Your Daily Food & Activity Tracker

Medifast

Food Journal

Your Daily Food
& Activity Tracker
Tracking your meals in your Medifast Go™ Plan Journal will be one of the most important tools for your weight loss. It will keep you mindful and help you stay on plan every day. And remember: every page you fill here is another step toward your weight-loss goal.

Please read your Medifast Go™ Plan Guide before using this journal.

Welcome

Consider taking a before-photo to look back on your progress along the way.
Why use a Food Journal

Your food journal will help you stay on plan. And lose weight. Studies have shown that people who track meals and activity are more likely to be successful in losing weight and keeping it off. You can use your Food Journal to determine if you should maintain or change your daily behavior. And it provides a historical perspective on your commitment to the plan and your weight-loss results. Looking at your progress will provide further motivation.

How to use this Food Journal

- Write in your weight each morning when you wake up.
- Keep your Food Journal with you throughout the day and record all your food and beverage consumption using the daily logs. Each log page includes a checklist to help keep you on plan. Track your Medifast® Meals, lean and green meals, snacks, condiments and water.
- Be sure to record your daily exercise/activity.

Tips

**Be honest:** The Food Journal is pointless if you are not recording everything you eat, including any non-plan food and beverages.

**Be accurate:** Measure portions for lean and green meals, healthy fats, condiments and snacks.

**Be consistent:** Always carry your Food Journal with you and record immediately following meals and activity; don’t rely on memory at the end of the day.
Our easy-to-follow program that delivers fast results for busy people.

Simply eat 6 times a day, space your meals 2-3 hours apart and start losing weight today.

What you’ll eat every day:

5 MEDIFAST MEALS & 1 LEAN AND GREEN

**SAMPLE DAY**

**Breakfast**
Orange Cream Shake
1 of 5 Medifast Meals

**Mid-Morning**
Chocolate Mint Crunch Bar
2 of 5 Medifast Meals

**Lunch**
Flavors of Home® Chicken and Rice with vegetables
1 of 1 Lean and Green Meal

**Mid-Afternoon**
Blueberry Oatmeal
3 of 5 Medifast Meals

**Dinner**
Ziti Marinara
4 of 5 Medifast Meals

**Evening**
Brownie Soft Bake
5 of 5 Medifast Meals

Serving suggestions shown for all product images.
**MEDIFAST® MEALS**
Each day, you’ll choose 5 Medifast Meals from over 65 different options. All the Medifast Meals have a similar nutritional profile and are interchangeable. Almost all Medifast products are “meals,” since they contain protein, vitamins, minerals, fiber and other nutrients. There are only a couple exceptions: Flavor Infusers® and Medifast Snacks ( Crackers, Crisps, & Popcorn).

**LEAN AND GREEN MEAL**
Every day, you will have 1 lean and green meal. The LEAN portion of a lean and green meal includes 5-7 ounces (cooked weight) of protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices. You can make your own lean and green meal or choose from four Medifast Flavors of Home® Meals (each one counts as 1 lean and green meal).

**HEALTHY FATS**
Every day, you’ll incorporate up to two servings of Healthy Fats into your lean and green meal. Healthy Fats are important because they help you absorb certain vitamins and help your gallbladder work properly, so don’t skip them. See your Plan Guide for more information on Healthy Fat options and servings.

**OPTIONAL CONDIMENTS**
To flavor your meals, you have the option of adding condiments. Enjoy up to three servings with your lean and green meal or Medifast Meal. For a more comprehensive list of condiments and portion recommendations, visit MedifastNow.com.

**OPTIONAL SNACK**
In addition to your 5 Medifast Meals and one lean and green meal, you may choose to include one optional snack each day. See your Plan Guide for a list of approved optional snacks.

**FLAVOR INFUSERS®**
Flavor Infusers® are not Medifast Meals. You can have up to five Flavor Infusers® each day to add to your water in addition to your five Medifast Meals.

**ESSENTIAL1®: DIGESTIVE HEALTH**
Medifast recommends taking Essential1®: Digestive Health each day to keep your body stocked with good bacteria and help your body break down foods and absorb essential vitamins and nutrients.

**THRIVE BY MEDIFAST™ HEALTHY LIVING PLAN**
The Thrive by Medifast™ Healthy Living Plan is designed to help you maintain your weight while providing the nutrition your body needs for a healthy life. See your Plan Guide for more information or visit MedifastNow.com.

**FLAVORS OF HOME®**
Flavors of Home® are lean and green style meals that bring you the ultimate in convenience and choice.
Lean and Green Meal

**Flavors of Home®**
Each Flavors of Home® meal counts as 1 lean and green meal.

**The “LEAN”**

**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 (such as salmon, tuna, mackerel, trout, or herring) each week.
- Choose meatless options made with soybeans or textured vegetable protein.

**LEANEST**
Choose a 7-oz portion (cooked weight) plus 2 Healthy Fats

**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 EggBeaters®, 2 Boca Burgers® (fewer than 6g of carbs each)

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

**FISH:** swordfish, trout, halibut

**CHICKEN:** breast or white meat, w/o skin

**GROUND TURKEY** (or other meat): 95 - 97% lean

**TURKEY:** light meat

**MEATLESS OPTIONS:** 15oz 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**

**PORK CHOP:** or pork tenderloin

**GROUND TURKEY** (or other meat): 85 - 94% lean

**CHICKEN OR TURKEY:** dark meat

**MEATLESS OPTIONS:** 15oz Mori-nu® extra-firm tofu (bean curd), 3 whole eggs (limited to once a week)

**LOW 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, nopales, escarole, jalapeño (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 (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

**Healthy Fat Servings**
Add 0 – 2 Healthy Fat servings based on your Lean choices

- 1 tsp of canola, flaxseed, walnut, or olive oil
- 1 tsp of trans-fat-free margarine
- Up to 2 Tbsp of low-carbohydrate salad dressing—5g of fat and less than 5g of carbs per serving
- 5–10 black or green olives

**The “GREEN”**
Enjoy three servings of non-starchy veggies, raw, steamed, grilled, baked, or broiled—not fried.

**LOWER CARBOHYDRATE**

Flavors of Home® meal counts as 1 lean and green meal.

**The “LEAN”**

**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 (such as salmon, tuna, mackerel, trout, or herring) each week.
- Choose meatless options made with soybeans or textured vegetable protein.

**LEANEST**
Choose a 7-oz portion (cooked weight) plus 2 Healthy Fats

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**FISH:** swordfish, trout, halibut

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**LAMB**

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**LOW 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, nopales, escarole, jalapeño (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 (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)
Extras

Optional Snacks

In addition to your 5 Medifast Meals and 1 lean and green meal, you may choose to include ONE of the following optional snacks each day. Plan-approved optional snacks include:

**Medifast Approved Snacks**
- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- 1/2 cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- 1/2 oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.

**Medifast Snacks**
- Sea Salt Popcorn
- Cheddar & Sour Cream Popcorn
- Apple Cinnamon Crisps
- Barbeque Crisps
- Parmesan & Olive Oil Crisps
- Rosemary Sea Salt Crackers
- Multigrain Crackers

Optional Condiments

In addition to your 5 Medifast Meals and one lean and green meal, you may choose to include 3 condiment servings per lean and green meal. Plan-approved optional condiments include:
- Garlic (1 tsp)
- Salt (1/4 tsp)
- Pepper (1/2 tsp)
- BBQ Sauce (1/2 tsp)
- Salsa (1 Tbsp)
- Reduced Sugar Catsup (1 Tbsp)

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

Medifast Flavor Infusers®

May include up to FIVE Flavor Infusers to flavor water, with a maximum of 300 mg of caffeine each day.
This is an example on how to complete your daily log.

**DATE:** 1/3/17

You will eat 5 Medifast Meals each day.

**Medifast Meal #1** ✗
Orange Cream Shake

**Medifast Meal #2** ✗
Chocolate Mint Crunch Bar

**Medifast Meal #3** ✗
Honey Mustard Pretzel Sticks

**Medifast Meal #4** ✗
Blueberry Oatmeal

**Medifast Meal #5** ✗
Ziti Marinara

Water

Drink at least 64oz of water per day.

Optional Snack ✗

You are allowed 1 optional snack per day if you need it.

**My lean and green option for today...**

**Lean and Green Meal** ✗

Eat 1 Lean and Green meal per day for any one of your 6 meals.

Salad with chicken

Be sure to keep track of the types of leans and greens you are eating.

**Leans**

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Healthy Fats

Optional Condiments

**LOG WEIGHT**

180

Try to get some light exercise in.

Try to get some light exercise in.

Optional Snack

Optional Snack

Optional Snack

Weigh yourself each day to track your progress.

**DATE:** ___/___/___

**LOG WEIGHT**

**EXERCISE**

**Medifast Meal #1**

**Medifast Meal #2**

**Medifast Meal #3**

**Medifast Meal #4**

**Medifast Meal #5**

**Leans**

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**Optional Condiments**

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**Optional Snack**

Optional Snack

Optional Snack

Optional Snack

Try to get some light exercise in.

Weigh yourself each day to track your progress.

You are allowed 1 optional snack per day if you need it.
In order to succeed, we must first believe that we can.

-Nikos Kazantzakis
My lean and green option for today...
Lean and Green Meal

Optional Snack

Optional Condiments

Healthy Fats

Greens

Leanest
Leaner
Lean

Leans

Leanest
Leaner
Lean

Greens

Leanest
Leaner
Lean

Water

Optional Snack
**Medifast Meal #1**

**Medifast Meal #2**

**Medifast Meal #3**

**Medifast Meal #4**

**Medifast Meal #5**

**Water**

**Optional Snack**

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### My lean and green option for today...

- Lean and Green Meal

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"**Little by little, a little becomes A LOT.**"

- Tanzanian Proverb

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**Congratulations on Week 1 of your weight-loss journey!**
A strong positive attitude will create more miracles than any wonder drug.

-Patricia Neal

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**My lean and green option for today...**

- Lean and Green Meal

Optional Snack

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Healthy Fats

Optional Condiments

Water
My lean and green option for today...

Lean and Green Meal

Leans
Leanest  
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Greens
1  
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Healthy Fats

Optional Condiments

Optional Snack

Medifast Meal #1

Medifast Meal #2

Medifast Meal #3

Medifast Meal #4

Medifast Meal #5

Water

Optional Snack
"NEVER, NEVER, NEVER GIVE UP"
-Winston Churchill

**Medifast Meal #1**

**Medifast Meal #2**

**Medifast Meal #3**

**Medifast Meal #4**

**Medifast Meal #5**

**Lean and Green Meal**

**Leans**
- Leanest
- Leaner
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**Greens**
- Healthy Fats

**Optional Snack**

**Water**

**Optional Condiments**
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Optional Snack

Healthy Fats

Optional Condiments

My lean and green option for today...

Lean and Green Meal

Leanest

Leaner

Lean

Leanest

Leaner

Lean

Optional Snack
Lean and Green Meal
My lean and green option for today...

Medifast Meal #1
Medifast Meal #2
Medifast Meal #3
Medifast Meal #4
Medifast Meal #5

Leanest
Leaner
Lean

Healthy Fats

Optional Condiments

Leans

Greens

- Fred Devito

If it doesn't challenge you, it doesn't change you.

Woohoo!
2 weeks down!
"Nothing is impossible. The word itself says ‘I’M POSSIBLE’”
-Audrey Hepburn

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My lean and green option for today...
Lean and Green Meal

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- Lean

**Greens**
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**Healthy Fats**

Optional Snack
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My lean and green option for today...

Lean and Green Meal

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- Leaner
- Lean

Greens
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- 3

Healthy Fats

Optional Condiments

Water

Optional Snack

Exercise Log

Log Weight
Set your goals high and don’t stop till you get there.

-Bo Jackson

“Lean and Green Meal

My lean and green option for today...

Leans

Leans

Leans

Greens

1

2

3

Healthy Fats

Optional Condiments
Lean and Green Meal

My lean and green option for today...

Medifast Meal #1

Medifast Meal #2

Medifast Meal #3

Medifast Meal #4

Medifast Meal #5

Water

Optional Snack

Leans

Greens

Leanest 1

Leaner 2

Lean 3

Healthy Fats

Optional Condiments

DATE: ____/____/____

LOG WEIGHT

EXERCISE

DATE: ____/____/____

LOG WEIGHT

EXERCISE
The harder

THE BATTLE,

the sweeter

THE VICTORY.


"The harder
THE BATTLE,
the sweeter
THE VICTORY."

- Les Brown

Be proud!
You've finished Week 3.

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Optional Condiments

DATE: ___/___/___

**Medifast Meal #1**

**Medifast Meal #2**

**Medifast Meal #3**

**Medifast Meal #4**

**Medifast Meal #5**

**Water**

**Optional Snack**
"Perseverance is not a long race – it is many short races one after the other."

-Walter Elliot
Option 1:

- **Medifast Meal #1**
- **Medifast Meal #2**
- **Medifast Meal #3**
- **Medifast Meal #4**
- **Medifast Meal #5**

**My lean and green option for today...**

- Lean and Green Meal

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Option 2:

- **Medifast Meal #1**
- **Medifast Meal #2**
- **Medifast Meal #3**
- **Medifast Meal #4**
- **Medifast Meal #5**

**My lean and green option for today...**

- Lean and Green Meal

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**Leans**

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**Greens**

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- 3

**Healthy Fats**

- Optional Condiments

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**Leans**

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- Leaner
- Lean

**Greens**

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**Healthy Fats**

- Optional Condiments
“Nothing was ever achieved without enthusiasm.”
- Ralph Waldo Emerson

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**Lean and Green Meal**

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<th>Leans</th>
<th>Greens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanest</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Leaner</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Lean</td>
<td>3</td>
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</tr>
</tbody>
</table>

**My lean and green meal option for today...**

<table>
<thead>
<tr>
<th>Medifast Meal #2</th>
<th>Leans</th>
<th>Greens</th>
</tr>
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<tbody>
<tr>
<td>Leanest</td>
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<td>Leaner</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Lean</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**My lean and green meal option for today...**

<table>
<thead>
<tr>
<th>Medifast Meal #3</th>
<th>Leans</th>
<th>Greens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanest</td>
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</tr>
<tr>
<td>Leaner</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Lean</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**My lean and green meal option for today...**

<table>
<thead>
<tr>
<th>Medifast Meal #4</th>
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<th>Greens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanest</td>
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</tr>
<tr>
<td>Leaner</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Lean</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**My lean and green meal option for today...**

<table>
<thead>
<tr>
<th>Medifast Meal #5</th>
<th>Leans</th>
<th>Greens</th>
</tr>
</thead>
<tbody>
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</tr>
<tr>
<td>Leaner</td>
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<td></td>
</tr>
<tr>
<td>Lean</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**Optional Snack**

**Optional Condiments**

**Healthy Fats**

**Optional Snack**

**Optional Condiments**

**Healthy Fats**
<table>
<thead>
<tr>
<th>Medifast Meal #1</th>
<th>My lean and green option for today...</th>
<th>Medifast Meal #1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medifast Meal #2</td>
<td>Lean and Green Meal</td>
<td>Medifast Meal #2</td>
</tr>
<tr>
<td>Medifast Meal #3</td>
<td></td>
<td>Medifast Meal #3</td>
</tr>
<tr>
<td>Medifast Meal #4</td>
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</tr>
<tr>
<td>Medifast Meal #5</td>
<td></td>
<td>Medifast Meal #5</td>
</tr>
</tbody>
</table>

### Leans

- Leanest
- Leaner
- Lean

### Greens

- 1
- 2
- 3

### Healthy Fats

### Optional Condiments

### Water

### Optional Snack
**Medifast Meal #1**

**Medifast Meal #2**

**Medifast Meal #3**

**Medifast Meal #4**

**Medifast Meal #5**

**Water**

---

**My lean and green option for today...**

**Lean and Green Meal**

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**Leans**

- Leanest
- Leaner
- Lean

**Greens**

- Healthy Fats
- Optional Condiments

---

"It always seems impossible until IT'S DONE."  
-Nelson Mandela

You did it!
Congratulations!
You’ve completed a full Food Journal!

Whether you’ve reached your weight-loss goal or you still have more to lose, this journal is an invaluable resource. Customers who order kits will receive a new journal each time. To order additional food journals, visit MedifastNow.com.

The Thrive Healthy Living Plan
Medifast is here to help even after you’ve reached your weight-loss goals. Our Medifast Thrive Healthy Living Plan is designed to help you maintain your weight for a lifetime of healthy weight maintenance.

To learn more, visit MedifastNow.com

*Medifast Go™ formerly known as Medifast 5&1 Plan®