g., egg whites). It’s better to have an extra meal than to go off the Plan entirely.

To make the adjustment period easier, make sure you …

• drink plenty of water.
• choose a start date when you don’t expect any food-centered events.
• stay busy.
• stay positive.
• avoid the sights and smells of food.
• stay focused on your goals.
• stay active.
• keep your meals at 6 per day, spaced two or three hours apart for optimal blood sugar and hunger control.

Seeing Results

People lose weight differently. Some lose weight quickly, others, slow and steady. To keep track of your progress, weigh yourself regularly at the same time of day using the same scale. Use your Medifast Food Journal every day to record all of your meals, water and exercise. And pay attention to changes beyond pounds, like how much better your clothes fit and how you feel physically, mentally and emotionally.

If at any point you feel like you’ve hit a plateau, don’t give up! If you haven’t lost any weight in a two-week period …

• make sure you’re following the plan exactly; watch your lean and green portions and don’t skip meals.
• keep drinking plenty of water.
• pick the lowest carbohydrate vegetables (see p. 7).
• add to or change up your exercise routine.

Remember, meaningful change takes time, and small changes lead to big results!

The instructions and advice in this guide do not substitute for medical consultation. Consult with your healthcare provider before beginning 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 with a physician.
What’s Next
After the Medifast Flex™ Plan

Right now you are just beginning your weight-loss plan. And getting started is the hardest part! By committing to using this plan, you’re starting on a path to positive changes, be it in the numbers on the scale, the way you feel in your skin, the way your clothes fit, a boost in your confidence or all of the above. Like many of our customers, you may reach and/or exceed your goals. When you do, we will help you maintain your results.

Our Thrive by Medifast™ Healthy Living Plan is designed to help you maintain your new weight. The program takes a common sense approach to healthy weight maintenance based on balancing your food intake with the calories you burn. Thrive by Medifast™ healthy fuelings are portable, convenient and delicious with unique health benefits, just like your Medifast Meals. High in protein and fiber, they’re sure to keep you satisfied and fueled throughout the day.

Right now, focus on getting started with the plan and working toward your goals. But remember that Medifast is here to help you every step of the way.

“Thanks to Medifast, my attitudes towards food, fitness, and health have changed. Now I find comfort in the pride I feel and in being a healthier, more active person.”

— BILL, MEDIFAST CUSTOMER

Bill used a different Medifast plan.
I like Medifast because it's a lot easier than other things I had tried in the past. Medifast made it possible for me to be a good mom, eat healthy, and exercise regularly. I really feel like the me I’m supposed to be. Hey, if I can do it, anyone can do it!